



Ways to Support ECS' Work!

- ❖ **Drives** - hold a drive and collect items to support our work
- ❖ **Volunteer** - participate in a program activity with a group or on your own (one-time or ongoing)
- ❖ **Communications** - share about ECS with your business, church, or group, or have us speak to your group
- ❖ **Workplace Giving** – promote support of ECS through United Way’s workplace giving program
- ❖ **Special Events** - volunteer or donate items for an ECS event, or host a fundraiser for ECS
- ❖ **Custom Projects** – work with us to create a custom activity to support or engage with our work

You can choose to support...

Homeless Adults with Mental Health Disorders

- *Friend to Friend – homeless outreach program serving over 900 adults per year*
 - *Uptown Safe Haven – transitional home serving 50 homeless adults each year*
- Drive ideas:** pop-top canned soup & “on the go” snacks, new underwear and socks, jackets, gloves, gift cards, holiday gifts, blankets, hygiene items, books, household items (i.e. kitchen accessories, cleaning supplies)
- Volunteer program activities:**
- Friend to Friend Life Celebration Lunch – 3rd Friday of each month, 12-1pm
 - Uptown Safe Haven monthly BBQs – 3rd or 4th Thursday of each month, 10:30am-12:30pm
 - Uptown Safe Haven Resident Meeting – life skills discussions for residents on Fridays, 10-11am
 - Holiday and seasonal/special events (help with food, activities, photography, set up/break down, music)
- Individual volunteer opportunities:** Work at front desk, relational time with clients, share your expertise, etc.

Children & Families

- *Head Start – child development program serving 2,300 children ages 0-5 and their families per year*
 - *Para Las Familias – therapeutic program for preschool children serving 250 families each year*
- Drive ideas:** toys, children’s books, art supplies, baby clothes/items, hygiene items, diapers, holiday gifts
- Volunteer:**
- Share about your career or hobby, a country/culture, or a holiday tradition with children or parents
 - Help with a Head Start socialization event

Adults in Recovery

- *Central East Regional Recovery Center – recovery program serving over 200 adults each year*
 - *ACCORD - DUI education and counseling program serving over 4,000 people per year*
- Drive ideas:** gift cards (i.e. Walmart, Target); clothing (i.e. hats, scarves, gloves, socks, sweaters), gift bags with toiletries including wipes/hand sanitizer, food/snacks

ECS' Administrative Offices and Activities

Help with mailings, events, photography/video, tasks related to your expertise, or a specific project

To learn more about our programs, visit ecscalifornia.org.

To learn about engaging with our work, contact Deann Rios, Community Engagement Coordinator, at dayer@ecscalifornia.org, 619-694-9892 (cell), or 619-228-2840 (work direct line).