



# How Can I Volunteer?

## Project-Based, Occasional Volunteer Opportunities:

- Individuals, groups or students fulfilling a school service project are invited to help with projects. You do not need an application or training to assist with these projects.
- Volunteers who work with clients must be at least 13 years old. Those 13-17 must have a parental waiver and be supervised by a person at least 21 from their volunteer group.

Some project ideas include:

- Help prepare meals for our shelter residents.
- Plan an activity for current shelter residents (afternoon or evening) such as: movies, games, crafts, outdoor or indoor children's activities, story time, hair styling, manicures, makeup, massage, yoga, jazzercise.
- Organize and clean the shelter playroom, storage, kitchen, dining room or pantry areas.
- Receive and organize donated items.
- Light maintenance or yard work such as mowing, raking, trimming, weeding (seasonal).
- Work in our garden planting, weeding, harvesting fruits and vegetables, preserving harvested crops for future use at shelter (seasonal).

## Consistent Volunteer Opportunities:

- Volunteer on a consistent basis for a direct client service program or general office duties. These include: Administrative Support, Career Center/Life Skills, Child Mentoring-Activities, Court Advocacy, Crisis and Support Line, First Responders, Personal Protection Orders, Prevention Education, Reception Desk, Residential/Shelter, and Speaker's Bureau.
- Due to our obligation for client safety and care, we have a rigorous volunteer application and training process. Volunteers must be at least 18 years old, attend a mandatory 24-hour training program, and make a one-year commitment.

### Spread Awareness

- Invite us to speak at your group, organization or company
- Like us on Facebook—[www.facebook.com/HAVENonline](http://www.facebook.com/HAVENonline)
- Follow us on Twitter—[@HAVEN\\_Oakland](https://twitter.com/HAVEN_Oakland)
- Follow us on Instagram—[@HAVEN\\_Oakland](https://www.instagram.com/HAVEN_Oakland)

### Contact Us

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