



# VOLUNTEER OPPORTUNITIES

For more information please contact **Nusrat Symons**, Volunteer Coordinator, at **760-489-6380** ex. 221

## FOOD SERVICES

**Title: *Comfort Food Specialist***

**Overview:** Bring a comforting meal for residents at our Tikkun Home, a shelter for mentally ill homeless women, or our "Hilltop Retreat", a shelter for individuals who are homeless and elderly. By providing a meal and a smile, you will restore hope and dignity to the lives of these wonderful women. At this time, sharing a meal with the women is not permissible; however, greeting them is highly encouraged

**Title: *Mad Baggers of the Pantry***

**Overview:** Combat hunger by providing a three day supply of groceries to individuals and families in need. By filling the orders placed in our pantry, you will be working towards fulfilling Interfaith's goal of helping underserved populations in San Diego.

**Title: *USDA Food Coordinator***

**Overview:** Combat hunger by organizing USDA food shipments which are given as groceries to individuals and families in need. By preparing USDA food shipments, you will be working towards fulfilling Interfaith's goal of helping underserved populations in San Diego.

**Title: *Merle's Place***

**Overview:** Share your smile and enthusiasm with others at Merle's Place. This nutrition center provides 3 meals a day, but needs your help to make it a welcoming environment. By preparing and serving these meals, you will restore hope and dignity to the lives of these wonderful individuals.

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**Title: *Senior Companion***

**Overview:** Be part of a support network by providing caring and companionship to a senior. Share a walk, a meal, or just a smile with a wonderful senior who is otherwise isolated from daily interaction with their community.

**Title: *Intake and Assessment***

**Overview:** Those who participate in programs at Interfaith come from a variety of backgrounds and need a variety of services. Help empower these individuals by assessing their situations and providing them with information and resources that can meet their needs.

**Title: *Employment Services Aide***

**Overview:** Ensure advancement of Spanish speaking community members by helping them find new employment opportunities. Teach instructional courses, or provide assistance during the application process for individuals who are unemployed.

**Title: *Safety Skills Instructor***

**Overview:** For those struggling to obtain steady employment, safety is not always the first precaution. Help ensure worksite safety and continued employment of day laborers through an instructional course covering a variety of on site safety issues

**Title: *"Make it a Home" Mentor***

**Overview:** Help underserved families make their transitional house a home at one of Interfaith's many apartments. By adopting a family, you will help propel them into self-sufficiency through ongoing support in areas they need it most. Commitment level will fluctuate, as a family's needs may change over time.

**Title: *Make it a Home***

**Overview:** Help underserved families make their transitional house a home at one of Interfaith's many apartments. By adopting a unit, you will work to clean and furnish an apartment prior to the family's arrival, so that they may focus on completing other goals.

## ASSISTING CLIENTS



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**ASSISTING  
CLIENTS**

**Title: *Handy Man or Woman***

**Overview:** Help seniors on a fixed income live in a safe, secure, and comfortable home. By helping them complete minor home repairs and construction you will help them avoid expensive contractors and safety violation fees.

**Title: *Landscape Maintenance***

**Overview:** Help seniors on a fixed income live in a safe and comfortable home. By helping them complete general yard maintenance you will help them avoid hiring expensive workers.

**Title: *Fun Facilitator***

**Overview:** Help bring fun to the lives of children by coordinating activities for those in Interfaith's Family Housing program. While their parents are in a weekly, structured meeting to help them reach and maintain life goals, children of these families need to have some fun! Through these activities you can share your hobbies and bring a smile to their face!

**Title: *Workshop Facilitator***

**Overview:** For those participating in Interfaith's Sobering and Stabilization Services, life skills can be hard to learn. Be part of the solution and aid these residents during the recovery process by coordinating activities and workshops for weekly Group Processing meetings.

**COMMUNITY  
OUTREACH**

**Title: *Data Input Specialist***

**Overview:** Help recognize volunteers and donors by ensuring our records are up to date. These records are used at various events to demonstrate the power of volunteer work at Interfaith, therefore creating the opportunity for others to learn about service projects offered by our organization.

**Title: *Receptionist***

**Overview:** Aid the daily operation of Interfaith Community Services by assisting with clerical work such as: basic data entry, receiving and transferring phone calls, maintaining up to date files on all services and programs.

**Title: *Mailing Assistant Extraordinaire***

**Overview:** Aid in mailing needs of Interfaith Community Services. These mailings serve as a connection to the community and an avenue to expand our volunteer and donor base.

**Title: *Spokesperson***

**Overview:** Using personal passion about Interfaith Community Services, engage community members in a dialog about local issues and how Interfaith is working to help those most in need. Speaking engagements will primarily be held in local schools, service clubs, and faith centers; giving each speaker the opportunity to share their enthusiasm for helping others with a variety of community members.

**MAINTAINING  
SHELTERS**

**Title: *Construction***

**Overview:** Help families on a fixed income live in a safe, secure, and comfortable home. By helping them complete minor home repairs and construction you will help them avoid expensive contractors and safety violation fees

**Title: *Interfaith Vehicle Fleet***

**Overview:** Aid in the safe and comfortable transport to and from Interfaith service projects, by helping to clean the Interfaith Vehicle Fleet. This opportunity is great for groups!