

Community Service Events
VOLUNTEER OPPORTUNITIES

International Rescue Committee, San Francisco / Oakland / Sacramento

Description of work	Hours per week	Times	Location
<u>English Tutoring:</u> help a newly arrived refugee family learn and practice their English by providing in-home English tutoring and local excursions to practice “real life” conversation skills. No teaching experience required.	2-4 hours per week	Flexible; daytime, evening, weekdays or weekends	Oakland (and other East Bay locations), Sacramento area (And occasional SF positions)
<u>Mentoring/Local Orientation:</u> Help IRC clients become familiar and comfortable with American culture and customs, and orient them to local services and resources. Assist families and/or individuals with public transport, shopping, cultural activities, acquiring a drivers license, making social contacts, using phones, banking, libraries, internet access etc. Provide friendship, social and moral support.	2-4 hours per week (can be included with English Tutoring)	Flexible	Oakland (and other East Bay locations), Sacramento area (And occasional SF positions)
<u>Donation Delivery:</u> pick up (from local donors) and deliver (to a refugee family) household items in good condition, such as TV’s, sofas, tables, etc. Must have truck, van, SUV, or other spacious vehicle.	2-4 hours per delivery	Flexible	Oakland/East Bay locations, San Francisco, Sacramento area
<u>Job Readiness/Professional Training</u> Help an IRC client prepare for employment under the direction of the job developer. Assist in searching for job opportunities and accompany clients to job interviews. Help clients develop money management skills as they become financially self-sufficient.	Depends on needs of the job developer	Flexible – But during working hours (Mon-Fri 9-5)	Oakland, Sacramento
<u>Office Volunteer:</u> Assist the IRC development team and caseworkers with administrative tasks and other projects	4+ hours per week. (M-F 9-5)	Flexible, but must arrange consistent schedule	Oakland, San Francisco, Sacramento

The following programs provide a comprehensive approach towards fulfilling our mission:

Food Lockers

Our Food lockers are responsible for distributing food to over 55,000 unduplicated clients per year. In addition, our Food Lockers also serve as a catalyst for introducing clients to other Sacramento Food Bank & Family Services programs. Volunteers assist with sorting, bagging and distributing donations.

Sunday Lunch

Every Sunday over 4,000 brown bag lunches a month are prepared and distributed to the poor and disadvantaged populations of Sacramento. Approximately half of our lunch recipients are under 12 years old. Volunteers assist in preparing and distributing the brown bag lunches.

Clothing Closet

The Clothing Closet allows our clients an opportunity to “shop” in a clean, dignified and well-organized environment. Approximately 375,000 articles of clothing are provided to over 50,000 people per year. Volunteers assist with sorting and hanging clothing, client reception, and act as “personal shoppers.”

Havens Program

The Havens program is a support program that fosters crisis intervention, self-sufficiency and financial independence for homeless families. Emphasis is also placed on identifying and preventing each family’s individual cycle of homelessness. Volunteers serve as mentors, life skill coaches and support systems.

Mother-Baby Program

The Mother-Baby Program is a distribution program with an emphasis on education. Emergency goods such as baby food, formula, and diapers are distributed on a monthly basis to parents who are then guided in the process of raising their children. Volunteers may serve as mentors, supply clerks or receptionists.

Women’s Wisdom Project

The Women’s Wisdom Project is an empowerment program which utilizes the technique of art to help women transition from the negative effects of abuse, poverty and mental illness and allows the women to express, recover and create stability. Volunteers assist with art classes, group discussions and more.

Child Services

Child Services supports our clients who are pursuing their educational goals by providing a Play-Care/Pre-school program for their children. Play-Care is offered in the mornings Child Services also offers an After-School tutoring program for 1st-6th grade children. Volunteers may support either program.

INTEL Computer Clubhouse

The Intel Computer clubhouse is a safe and creative after-school learning environment where young people from underserved communities work with adult mentors to explore their own ideas, develop skills, and build self-confidence through the use of technology.

Senior Bridge Builders Club

The Seniors Bridge Builders club is a group of dedicated senior volunteers who share their skills, education and experience at all levels of Sacramento Food Bank & Family Services. At last count this phenomenal group numbered 225 active members.

FOR MORE INFORMATION OR TO VOLUNTEER CALL (916) 456-1980