

# volunteer opportunities

## **ABOUT THE YWCA MIDDLE RIO GRANDE:**

*Founded in 1910, the YWCA Middle Rio Grande is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.*

### **Fundraising Events, Activities and Health Fairs!**

The YWCA conducts numerous events throughout the year, including health fairs, the Women4Women Vets Shop-a-Thons, the new “Pink Ribbon Ride Motorcycle Rally” and the well-known *Women on the Move Awards*, among many others! Volunteers are always sought for help with these events—everything planning committees, if applicable, to just helping on event day!

### **General Office Assistance!**

The YWCA gets numerous calls from the public everyday about many of the programs and services that our organization offers. We need volunteers for a variety of clerical and receptionist support duties—including answering a 10-line telephone and directing callers to the proper YWCA and community programs such as Health Equity, PAN, Our Sisters Closet, youth programs, and others.

### **Health Equity ENCOREplus Program!**

Are you great on the phone? If so, we need community outreach volunteers for the YWCA’s ENCOREplus program that provides women with free or low-cost mammograms. The program has reached nearly 210,000 women since its inception in 1994. You will be making follow-up calls to women who have requested information about the program to see if they were able to schedule their mammogram, and if not, what barriers are preventing them from doing so.

### **Providers Allied for Nutrition (PAN)!**

The YWCA’s PAN program is a food program sponsored by the USDA for the purpose of reimbursing home childcare providers for nutritious meals served to children in their safekeeping. The program currently supports over 438 in home childcare providers, a number which will be increasing in the coming year! Volunteers are needed to make copies of program pages and create provider notebooks. Each provider is given a program notebook that contains menus, attendance sheets, approved meal/menu items, and a food and nutrition manual. In addition, providers contact PAN and request additional copies of menus and attendance sheets. We supply/mail them additional copies so we need to have plenty on hand!

### **TechGYRLS Program!**

Are you tech savvy? TechGYRLS is the YWCA’s signature youth program that seeks to bridge the gender gap between men and women in computer science, technology and engineering. The program seeks volunteer mentors for its afterschool programs at Truman, Harrison, Roosevelt and Bernalillo Middle Schools. The volunteer would assist the teacher 2 times a week for 10 weeks at one of the schools— including teaching girls aged 11-13 how to build and program a robot using a sophisticated Lego kit and accompanying computer software.

### **T.L.C. Homeless Women’s Veterans Project!**

The YWCA’s Transitional Living Center or the “TLC House” for homeless women veterans and their dependent children will open soon! Working one-on-one with a case manager, each veteran will prepare an Independent Development Plan in which she sets goals and a timeline in which to achieve them. Goals may include returning to school, learning a trade, attending career counseling and job training as well as life skills such as parenting classes, cooking and nutrition, budgeting and finance, and stress management. Women will be able to stay at TLC for up to two years, but our goal is to help them secure jobs and find permanent housing within the first 12 months. There are many volunteer opportunities for this project—everything from yardwork to conducting workshops!

# volunteer sign up form

**YES, I WOULD LIKE TO VOLUNTEER TO HELP THE YWCA!**

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**EMAIL:**

**PHONE:**

**Area of Interest:**

- Fundraising Events, Health Fairs
- General Office Assistance
- Health Equity ENCOREplus Program
- Providers Allied for Nutrition Program
- TechGYRLS
- TLC Homeless Women Veterans Project

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