

## **LOCAL MISSION OPPORTUNITIES- St. Louis**

**Emmaus Home:** [www.emmaushomes.org](http://www.emmaushomes.org)

The mission of Emmaus Homes is to enrich the lives of individuals of all beliefs, with cognitive or developmental disabilities, by fostering independence, inclusion, and self-advocacy.

Their goal is to help their clients live as independently as possible in the community of their choice.

### **Volunteer Opportunities:**

#### Community Projects

If you are looking for physical labor like painting or general yardwork or perhaps you would like to assist in a recreational activity with clients, click here for a list of scheduled activities. Great for individuals or groups.

#### Emmaus Events

Volunteer, sponsor or attend Emmaus events and bring greater awareness of our mission to the community. Proceeds raised from these events help "bridge the gap" in funding in order to provide quality services to our clients.

#### Neighbor to Neighbor

Neighbor to Neighbor involves building a consistent presence with one particular home. Whether it's maintaining the yard, enjoying community activities together with clients or both it is sure to meet the home's needs and yours.

#### Support Emmaus

Host your own fundraiser in honor of a birthday or special occasion to help Emmaus clients. Or check out the ways you can support Emmaus just by doing your everyday or holiday shopping.

Chris Adams at [adamsc@emmaushomes.org](mailto:adamsc@emmaushomes.org) or call 636-534-5218

**Every Child's Hope** [www.everychildshope.com](http://www.everychildshope.com)

ECH states that caring for vulnerable children is still at the heart of each of its programs. Staff members across St. Louis and Kansas City campuses are dedicated to preventing child abuse, treating emotional trauma and mental health issues, and providing aftercare and follow-up services. Each year ECH helps more than 1,400 youth and children find healing and hope for their futures.

Through their diverse programs, they strive to strengthen families and encourage all family members to reach their full potential by leading healthy, productive, and self-sufficient lives. Programs include: *Residential Treatment; Steppingstone Transitional Living; ECH School; Head Start Early Education Center; Family Solutions for Kids; Out-Patient Psychiatric Services;* and *Foster Care Case Management.*

**Volunteer Opportunities:**

**CHILD SPONSORSHIP**

Child Sponsorship involves correspondence with a child, similar to a pen pal. For this reason, individuals, families or groups living some distance from our Home locations find it an excellent way to participate. Due to privacy laws, we encourage regular, dependable correspondence rather than face-to-face contact.

The Child Sponsorship Program is designed to provide additional support for those children in our care who have little or no relationship with their relatives or other adults, or whose relatives are unable to provide financial support. Although it is often difficult for them to admit, these children need to know that someone special cares about them.

Contact Judy Wagganer at [jwagganer@echmail.org](mailto:jwagganer@echmail.org) for more information or call (314) 427-3755.

### TUTORS

Many of our children are behind academically. One-on-one tutoring is the best way to help them catch up. Help residents who may be having problems in subjects such as math, science, English, history, and reading. Tutors need to be willing to commit 2-3hrs. a week for up to 6 weeks, and will need an Abuse/Neglect Background Check and Criminal Record Check. All tutor volunteers will need a Bachelor's degree or higher.

Contact Regina Rodgers at [lkilcullin@echmail.org](mailto:lkilcullin@echmail.org) for more information or call (314) 427-3755.

### EARLY EDUCATION CENTER

Have fun and be a kid again while working directly with the children in the Early Education Center who range in age from infants to 6 years old. Contact may include story-telling, special activities, or simply playing with the children.

Contact Valorie Holden [vholden@echmail.org](mailto:vholden@echmail.org) for more information or call (314) 427-3755.

### OFFICE WORK

Mass mailings are frequent and at times more than our small staff can handle. Often we are in need of volunteers to help stuff envelopes for direct mail sent to our constituents.

Contact Laura Kilcullin at [lkilcullin@echmail.org](mailto:lkilcullin@echmail.org) for more information or call (314) 427-3755.

## SPECIAL EVENTS

Assist in fundraising efforts through serving on one of our special event planning committees. Opportunities to plan our annual “Extend a Caring Hand” Dinner & Auction, our annual Golf Classic, or Trivia Night all provide fun ways to meet new people and help raise the resources needed to care for children and families in need.

If serving on a committee is not your thing, we always need help the day of events setting up, staffing the events, and cleaning up. For example, be a cashier at our Auction, a hole spotter at our Golf Classic, or a score keeper at Trivia Night.

Contact Laura Kilcullin at [lkilcullin@echmail.org](mailto:lkilcullin@echmail.org) for more information or call (314) 427-3755.

## OFFICE INTERNS

Our public relations and development office can provide college credit internships to students interested in gaining experience in the non-profit world.

Contact Laura Kilcullin at [lkilcullin@echmail.org](mailto:lkilcullin@echmail.org) for more information or call (314) 427-3755.

## IN-KIND PROFESSIONAL SERVICES

Are you a photographer? Beautician? Musician? Whatever your skills or hobbies are, they may make a difference in the lives of our kids. Consider donating your time and talent to improve and brighten a child’s day.

Contact Laura Kilcullin at [lkilcullin@echmail.org](mailto:lkilcullin@echmail.org) for more information or call (314) 427-3755.

### CAMPUS WIDE BEAUTIFICATION

Complete small projects such as painting, clean-up and gardening around campus. These projects do not include working directly with residents. Projects will be on as-needed basis and as weather permits.

Contact Laura Kilcullin at [lkilcullin@echmail.org](mailto:lkilcullin@echmail.org) for more information or call (314) 427-3755.

### HOLIDAY EVENTS

Assist with making the holidays a special time for residents. Volunteer opportunities will range from being the Easter Bunny or Santa Claus, wrapping presents during the Christmas holiday, or passing candy out on campus during our Halloween celebration.

Contact Julie Jennings at [jjennings@echmail.org](mailto:jjennings@echmail.org) for more information or call (314) 427-3755.

### RECREATION THERAPY ACTIVITIES

Assist with coaching sports teams or assisting the recreation therapist with extracurricular sports activities for our residents. This opportunity includes supervised contact with residents.

Contact Julie Jennings at [jjennings@echmail.org](mailto:jjennings@echmail.org) for more information or call (314) 427-3755.

## **Unleashing Potential** [www.upstl.com](http://www.upstl.com)

The mission of Unleashing Potential is to close the opportunity gap for children and youth by building on their strengths. We create educational and empowering experiences through early childhood education, after school programs, youth development and enrichment camps.

### **Volunteer Opportunities:**

#### ONGOING PROGRAM VOLUNTEERS

UP welcomes individual, ongoing volunteers to help in our Early Childhood Education and After School programs. Applications and background checks will be completed for all ongoing volunteers. Both programs have different volunteer needs, so a diverse group of volunteers are needed to support each program. Below are the ongoing volunteer opportunities available.

#### UP AT CAROLINE MISSION

Volunteer duties may vary depending on the current needs of Caroline Mission. Volunteers may choose to help in one of the classrooms, spend time outside gardening or assist with light office work.

#### UP AT AFTER SCHOOL

Our After School programs are located at 18 sites in St. Louis City and County. Volunteers will assist with distributing the evening snack or meal, provide homework help, and support the site manager in the execution of planned curriculum.

#### EVENT VOLUNTEERS

We host many fundraising and program-related events each year, and we rely on volunteers to help support, plan, and implement each event. Volunteering the day of an event is a perfect opportunity for those who can only commit to a one-time volunteer opportunity.

#### VOLUNTEER GROUPS

Throughout the year, we are fortunate to have many volunteer groups help us with various projects. Groups include: corporations, churches, civic groups and schools.

*To learn more about supporting Unleashing Potential with your group, contact [Jessi Goodhart](#) or call 314-561-3337.*

## **Lydia's House** [www.stlydiashouse.org](http://www.stlydiashouse.org)

The mission of Lydia's House is to provide a supportive and stable environment for women and children in crisis. Each guest and her children will be helped to move into long term housing at the end of her stay. It is a place of hope and healing as well as a springboard from which guests can seek training, new skills, and work that will provide for their needs. Women live in community, share life and meals with one another, and are encouraged in their personal spiritual journeys.

### **Volunteer Opportunities:**

#### **Meal Angels**

Lydia's House is intent on providing healthy, well-balanced meals to everyone who lives in the house. This includes 10-15 adults and children as well as you and your family if you choose to eat with us. As a meal angel you would be responsible for providing dinner, either delivering the meal already prepared or cooking in the Lydia's House kitchen. Lydia's House will typically have some food available including rice, pasta, meats, and produce. If you would like to use the food here instead of purchasing your own feel free to call and see what's here! Dinner cooking opportunities are available Sunday through Thursday, and once you schedule your date an email will be sent to you with details, any allergies present in the house, and sample recipes. If you are interested, please contact [volunteer@stlydiashouse.org](mailto:volunteer@stlydiashouse.org) to see which days are available.

#### **House Duty**

Lydia's House on a typical afternoon can be a hive of activity: kids playing in the yard, meals being prepared, donations arriving, volunteers working in the garden, and so forth. Regular activities for a volunteer on house duty include answering the door and phone, sorting donations and the mail, light housework, and simply being present. For four hours (10-2 or 2-6) each day you can help us by tending to these many, many goings-on!

If you have further questions or would like to visit Lydia's House, please contact [maryellen@stlydiashouse.org](mailto:maryellen@stlydiashouse.org) or call (513) 549-7752.

## **Ronald McDonald Houses** [www.rmhcstl.com](http://www.rmhcstl.com)

The mission of the Ronald McDonald Houses is to provide a home-away-from-home to families of seriously ill children and support to organizations that serve the needs of children.

St. Louis' three **Ronald McDonald Houses** offer parents and family members a respite from hospital waiting rooms 24 hours a day, 365 days per year. Our Houses provide the essential comforts of home: comfortable beds, hot showers, home-cooked meals, kitchen and laundry facilities and more.

Ronald McDonald House Charities of St. Louis also serves local families through our four **Ronald McDonald Family Rooms**, which are located inside three pediatric hospitals: Mercy Children's Hospital, St. Louis Children's Hospital and SSM Health Cardinal Glennon Children's Hospital. These rooms provide many of the same comforts as the Ronald McDonald Houses, including hot showers, laundry facilities, snacks, Internet access and television. Here, families can take a break from the hustle and bustle of hospital corridors.

**Volunteer Opportunities:** Specifically, for youth and children

For those under the age of 18:

Save tab tops. Collect tab tops throughout the year. Then bring them to our annual Tab Top Pandemonium event and see how your collection stacks up! For more information, visit [www.rmhcstl.com/tabtops](http://www.rmhcstl.com/tabtops).

Art Projects We love to have our House decorated by children of all ages. Children can donate their artwork, including holiday cards, table decorations and place mats for our kitchen tables.



Cook dinner. As part of our Family Dinner Program, volunteers cook meals for our families every night. Children who are 12 or older can participate with at least two chaperones per group. Children under age 12 may accompany a dinner group. Visit [www.rmhcstl.com/dinnerprogram](http://www.rmhcstl.com/dinnerprogram) for more information.

Make blankets. Families are often given small gifts upon arrival or departure. A nice warm blanket, such as a no-sew fleece tie blanket, makes a great gift!

Collect wish list items. To keep our Houses and Family Rooms running like homes, we rely on wish list item donations. Kids and teens can collect items and drop off the supplies at one of our Houses. Kids can also ask for wish list items instead of birthday gifts.

Visit [www.rmhcstl.com/wishlist](http://www.rmhcstl.com/wishlist) to find our most up-to-date lists. collect and donate money Recycle to make money. Collect loose change in a jar. Organize a garage sale. Do chores around the house. All of these are great ways that kids and teens can collect money that they can then donate to RMHC St. Louis. For more information, please

Ronald McDonald House locations:

WEST COUNTY RONALD MCDONALD HOUSE  
300 RONALD MCDONALD HOUSE LANE, ST. LOUIS, MO 63141  
(P) 314.485.0300

PARK AVENUE RONALD MCDONALD HOUSE  
3450 PARK AVENUE, ST. LOUIS, MO 63104  
(P) 314.773.1100

WEST PINE RONALD MCDONALD HOUSE  
4381 WEST PINE BLVD., ST. LOUIS, MO 63108  
(P) 314.531.6601

## **Food Outreach** [www.foodoutreach.org](http://www.foodoutreach.org)

In October of 1988, when Food Outreach was founded, resources were scarce for low-income people living with HIV/AIDS. Having seen the effects of the disease on the health of seven close friends, the organization's founders made a promise to help them find comfort. Proper nutrition, as they found, was key to maintaining a strong immune system, managing symptoms and complications, and counteracting changes that the body often experiences such as extreme weight loss, infections, diarrhea, lipodystrophy, and more. By providing the right balanced diet, nutrition counseling, and other resources, Food Outreach could improve the quality of life for not only our founders' friends but others in the community living with HIV/AIDS. In 2006, we expanded that mission to include help for those diagnosed with cancer. We now serve nearly 2,000 people each year. We have served more than 6,000,000 meals to over 12,500 clients in our 30-year history.

### **Volunteer Opportunities:**

#### **Grocery Center**

Volunteers are needed to greet clients, distribute meals, fill client orders, sort through donated canned goods, and stock shelves in our Grocery Center, which is open Tuesday from noon-7pm, and Wednesday, Thursday, and Saturday from 10am-3pm.

#### **Prep & Cook Crews**

Volunteers assist with food preparation, cooking, packaging and storing of our homemade meals, or join the clean-up crew in the Food Outreach kitchen. Prep Cook Crews are scheduled most Fridays from 9am-noon, and Cook Crews are scheduled most Saturdays from 8am-noon.

Contact Kathy Spencer at 314-652-3663 ext. 111 – [kathy@foodoutreach.org](mailto:kathy@foodoutreach.org)

## **The Covering House**

The Covering House provides refuge and restoration, using the least restrictive environment, for sexually exploited and trafficked children and teens, providing safety, dignity, and freedom utilizing top level staffing and oversight.

**Volunteer Opportunities:** All volunteers must fill out a confidential volunteer application; attend a volunteer orientation, get a background check and sign a confidentiality agreement form as part of the process of joining the Covering House team. Orientations are held every other month. Here is the current list of volunteer opportunities:

### **Stock Our Shelves**

Each month we have two groups help us collect all of the non-perishable items we need. Get a group together to help us collect food and other needed items!

### **The Garden Team**

Do you like to garden? Our girls at our long-term home need help in the spring and summer with all of the weeding and care of their flower beds. Email [volunteer@thecoveringhouse.org](mailto:volunteer@thecoveringhouse.org) for questions regarding becoming a garden volunteer.

**Bi-State Pet Food Pantry** [www.bistatepetfoodpantry.org](http://www.bistatepetfoodpantry.org)

It is the mission of Bi-State Pet Food Pantry to keep animals and their guardians together during financially difficult times by providing emergency assistance with pet food.

The pantry operates solely on volunteers' time and efforts with five board members and nearly 50 volunteers. In 2017, they assisted an average of 200 families each month and distributed over 186,000 pounds of food. When families fall on hard times, Bi-State Pet Food Pantry is happy to know that they can help them care for their four-legged family members!

**Volunteer Opportunities:**

Bagging: Bag the dog and cat food into 10 and 6 pound bags.

Inventory: Take inventory and log the donated food, treats, and litter.

Distribution: Greet clients, assist with registration, collect items, and help carry donations to vehicles.

Awareness Events: Attend events and promote the Bi-State Pet Food Pantry.

Fundraising Committee: Help plan, coordinate, and execute events to raise money and donations for the Pantry.

Plan a Donation Event: Coordinate your own food donation event for the Pantry with your church, workplace, girl or boy scout troops, school, etc. Please contact [donate@bistatepetfoodpantry.org](mailto:donate@bistatepetfoodpantry.org) for more information.

Interested in volunteering? Sign up to be on their mailing list for volunteer opportunities under the Contact Us tab. Email with questions at [rochelle@bistatepetfoodpantry.org](mailto:rochelle@bistatepetfoodpantry.org).

The Bi-State Pet Food Pantry also welcomes the participation of schools, churches, and service organizations. Please consider holding a pet food donation event for the Pantry! Contact to help coordinate efforts by emailing [rochelle@bistatepetfoodpantry.org](mailto:rochelle@bistatepetfoodpantry.org) or 314-596-2128.