



## **Wayside Recovery Center Ongoing Volunteer Opportunities**

### **Donation Delivery Driving (in person)**

We are always looking for volunteers to help us complete donation deliveries to our sites. Currently, we are doing a weekly food delivery between Yard House restaurant in St Louis Park and our Family Treatment Center in Mpls on Wednesdays between 8:30-9:30am.

In fall, we have large coat and clothing donation drives organized by local businesses to support our women and children. We would love to add your name to our list of folks who can help with this endeavor. One of our clothing deliveries required 2 vans and a 1 car and it was still a tight fit!

### **Donation drives/Packing Parties (virtual/remote)**

We are always in need of one-time donations for our clients. Many clients come to treatment with very little clothing and personal affects/ hygienic products. Clothing items should be brand new/lightly used, while other items must be new and alcohol free.

Here is a list of items we accept year-round for our women and are used regularly:

Clothing (t shirts, sweaters, sweatshirts, sweatpants, jeans, leggings, PJ sets, underwear, socks, bras) sized L-3X are in high demand.

Personal things: journals/notebooks, pens, sticky notes, books on recovery and healing, coloring books, activity books, tote bags (we love when bags are decorated with encouraging messages)

Hygienic products: pads/pantyliners/tampons, shampoo, conditioner, bars of soap, lotion, body wash, toothbrush, toothpaste, hairbrush, hair binders or scrunchies.

After running your donation drive, gather your family, friends and coworkers together and have a packing party! We are open to your ideas of what type of donation drive you want to host with family, friends or coworkers. Other ideas include—birthday celebration kits, crafting kits, family activities goodie bags, or donation bags themed around holidays like a Valentine's Day or Halloween.

### **Maintenance help (in person)- outdoors**

When the weather gets warmer, there are a host of projects to help around our treatment centers and apartments. Weeding, planting flowers, mulching, spreading new grass seed, raking, the possibilities are endless and plentiful for spring, summer and fall. Project ideas may evolve as new needs arise for our locations.



### **Facilities/Building help (in person) – indoors**

We are always looking for a few volunteers to help on an as-needed basis for indoor projects. Painting client rooms between stays and helping with organizing office spaces or cleaning children's play rooms at Family Treatment or Supportive Housing are examples of projects that come up regularly.

### **Children's Tutoring (in person) - indoors**

Children at our Supportive Housing unit range from middle school to high school age and are always looking for tutoring to help with math, science and English/writing.

### **Women's Circle (virtual and in person)**

We are looking to create a regular volunteer group of professionals who are passionate about the recovery community and Wayside's mission to plan and executive 4-6 educational programming sessions for Wayside's clients a year themed around mental health, recovery, financial literacy and debt reduction, and professional development among other ideas and expertise of our volunteers. We are open to your ideas!

### **Pro Bono Legal Consultations (virtual and in person)**

If you are a lawyer well versed in child protection or family law and are looking to provide vital support to our mothers looking to reunite with their children, this is a great ad-hoc opportunity that can help families be together again.

### **Tax/Financial Consultation (virtual and in person)**

If you are a tax preparation professional or have experience with financial advising, we would love if you could consult and work with our women. Helping straighten out finances is vital to helping clients become independent and plan for the future.

### **Lead a Fun Workshop for Clients**

Similar to Women's Circle, but independently initiated and scheduled with our staff at your convenience, if you have a passion or talent, wealth of knowledge you would like to share with our women, please let us know! Examples could be: yoga/meditation class, crafting/arts, creative writing class, tutorials on how to use Microsoft or Google Drive, career planning, self care practices, dance class, cooking class, etc.

We are open to your ideas! Email [Adancement@waysiderc.org](mailto:Adancement@waysiderc.org) with your thoughts and we'll help make it a reality! Thank you so much for giving your time, talents and resources to help our women, children and families.

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