

April 2019

Volunteer News

Sheppard Pratt Health System's Capitol Region



PART OF THE SHEPPARD PRATT HEALTH SYSTEM



Thank you, volunteers!

April is National Volunteer Month. Family Services, Inc. and Sheppard Pratt Health System would like to offer our sincere thanks to all our volunteers. Your time, energy, and enthusiasm help us to better serve our clients each and every day. We are very grateful for your support!



More decorating at the BAK Center

Members of Highlight Church were back at the **Betty Ann Krahne Center** helping to paint and redecorate rooms. The team of volunteers did an amazing job to create more warm and welcoming bedrooms for mothers and their children. Highlight Church has made a commitment to help with redecorating as many rooms as they can during 2019. Thank you!



Linkages after-school running club needs volunteers

Family Services' **Linkages to Learning** program is offering a **Girls on the Run** after-school program at Rosemont Elementary School from March through May.

Girls on the Run encourages girls to develop self-respect and healthy lifestyles through dynamic, interactive lessons and running games. The session culminates in a celebratory 5K run.



Volunteers are needed to assist the Girls on the Run coaches with lesson plans and activities, and to run with the girls.

- Practices are every Tuesday and Thursday from 3:15 p.m. - 4:30 p.m.
- Rosemont Elementary School
- 16400 Alden Avenue, Gaithersburg, MD, 20877

There will be no practice on Thursday, April 18 (spring break) and the 5K run is on Sunday, May 19. The season ends on Tuesday, May 21 with a celebration.

Students 16 and older are welcome to volunteer. For more information and to apply, contact mary.murphy@fs-inc.org or call 301-840-3183.

Help with administrative tasks

Independence, Family Services' day program for adults living with chronic mental illness located in Prince George's County, needs volunteers to help with a variety of administrative projects.

- Volunteers are needed for 2-3 hours for 1-2 days a week
- **Mondays - Thursdays anytime between 9:00 a.m - 5:00 p.m.**
- 7401 Forbes Road, Lanham, MD, 20706



For more information and to apply, contact mary.murphy@fs-inc.org or call 301-840-3183.

One-time volunteer opportunities

Great opportunities for adults and students!

Family Services is always looking for special support volunteers to help at special events. All you need to do is submit a completed **volunteer application** and we will be in touch to confirm your participation.

MONTGOMERY STATION

Talent Show

Montgomery Station is hosting a Talent Show for clients and staff, and volunteers are needed to help with several jobs. We hope you can also stay to enjoy the show!

- **Tuesday, April 23**
- Photo booth volunteers are needed from 11:00 a.m - 12:00 p.m.
- Refreshment servers are needed from 12:00 p.m. - 2:00 p.m.
- 630 East Diamond Avenue, Gaithersburg, MD, 20877

EARLY HEAD START EVENTS

Each month Family Services' **Early Head Start** program hosts a number of special events for parents and families. Volunteers are needed to help with three events in April.

Learning Community Series

- **Friday, April 19 from 9:45 a.m. - 12:30 p.m.**
- Volunteers are needed to help with set up, serving food, children's activities, and clean up
- 640 East Diamond Avenue, Suite A, Gaithersburg, MD, 20877

Policy Council Meeting

- **Monday, April 22 from 4:45 p.m. - 7:30 p.m.**
- Volunteers are needed to help with set up, serving food, childcare, Spanish/English interpretation, and clean up
- 640 East Diamond Avenue, Suite A, Gaithersburg, MD, 20877



Welcome Spring!

Many thanks to the terrific team of volunteers who helped prepare and serve a Welcome Spring lunch at **Montgomery Station** on March 20, the first day of spring. Clients enjoyed a special lunch of baked chicken stuffed with spinach and cheese, roasted asparagus, fresh fruit salad, and rice. Angel food cake with fresh berries plus a beautiful, sunny day helped all feel that spring was finally here!



Diapers, diapers, and more diapers

Each month, Family Services receives thousands of diapers from the **Greater DC Diaper Bank** to distribute to families in 10 different programs. In March, we received over 9,000 diapers!

We are grateful for the volunteers who help us each month to unload and sort the diapers for distribution. And, we are thrilled to be a partner of the Greater DC Diaper Bank.

- Students 16 and older are welcome to help

Parent Workshop

- **Tuesday, April 30 from 4:30 p.m. - 7:30 p.m.**
- Volunteers are needed to help with set up, serving food, childcare, and clean up
- 640 East Diamond Avenue, Suite A, Gaithersburg, MD, 20877
- Students 16 and older are welcome to help



Monthly new volunteer orientations

Learn more about Family Services and Sheppard Pratt Health System, our volunteer policies, and current volunteer opportunities at our monthly new volunteer orientations. Upcoming one-hour sessions include:

- **Thursday, April 4 at 6:00 p.m.**
- **Tuesday, April 23 at 12:00 p.m.**

Contact mary.murphy@fs-inc.org to RSVP. Online applications are available on [our website](#). Orientations are held at 620 East Diamond Avenue, Gaithersburg, MD, 20877.

Thank you to the wonderful group of Highlight Church members who attended a new volunteer orientation in March.



To learn more about volunteering for any of the opportunities listed above, contact Mary Murphy, Volunteer and Marketing Specialist, at mary.murphy@fs-inc.org or call 301-840-3183.