

February 2019

Volunteer News

Sheppard Pratt Health System's Capitol Region



Special events in February

If you've got a few hours to share, volunteer with us!

A number of our programs are looking for special support volunteers. All you need to do is submit a completed **volunteer application** and we will be in touch to confirm your participation.

FOOD SERVICE

Montgomery Station, Family Services' day center for adults living with chronic mental illness, needs volunteers to help with cooking and serving a special meal:

Valentine's Day Lunch

- **Thursday, February 14**
- **Cooks are needed from 9:30 a.m. - 12:00 p.m.**
- **Servers/cleaners are needed from 11:45 a.m. - 1:00 p.m.**
- Volunteers are welcome to help for both shifts
- **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. They need volunteers to help with three events in February:

Parent Workshop

- **Wednesday, February 6 from 5:00 p.m. - 8:00 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**
- Students 16 and older are welcome to help

Learning Community Series

- **Friday, February 15 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**

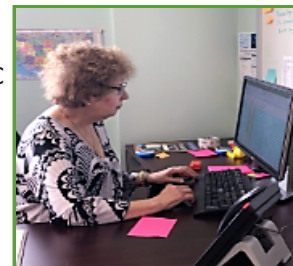
Policy Council Meeting

- **Monday, February 25 from 4:45 p.m. - 7:30 p.m.**
- Volunteers are needed to help with set up, serving food, childcare, and clean up

Volunteers play many roles

Family Services' **Family Discovery Center** (FDC) is a multi-generational program located in Rockville, Maryland. The FDC operates a year-round program to promote adult learning and healthy child development in families with young children. Family Services is incredibly grateful for volunteers who play key roles in the day-to-day activities at the Center.

Dianne Dougherty is one of several volunteers who help with administrative tasks, allowing FDC staff to provide services that might not otherwise be possible. Angela Murdough, FDC Child Development Specialist, describes this volunteer office team as "reliable, hard-working, and willing to do whatever is needed".



It was clear from the start of her volunteering in the child development center that Amanda Crews is completely comfortable with infants. She happily rocks babies who need a little extra attention, offering another set of loving arms for the Center's small staff. Other child development center volunteers provide critical support through staffing adjustments and serve as another playmate and listener for the children.



Ellen Gagne works with adult students offering one-on-one tutoring and computer skills support. She is also always happy to jump into the child development center when needed. Angela Murdough says, "Ellen exhibits unwavering patience with children and adults alike."

Part of the Maryland Family Network, the Family Discovery Center offers adult education and life skills classes to parents to promote self-sufficiency and positive parenting skills. Children up to age four learn alongside their parents at the Exploration Station Child Development Center where they develop school readiness skills. The Center also provides home visiting services for parents who would like additional support with their parenting roles.

- 640 East Diamond Avenue, Suite A, Gaithersburg, MD, 20877
- Students 16 and older are welcome to help



Volunteer tutors always needed

Family Services is always looking for adult and student tutors to work one-on-one with elementary, middle, and high school students. Volunteers can offer an hour each week, or more if available. Students 16 and older are welcome to volunteer.

Tutoring sessions occur during the week after school with specific days/times varying depending on the program.

Current programs in need of tutors include:

- **Linkages to Learning** at Gaithersburg Middle School, 2 Teachers Way, Gaithersburg, MD, 20877
- **The Landing**, 640 East Diamond Avenue, Suite B, Gaithersburg, MD 20877
- **Regional Youth Services**, 620 East Diamond Avenue, Suite H, Gaithersburg, MD, 20877

For details and to apply, contact mary.murphy@fs-inc.org.

Be a tutor,
change a life.

MLK Day of Service

Family Services hosted a table at the annual MLK Day of Service event at the Bethesda North Marriott Conference Center on Monday, January 21.

More than 35 different organizations hosted service projects while another 20 organizations staffed tables with information on volunteering. Family Services shared details about **Sheppard Pratt Health System** and our volunteer program. It was a very successful event sponsored by the **Montgomery County Volunteer Center** which is an invaluable resource for Family Services.

Celebrating the New Year

We welcomed the Chinese New Year a bit early at **Montgomery Station** (it's actually February 5). A tremendous team of volunteers made egg rolls, chicken and egg noodle soup, and vegetable stir fry with ginger. The clients felt like they were eating at a delicious Chinese restaurant. Thank you volunteers!

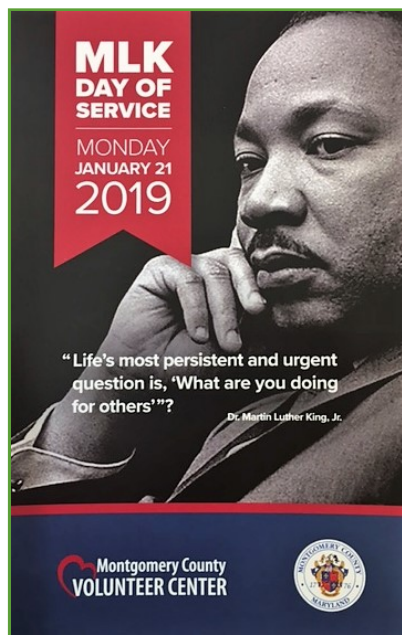


Monthly new volunteer orientations

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, February 7 at 6:00 p.m.**
- **Tuesday, February 19 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 in Gaithersburg, MD, 20877.



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**.