

October 2018

Volunteer News

Sheppard Pratt Health System's Capitol Region



October special events need YOU

FOOD SERVICE

Montgomery Station, Family Service's day center for adults living with chronic mental illness, needs volunteers to help with a special event in October:

Halloween Lunch

- **Wednesday, October 31**
- Cooks are needed from 9:30am-12:00noon
- Servers/cleaners are needed from 11:45am-1:00pm
- 630 East Diamond Avenue, Gaithersburg
- Feel free to wear a fun costume, comfortable for cooking!



EARLY HEAD START SPECIAL 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 October:

Policy Council Meeting

- **Monday, October 22 from 4:45-7:30pm**
- Volunteers are needed to help with set up, serving food, childcare and clean up
- 640 East Diamond Avenue, Suite A, Gaithersburg
- Students 16+ are welcome to help

Male Involvement Family Event

- **Saturday, October 27 from 9:00am-12:30pm**
- Volunteers are needed to help with set up, activities, serving food and clean up
- 640 East Diamond Avenue, Suite A, Gaithersburg
- This will be held outside in the parking lot
- Students 16+ are welcome to help

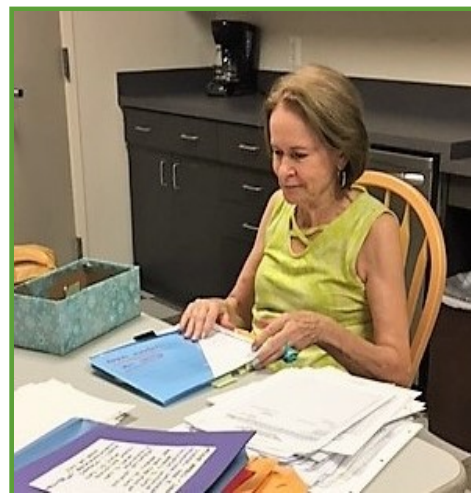
Parent Workshop

- **Tuesday, October 30 from 5:15-8:00pm**
- Volunteers are needed to help with set up, serving food, clean up, childcare and Spanish/English interpretation
- 640 East Diamond Avenue, Suite A, Gaithersburg
- Students 16+ are welcome to help

Volunteers provide much needed administrative support

We're so grateful for the many volunteers who help with administrative tasks throughout the year. Whether it's helping with filing and scanning, working on special projects, or greeting clients at a front desk, these volunteers offer the extra hands, organizing skills and welcoming smiles we need to provide the best service for our clients.

Independence, Family Service's day center in Lanham, is currently looking for volunteers to help with various administrative tasks for a few hours each week, Monday-Friday, anytime between 9:00am-5:00pm. Contact mary.murphy@fs-inc.org if you'd like to learn more.



Play with kids while parents are in class

Family Services' staff are looking for volunteers to help supervise children as they play, color, and read, while their parents attend English class.

Ed Bohrer Parent Resource Center

- **Tuesdays and Thursdays from 6:30-8:00pm**
- 35 N. Summit Avenue, Gaithersburg
- Students 16+ are welcome to help

Linkages to Learning at South Lake Elementary School

- **Mondays and Wednesdays from 9:00-11:00am**
- 18201 Contour Road, Gaithersburg
- Volunteers should be 18+

Do you know about the Montgomery County Volunteer Center?

The Montgomery County Volunteer Center is here to help you find ways to get involved and make a difference in the community.

Check out the Volunteer Center's **wonderful website** where you can find hundreds of volunteer opportunities by keyword, zip code, interest areas and more.



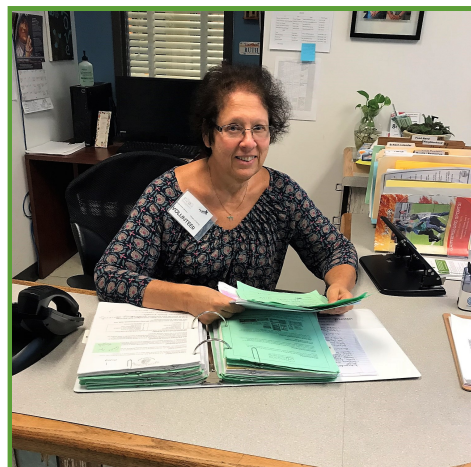
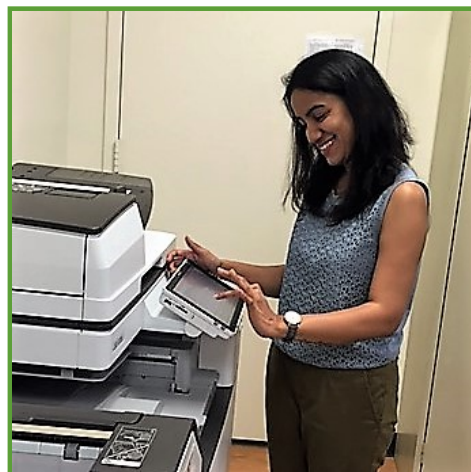
Become a **FAN of Family Services, Inc.** and you'll receive automatic email updates when new volunteer opportunities are posted. We've got several regular volunteer positions posted NOW!

Monthly new volunteer orientations

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

- **Thursday, October 11 at 6pm**
- **Monday, October 22 at 12noon**

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.



Welcome fall lunch

Montgomery Station kitchen staff just couldn't wait any longer for the cool weather to arrive. So, in late September on a warm but rainy Tuesday, volunteers cooked up a pot of delicious turkey chili and rice for a "Welcome Fall Lunch". Clients also enjoyed fresh fruit salad, cucumber salad and brownies and whipped cream.

Family Services was happy to welcome Tista Science and Technology Corporation volunteers in the kitchen for the first time, and we hope to have them back again soon. Thank you!



PART OF THE SHEPPARD PRATT HEALTH SYSTEM:



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.