



Volunteer Resource Guide



Serving Nash & Edgecombe Counties

OUR MISSION: WE UNITE PEOPLE AND RESOURCES TO BUILD A STRONGER COMMUNITY.

United Way funds local programs and services that help thousands of individuals and families throughout Nash & Edgecombe Counties. United Way is tackling the biggest challenges within three key areas: EDUCATION, INCOME & INDEPENDENCE and HEALTH! This packet will help you break down all the volunteer opportunities within the Twin Counties and surrounding areas based on your interests and the area that's just right for you!



EDUCATION: Building Successful Youth and Families

Youth can achieve their full potential. All the agencies under this category help our youth succeed academically and graduate from high school with a successful transition to work or higher education. They also help our youth develop the skills and attitudes to be responsible and productive community members.



INCOME & INDEPENDENCE: Increasing Self-Sufficiency

Individuals and families can move from a crisis situation to independently meeting their own needs in healthy and safe environments. Agencies under this category help people connect to a sustainable network of safety net organizations offering a variety of services, referrals, and case management resources to encourage personal and financial stability.



HEALTH: Creating a Healthier Community

People can maintain healthy lifestyles. The agencies that fall under this category target programs and services that provide the education and services that promote a healthy lifestyle and help people manage and prevent chronic physical and mental illnesses.

Some agencies may fall under more than one category because they provide a multitude of services for the community. Or there may be multiple locations for some agencies because there are several different offices. This breakdown is to better help you access your needs and interests for your volunteering experience.

One of the challenges you may face is in understanding where you can volunteer; or what your personal interests are where you can best use your experience and knowledge, and where you'll feel comfortable. That's what this guide will provide. It will help you understand the type of volunteering you want to do, and how you can select by interest areas that you'd like to work with. And then, turning to that page to read about that agency's volunteer needs, and how you can get in touch with the agency to find out how to get started with your volunteer activities.

Below, you'll find volunteer interest categories, and within each will be a listing of agencies looking for volunteers in that category. Find the agency, go to that page number, and read about volunteer opportunities. Call the contact person using the phone or email information, and get started!

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Volunteer Opportunities

Published by the United Way Tar River Region
Serving Nash & Edgecombe Counties

2501 Sunset Avenue, Rocky Mount, NC 27804
Telephone (252) 937-2213
www.unitedwaytrr.org

A Touch of the Father's Love

Contact: April Baker, Executive Director

Phone: 252-377-2209

Email: april.godsgirl@gmail.com

5193 Mommyer Way
Nashville, NC 27856

Help with food distribution days,

- Weigh and sort donated foods
- Put away food in the refrigerators, freezers, and on the shelves
- Unload the delivery truck
- Make food boxes and bags
- Organize shelves
- Help with food distribution days
- Front Door Greeters
- Office paperwork/file paperwork
- Receptionist calls/make appointments, etc.
- Department guide
- Organize clothing and furniture area

Hours: Monday, Wednesday, & Friday 9am-1pm / First and third Saturdays 9am-1pm

American Cancer Society

Contact: National Cancer Information Center

Phone: 1-800-227-2345

Email: www.volunteercommunity.cancer.org

Relay For Life: www.relayforlife.org

Making Strides Against Breast Cancer: www.makingstrideswalk.org

ACS Endurance Events: www.acsdetermination.org

ACS Golf Events: www.cancer.org/golf

Road To Recovery: www.cancer.org/drive

Reach To Recovery: <https://reach.cancer.org/>

ACS Galas, Balls, and Parties: www.cancer.org/gala

All of our events can be found on our website: www.cancer.org > Get Involved > Events. If those in your community are looking for ACS Programs and Services, they can go to www.cancer.org/support-programs-and-services. They can find information about our programs and services and also connect to volunteer opportunities.

To sign up to volunteer, you can call the number above or visit our website. Click on Get Involved, Volunteer, and then complete the form.

Volunteers are needed in the Edgecombe, Nash and surrounding counties to help cancer patients on their Road to Recovery. This program is designed to provide transportation for patients to and from their treatments.

Volunteer requirements:

- ☐ A desire to help others.
- ☐ A valid driver's license and a good driving record.
- ☐ An insured car in working condition.
- ☐ Age Appropriate

Free Road to Recovery training is provided. Please bring a copy of your driver's license and a copy of your proof of automobile insurance.

Other volunteer opportunities include:

- Events such as Relay for Life and Making Strides Against Breast Cancer.
- Reach to Recovery
 - share your breast cancer experience and provide understanding and hope to others
- American Cancer Society Cancer Action Network (ACS CAN)
 - sign up to help legislate Federal and State Cancer Law short term and long term volunteer opportunities are available from a few minutes a day or an hour a week to more involved positions that allow you to make a larger impact. ACS CAN provides training for volunteers to make them effective advocates.
- Hope Lodge - www.cancer.org/hopelodge
 - help make cancer patients feel at home
 - short term and long term opportunities available
 - required training (volunteer orientation, confidentiality and on-site training may be required)
 - provide meals, entertainment, plan special events and activities, and improve the facilities and grounds
 - Volunteers for Guest Services
 - Front Desk
 - Greeters
 - Directions

Enterprise Customer Support

7 a.m. - 7 p.m. CT, 7 days a week

800.227.2345 (listen for and select most appropriate option)

Live chat: www.cancer.org

American Red Cross of Northeastern NC

Contact: Miltia Grady-Wheatley, Executive Director

Phone: (252) 355-3800

Email: miltia.gradywheatley@redcross.org

- Blood Donor Support – You can sign up to work a shift at a one of our blood centers or a blood drive in your local area to welcome, screen and support blood donors.
- Shelter Service Associates and Shelter Supervisors – Become trained to volunteer in person at a shelter when a disaster strikes. We will need volunteers to help support emergency shelters by staffing different areas including reception, registration, feeding, dormitory, information collection and other vital tasks. We have both associate and supervisory level opportunities available. Will you be ready to roll up your sleeves and help?
- Disaster Health Services Associates and Supervisors - We need volunteers who can work in emergency shelters to help assess people's health and provide hands-on care in alignment with their professional licensure. If you are an RN, LPN, LVN, APRN, NP, EMT, paramedic, MD/DO or PA with an active, current and unencumbered license, there is a role for you. Ancillary roles are available locally for Certified Nursing Assistants, Certified Home Health Aides, student nurses and medical students. RNs supervise all clinical tasks.
- Volunteer Screening- We need volunteers who enjoy talking to people and want to help the Red Cross strengthen its volunteer force. Screeners help interview & connect people to their Volunteer Career. All training and screening duties can be performed online, on the phone, with a flexible schedule.

To learn more or begin your volunteer application, please visit: www.redcross.org/volunteer

Association for Learning Disabled and Handicapped (ALDH)

Contact: Lisa Tetterton, Executive Director
Email: ltwest728@gmail.com

Phone: 252-972-9896

Volunteers are needed to assist certified exceptional teacher(s) with summer school (mostly elementary students). Summer school is a half day for 3 weeks in July. The teachers will instruct the volunteers on what to do (listening to the students read, helping with math or other reading projects, or prepare food). Volunteers are needed throughout the year for fundraisers. Board members are also needed.

Boy Scouts – East Carolina Council, Inc.

Contact: Teresa Rose, Office Manager

Phone: 252-522-1521

Volunteers are needed in their Packs and Troops (Den Leaders, Cub Masters, Scout Masters, Assistant Scout Masters, Committee Members) and at the district level (Commissioner, Event Leads, District Committee Members).

Boys & Girls Clubs of the Tar River Region

Contact: Elizabeth Scott, Office Manager
officemanager@bgcnec.org

Phone: 252-977-9924

Currently volunteers are needed Monday through Friday 3:30pm – 7:00pm. Current opportunities include:

- Tutors/Mentors
- Community events
- Meal service
- Assisting after school children with their homework

Braswell Memorial Library

Contact: Lakesha Joyner

Phone: 252-442-1951 ext. 253 or Youth Services ext.235

Volunteers are needed in the following areas:

- ☐ Circulation Assistants - help shelve and organize books. You can work out the scheduling with the organization.
- ☐ Children's Room Assistants – help to shelve books and perform miscellaneous duties as needed.

Christian Fellowship Home of Nash/Edgecombe Counties, Inc.

Contact: Phil Wheeler, Operations Manager
Email: CFHrockymountnc@gmail.com

Phone: 252-977-1273

Volunteers are utilized on an as needed basis for special projects.

Communities in Schools (CIS) Rocky Mount Region

Contact: Dorothy Hinton
Email: dhinton@cisnc.org

Phone: 252-442-9991

Family Resource: Michelle Royster – 252-462-2851

- Mentoring students
- Career fairs
- Tutoring
- Field trips

Volunteers are utilized Monday – Friday. A background check is required. The background check along with the contact sheets are completed online.

Community Christian Service Group

Contact: Eddie Thomas

Phone: 252-904-9236

Low cost handicap ramps. May have used ramps that can be used free of charge. If you don't have used lumber available, new lumber will have to be paid for. Accepts donations, Serves Nashville, Spring Hope, Bailey, Middlesex, and western edge of Rocky Mount. If you would like to volunteer please leave message or text.

Community Enrichment Organization

Contact: Doris Stith

212 Main Street Tarboro, NC 27886

Phone: 252-823-1733

The Community Enrichment Organization is a volunteer-driven organization in Tarboro, N.C. that relies on participation from the entire community. This organization was founded by volunteers with a common desire to improve the overall status of children and adults through a Family Resource center that provides several intervention programs to assist families and the community. The following volunteer opportunities are available:

- **Senior Unity Breakfast** -The unity breakfast is held on the 3rd Thursday of each month.
- **Visionaries for Health – Youth Advisory Board** – 3:00pm-6:00pm every other Wednesday
- **Obesity study** – 3:00pm-6:00pm every other Wednesday

Down East Partnership for Children (DEPC)

Contact: Viola Barnes - Gray, Ready Schools Coordinator

Phone: 252-985-4300 x 251

Email: vgray@depc.org

DEPC is in need of volunteers for:

- Event support
- Social media ambassador (sharing DEPC's posts)
- Evaluation support (entering survey responses into a spreadsheet or in an online platform)

Down East Radio Reading Service, Inc.

Contact: Joe Warner

Phone: 252-403.7551

E-Mail: joe@joewarner.net

DERRS is a radio reading service for the tri-county area and operates solely with volunteers. Volunteers read news and information from local newspapers to print-impaired citizens of Edgecombe, Nash and Wilson Counties.

Dunbar Community Development Club, Inc.

Contact: Mr. Bridges, Executive Director

Phone: 252-446-6098

Email: outreach48@yahoo.com

Dunbar Community Development Club, Inc. is a non-profit organization in a rural community located in Edgecombe County. The Center serves the citizens of Dunbar and the surrounding areas by providing a feeding site, physical fitness and resources.

Edgecombe County Public School's Family Resource Center

Family Resource Coordinator: Saiid Murphy

Phone: 252-813.6346

Email: smurphy@ecps.us

Volunteer opportunities include: Math, Reading, and Science tutors, tennis lessons, health/fitness coaching, parenting resources, community outreach, and sharing your hobby or special skill. Volunteer times are primarily Monday through Friday 8:00am-3:00pm and weekends as needed.

Girl Scouts – North Carolina Coastal Pines

Contact: Jennifer Bland, Nash/Edgecombe Director
Email: jbland@coastalpines.org

Phone: 919-600-6310

Volunteer opportunities are as follows:

- Co-leader of a troop
- Special events
- Community Alternatives Delivery Program (community outreach)

Habitat for Humanity **Nash/Rocky Mount Habitat for Humanity**

Contact: Darryl Strother or Kaye Dickens

Phone: 252-972-1994

This organization is always in need of all ages to help build, paint, and clean at the home building sites in and around Rocky Mount. Also looking for volunteers to help in the ReStore; moving items around and helping customers. For more information about this organization or if interested in volunteering please contact their office at the number listed above.

Tarboro/Edgecombe Habitat for Humanity

Email: hfh5231@outlook.com

Phone: 252-641-4349

This organization is always in need of individuals ages 16+ to help build, paint, and clean at the home building sites in and around Tarboro. Training is required.

Harrison Family YMCA

Contact: Bria Lewis, Communications and Marketing Coordinator
Email: blewis@rmymca.org
Business Support Mgr. - Keri Finegan

Phone: 252-972-9622 x 224

In need of volunteers for Food Program every Wednesday except on the 4th Wednesday.
All volunteers must sign up through this portal: <https://harrisonfamilyy.volunteermatters.org/login>

Keep America Beautiful (KAB)

Contact: Stephanie Collins
Email: stephanie.collins@rockymountnc.gov
Website: www.RockyMountNC.gov/KAB

Phone: 252-467-4960

Keep America Beautiful (KAB) of Nash & Edgecombe Counties coordinates and promotes the Adopt-A-Spot litter pickup program designed to cover streets (not state maintained), streams, and spots in cities/towns within the Twin Counties. Also, KAB of Nash & Edgecombe Counties sponsors annually the Great American Cleanup in the spring (March 1-May 31) and Twin Counties Big Sweep in the fall (mid-September through mid-October). The KAB office provides the supplies (i.e. bags, gloves, safety vests, trash grabbers) for your cleanup.

This is an ideal opportunity for a group or club to help keep our community clean. Also for more community service opportunities you can contact The North Carolina Dept. of Transportation and /or for groups or individuals who want to participate in clean-ups and etc. All three programs ask for quarterly cleanup...not much time or effort, but lots of results.

Meals on Wheels of Rocky Mount

Contact: Jan Warren
Email: jan@mowrmt.org

Phone: 252-446-4336

Volunteers are needed to help serve Senior, homebound citizens a nutritious noonday meal. In addition, volunteers help supervise their well-being and provide them with a human contact. This is a great opportunity when you have a day off from school/work. It is also ideal for a pair of community members who have their own vehicle (one to drive and one to read directions). Volunteers arrive at First Presbyterian at approx. 10:30am and are given the food and a route. The route consists of approx. eight stops and generally takes an hour and 15 minutes of your time. *Volunteers are needed on an on-going basis. However, there tends to be a shortage of volunteers during certain 5-week months.

Mediation Center of Eastern Carolina

Contact for Mediators: Candace Mathis, Executive Director

Phone: 910-275-0003
252-232-4326

Jasmine Harris, District 17th Court Coordinator

Phone: 252-230-1969
Email: JHarris@mceconline.org

Asiya Khaatoon, Assoc. Director

Phone: 252-375-4429
Email: Asiyak@mceconline.org

- Parenting for Success (assist with preparing for program, set up, sit in on session, and hand out handouts)
- Teen Court (7th-12th grade students *application process) Teen Court is for ages 11-17.
- The Mediation Center of Eastern Carolina is seeking volunteers to serve as mediators. Volunteer mediators must complete 20 hours of training, and conduct mediation with co-mediator according to the standards of the mediation network of NC (minimum of 4 per year). Volunteers must provide their own transportation. Furthermore, volunteers must be committed to helping people resolve disputes while having respect for one another.

The Mercer Foundation, Inc.

Contact: Delois Mercer, Executive Director
Email: delois911@gmail.com

Phone: 252-955-7033

Volunteers are needed for the Emergency Food Pantry distribution. This is held on the 2nd and 4th Tuesdays of each month 11:30am-2:30pm. Location: Thornes Chapel Missionary Baptist Church, 1624 Windsor Drive, Rocky Mount, NC 27802

- Sorter for donated foods
- Unload donated foods
- Assist with registration
- Assist with parking
- Cleanup and maintenance

Michael's Angels Girls Club

Contact: Shanell Knight, CEO
Email: knight.shanell79@gmail.com
214 N Main Street
Tarboro, NC 27886
Website: magcstaff@magctarboro.org

Phone: 252-218-8929

- Filing
- Copying
- Data entry
- Organizing materials
- and supplies
- Program Assistant for
- activities with youth
- Tutoring

My Sister's House

Contact: Kim Cofield, Executive Director
Email: executivedirectormsh@gmail.com

Phone: 252-462-0366

MSH provides outreach and shelter services for survivors of domestic violence and sexual assault. There are various volunteer opportunities at MSH. They include:

- General Shelter Repairs: This involves outside and inside maintenance and repair of shelter. This is needed Monday-Friday from 9am - 5pm.
- General Shelter Clean-up: This involves inside and outside general cleaning of shelter (sweeping, mopping, etc.) and organization of various storage areas. This is needed Monday - Friday from 9am - 5pm.
- General Office Assistant: This involves answering phones, data entry, copying, filing, etc. at our Nashville office. This is needed Monday - Friday from 9am - 5pm.
- Special Events: This involves assisting with special events (i.e. candlelight Vigil) and fundraisers hosted by My Sister's House.
- 24-Hour Crisis Line: This involves responding to domestic violence and sexual assault crisis calls and providing emergency services. Help with the crisis line is needed Monday - Thursday evenings from 5:00pm - 8:30am. Approximately 30 hours of training is required.
- A Second Season, MSH Resale Store: This involves helping donors bring in donations, sorting donations, steaming clothes, hanging and folding clothes, assisting and greeting customers as needed. This is needed Tuesday and Wednesday from 10am - 5pm, Thursday and Friday from 10am-6pm and Saturday from 10am - 3pm.
- Also additional help needed Monday-Thursday 5:00pm - 8:30am for Crisis Line.

The Nash County Senior Center

Contact: Conner Lee

Phone: 252-459-7681

The Nash County Senior Center is a county senior center that is open Monday-Thursday from 8:00am-5:00pm and Fridays 8:00am-5:00pm. The Nash County Senior Center is in need of volunteers to help with the following:

Home Delivered Meals: Volunteers are needed to help deliver a noonday meal to senior citizens in the Middlesex, Bailey, Samaria, Spring Hope, Nashville, West Mount, Red Oak, and Castalia areas. Volunteers start around 10:30 a.m. and the routes take approximately one hour to complete. Volunteers not only provide a warm meal, but more importantly a human contact with a smiling face.

Special Events: Volunteers can be utilized on an as needed basis for special events.

Nashville Chamber of Commerce

Contact: Secretary
225 W. Washington Street
Nashville, NC 27856
Email nashvillencchamber@gmail.com

Phone: 252-459-4050

Volunteers are needed for special events and Chamber functions. One of the bigger events that need lots of volunteers is the Blooming Festival.

N.E.W. Community Action Inc.

Contact: Tracy Knight
Email: info@newcainc.org

Phone: 252-442-8081

Volunteers are needed in the areas of administrative duties, Section 8, self-sufficiency, and Head Start.
Call for further details.

Contact: Jesse Lewis, Executive Director
Email: jesse@rockymountpeacemakers.org

Phone: 252-212-5044

Peacemakers offer a variety of volunteer opportunities in the following areas: summer tutoring, after school tutoring and mentoring. First Friday Family Fun Nights, Kids' Book Parties, kitchen/cooking team, Christmas Toy Store, landscaping, and transportation.

Princeville Senior Citizens Center

Contact: Director, Mary Logan Tate
Email: mtate@townofprinceville.com

Phone: 252-823-1057

Provides daily fellowship, education, also focuses on senior health issues like diabetes, hypertension and other health problems. Volunteers that are computer savvy are needed.

Pruitt Health Hospice & Foundation

Contact: Mary Ann Avery, Volunteer Coordinator
Email: maryann.knarravery@PruittHealth.com

Phone: 252-442-9126

Volunteer opportunities helping with patients in various ways, like reading, completing art projects, and spending quality time, as well as, help with their Camp Cocoon, a bereavement camp for kids.

The REACH Center

Contact: Trishonda Roberson
Email: Trishonda.Roberson@wordtab.net

Phone: 252-937-2942

The REACH Center is in need of volunteers on Tuesdays and Wednesdays. We would like to get more volunteers trained so that we are able to see clients on Thursdays as well. Our hours are 10am-3pm for emergency assistance. We can extend this out once there are volunteers. These are some of our immediate needs.

Receptionist - answer phone, schedule appointments, register clients

Intake Counselor - one on one appointments

Data entry - key in pre-applications

Coaches/mentors - follow up with clients to help them with accomplishing goals

Facilitators - conduct various classes/workshops on areas they are knowledgeable in

The Rocky Mount Area Chamber of Commerce

Contact: rmacc@rockymount.org
100 Coastline Street, 2nd Floor of Historic Train Station
Rocky Mount, NC 27804

Phone: 252-446-0323

Volunteers are utilized on an as needed basis for special events.

The Salvation Army

Contact: Amelia Harper, Community Development Director
Email: Amelia.Harper@uss.salvationarmy.org

Phone: 252-446-4496

If you would like to volunteer please email (above) leave your information and we will get back with you.

- Help in Thrift Stores
- During times when disasters hit
- Food Bank
- Packing Food Boxes
- General Cleaning
- Bell Ringing

Special Olympics

Edgecombe County Contact: Thomas Perkins
Email: Edgecombe@sonc.net
Website: www.sonc.net

Nash County Contact: Chris Koufopoulos
Email: chris.koufopoulos@rockymountnc.gov
1719 Recreation Drive
Rocky Mount, NC 27804

Phone: 252-972-1135

Strategic Twin-Counties Education Partnership (STEP)

Contact: Pamela Gould, Executive Director
Email: steptwincounties@gmail.com
Website: www.step-partnership.org

Phone: 252-446-0113

S.T.E.P. facilitates the workforce talent pipeline through collaborative work-based activities. Volunteer opportunities include guest speakers, work based mentors, job shadowing, student & teacher internships, STEM consultants, and STEP ambassadors.

Tarboro-Edgecombe Chamber of Commerce

Contact: Dave Sharpe, Executive Director

Phone: 252-823-7241

Volunteers are needed for special events, secretarial duties, and administrative duties.

Tarboro Community Outreach

Contact: Sister Mary Ann Czaja, Executive Director
Email: tcoutreach@tarboronc.com

Phone: 252-823-8801

This non-profit organization is a facility in Tarboro that focuses primarily on the needs of homeless and/or impoverished individuals and families. Tarboro Community Outreach offers food, shelter, and counseling for the homeless. The agency also provides food distribution. The Blessing Place focuses on the needs of homeless women providing food, shelter, and the opportunity to move toward stable and permanent housing. The following volunteer opportunities are available:

- **TCO has a great need for volunteers with computer experience to surf the web in search of grants that can allow this wonderful agency to continue their good work and offer their services to so many more.** This volunteer opportunity is wonderful for those who would love to volunteer, but need to do their volunteer work from the privacy of their own home.
- **Food Distribution:** Volunteers assist shoppers. The hours of service begin at 12:00pm. Registration is required by signing up in the morning.

- **The Shelter:** Volunteers are welcome anytime for simple repairs, maintenance and painting. There is also a great need for motivational speakers, alcohol and drug abuse counseling, and activity groups for the homeless.
- **The Blessing Place (Women's Shelter):** Volunteers can assist with yard work and painting.

Tri-County Industries

Contact: Margaret Sharpe, President/CEO
E-Mail: msharpe@tciworks.com

Phone: 252-977-3800

Contact: Reba Marshmon
Email: rmarshmon@tciwork.com

Volunteer/Internship opportunities are available for those who enjoy working with adults who have disabilities.

Truth Foundational Ministries Food Pantry

Contact: Ardean Eason

Phone: 252-567-4052

Volunteers are needed every other Wednesday to ride to Raleigh and load/unload the van with food. Volunteers are also needed the following Thursdays to assist clients with getting food to their cars.

United Community Ministries

Contact: Linda Brinson, Executive Director
Email: lfbrinson.lb@gmail.com

Phone: 252-985-0078

UCM focuses primarily on the needs of homeless and nearly homeless individuals and families by helping them move toward stable, permanent housing. UCM can always use volunteers to fill a variety of roles in the Soup Kitchen and the shelters.

The Bassett Center has an urgent and immediate need for childcare providers at various times. The Bassett Center also has these opportunities available:

- Tutoring is desperately needed in ALL subjects for school age children at the availability of the volunteer. Volunteers are currently needed to assist with tutoring in Math and Reading on Thursdays from 4:00 – 5:00.
- General maintenance/landscaping: Assisting with window washing, trash disposal, sweeping, mopping, grass cutting, raking leaves, etc.
- Professions Volunteers: The Bassett Center has an urgent need for volunteers to offer Motivational Classes, Mental, Health and Financial counseling classes.

Call to set up an appointment. If you have further questions you can contact Linda Brinson for assistance.

United Way Tar River Region

Contact: Ginny Mohrbutter, Executive Director
E-Mail: ginnymohrbutter@unitedwaytrr.org

Phone: 252-937-2213 ext. 203

United Way needs volunteers to help file papers, make copies, and other light secretarial jobs. Volunteers are needed for special projects and/or events going on at various times.

The Wright's Center

Contact: Doris Howington

Phone: 252-442-8363

Email: Dhowington.twc@embarqmail.com

The Wright's Center provides a supervised program of activities designed to benefit older and/or disabled adults who, because of physical impairments or other ailments, should not be left alone during the day. Volunteers are needed to assist with programs such as arts and crafts, games, recreational and social activities, and answering the telephone. Ideal hours are from 7:00 a.m. to 5:00 p.m. Monday thru Friday.

Your Choice Resource Center

Community Director: Cody High director@friendsofycrc.org

Phone: 252-446-2273

Contact for special events: Tiffany Whickstrom

community@friendsofycrc.org

Contact for client contact: Belinda Whitaker: Client Services Dir.

Phone: 252-446-2273

csd@yourchoicenc.org

Delight Martin

Phone: 252-446-2273

Your Choice Resource Center has two types of volunteer opportunities. Volunteers are utilized as needed for special events such as Walk for Life and Baby Bottle Campaign. This would be administrative type duties and no training is required. The other type of volunteer opportunity is a commitment client contact. This requires a weekly commitment to meet one on one with women doing education or first visit assessments. An application *and training is required*.