



Methodist
FAMILY HEALTH
FOUNDATION

VOLUNTEER OPPORTUNITIES

To connect with us about how you can serve our mission, reach out to foundation@methodistfamily.org.

Help with our Donation Closet

- Collect items for the mothers, children & teens in our care
- Gather school supplies or host a book drive
- Create cleaning supply kits that we can share with the adults who are reintegrating into new housing
- Bundle necessities, like “period packs,” for those who struggle to afford these necessities

Participate in Programs* and Events

- **Southern Silks Stakes:** serve on the planning committee or volunteer at our annual derby-style fundraiser in September
- **Camp Healing Hearts:** support families who are grieving the loss of a loved one by giving your time at this weekend camp in May
- **Kaleidoscope Grief Center:** help with crafts, food or outings at our bi-weekly bereavement support groups
- **Arkansas CARES:** share your skills with mothers in recovery or help babysit
- **Outside Little Rock:** connect with us about how you can make an impact in other areas of the state

**Some programs may require volunteers to have an approved background check or attend training*

Serve as a Civic Organization, Youth Group or Band of Friends

- Connect with those in our care by hosting a game night or leading a craft project
- Assist with occasional administrative needs within the Foundation office
- Share your expertise by presenting a special skill or sharing your passion— teach basic car maintenance, help complete college applications, plan a cooking lesson or demonstrate yoga, etc.
- Host a monthly Birthday Club at one of our programs by providing cake, games and decorations

Spread Holiday Cheer

- Make every holiday more special (and fun!) for those in our care: craft Valentine’s goodies, create Easter baskets, provide Halloween treats, host a holiday craft night or plan another holiday event
- Assist with wrapping Christmas presents, or bake and decorate Christmas cookies
- Provide Christmas gifts or stocking stuffers, organize a toy drive or sponsor a child’s wish list

Host a Fundraiser**

- Create a fun event—from bowling to karaoke and ice cream social to spaghetti dinner—with proceeds benefiting the Foundation
- Have a party with a purpose and request our wish list items in lieu of birthday presents or wedding gifts

***please reach out for our logo to include on your invitations or event flyers*

Create Well Wishes

- Write inspirational messages to those in our care
- Make cards for different holidays that we can distribute to clients