

Tab 1

[VCU Health Children's Hospital of Richmond](#)

For group service opportunities and projects –

Donation drives:

- Children's Hospital:
 - If you would like to donate items to Children's Hospital, you will need to send an email to: CHoRChildLife@vcuhealth.org.
 - You can also view the Amazon wish list on [this page](#).
 - The Child Life team will work with you to coordinate this delivery.
- Massey/non-pediatric:
 - You can see more information about donating items to benefit hospital patients at [this link](#) (click on [Virtual Volunteer projects](#)).
 - Once you are ready to donate your items, we can help coordinate the delivery.

Supporting special events:

- The Child Life team conducts a lot of in-hospital special events for patients and you can get more info at the above email address or the above Child Life info page.
- The Children's Hospital Foundation conducts special events and fundraisers to support Children's Hospital. You can see more info at [this page](#).
- Massey also has an [events page](#).

Email Meghan Zapiec, Associate Director of Events and Community Engagement, for more information regarding volunteer opportunities: mzapiec@vcu.edu.

[Diversity Thrift](#)

Group volunteer opportunities:

- Thrift store – Hanging clothing, placing merchandise, general cleaning and organizing. Volunteers are needed year-round.
 - Event Hall – Painting, supply cleaning and organization, deep cleaning of event spaces and general handiwork. Volunteer hours are available Fridays, Saturdays and Sundays in June from 10 am-5 pm.
 - Property Beautification – Landscaping, mowing, weed-eating, surface cleaning, trash collection, window washing and planting round the exterior of our building. Volunteer hours are available Fridays, Saturdays and Sundays in June from 10am-5pm.
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[YWCA Richmond \(Including Scout School\)](#)

Long-term volunteer opportunities:

- Administrative Projects: Help with behind-the-scenes work such as in-kind donation inventory, marketing projects, and more.

- Community Events: One-day community events where we share about YWCA programs and resources and provide interactive activities to connect with our community.
- Intimate Partner and Sexual Violence Services: Serve as a trained advocate for our hospital accompaniment program. (Note: This opportunity requires a 40-hour volunteer advocacy training. Hospital accompaniment volunteers must be 18+.)
- Meal Transport: Help with transporting healthy meals between the various Sprout School locations. (Note: a current driver's license is required.)
- Sprout School (childcare and early education program for infants through 5-year-olds): Assist at one-day events or monthly activities at the Sprout School where children explore, express themselves, and build community through art and play.

Email Margaret Dodson-Cordrey at mdodson@ywcarrichmond.org if you have any questions about group volunteer opportunities.

Long Term Volunteer Opportunities (not in our email list)

Richmond SPCA

- **WHEN?** Volunteer groups are scheduled Monday, Tuesday, Thursday and Friday beginning at 10 a.m.
- **WHO?** Groups of 4 to 10 volunteers per shift. If your group is larger than 10 people, we can schedule multiple service dates to include more volunteers.
- **WHAT?** During volunteer group shifts, we assign volunteers a variety of tasks to support our different departments and to help with special projects. At the end of their shift, volunteer groups will have the opportunity to meet and give some love to shelter pets in our care who are awaiting their forever homes.

Groundwork RVA

Groundwork RVA's youth development programming is designed to engage young people who come from and live in communities that have been impacted by years of disinvestment and are working towards climate resilience.

- Contact info@groundworkrva.org to learn more about volunteer opportunities for groups & organizations.

Richmond ToolBank

The ToolBank network has been empowering the not-for-profit sector with the tools, equipment & expertise that are central to completing tens of thousands of community transformation projects each year. The ToolBOX program offers hands-on homecare & DIY workshops to help you build skills, gain confidence, and have more fun caring for your home.

- Contact Gillian Cohen, gillian@richmondtoolbank.org, to learn more about volunteer opportunities for groups & organizations.
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RVA Staycation Partners – Alt Break

Habitat for Humanity is a global nonprofit with local affiliates whose mission is to help people achieve safe, affordable housing. Habitat often helps aging homeowners, people with disabilities, or families with financial constraints maintain safe and livable housing. For our spring break group, students will engage in hands-on construction, painting, landscaping, light carpentry, or assisting with ReStore operations (sorting, organizing, retail work).

- Contact nchetelat@richmondhabitat.org or visit <https://richmondhabitat.org/restore/volunteer.html> for more information on long-term volunteer opportunities.

Project Homes focuses on improving the safety, accessibility, energy efficiency, and overall condition of existing homes, and also building high-quality affordable homes. Their mission is “improving lives by improving homes” for low-income individuals and families in Central Virginia. Students will help perform critical home-safety repairs (e.g. fixing stairs, roofs, windows), accessibility modifications (ramps, grab bars, widening doorways), and energy conservation measures (insulation, weather sealing, efficient fixtures) in homeowners’ houses.

- Contact nick.varrell@projecthomes.org or visit <https://www.projecthomes.org/get-involved> for more information on long-term volunteer opportunities.

FeedMore serves people experiencing food insecurity throughout Central Virginia. FeedMore has many programs to help fight food insecurity across different populations, including: Meals on Wheels, Mobile Pantry, and Backpack. Students will sort donated food, assemble food boxes, pack supplies, and organize inventory in the warehouse.

- Check out all of the different programs FeedMore offers: <https://feedmore.volunteermatters.org/project-catalog>

SOAR365 is a nonprofit in the Richmond area dedicated to supporting people with disabilities. Their programs include pediatric therapy, youth services, adult day support, employment service /workforce development, and inclusive community activities. Students will help with landscaping and beautification around their campus (weeding, trimming, planting flowers) to maintain an inclusive, accessible outdoor space. They will also engage in crafts, games, and other activities with individuals in the adult day support program.

- Contact Anne.Paparella@soar365.org or visit <https://soar365.org/how-to-help/volunteer/ongoing-volunteering/> for more information on long-term volunteer opportunities.



Henrico County Public Schools Henrico HEROES Mentoring Program

Mentoring can change the course of young lives and the future of our communities.

Compared with students who don't have a mentor, students in programs like Henrico HEROES are:



55%
more likely to be enrolled in college.



78%
more likely to volunteer regularly in their communities.



81%
more likely to participate regularly in sports or extracurricular activities.



90%
more likely to be interested in becoming mentors.



130%
more likely to hold a leadership position in a club or sports team.

Source: MENTOR (mentoring.org)

Apply to be a mentor!



@HenricoHEROES

henricoheroes.henricoschools.us



Bridging the gap, making connections and impacting lives

What is Henrico HEROES?

Henrico HEROES - Helpers Engaged in Reaching Our Evolving Students - is a mentoring program that connects youth with one-to-one relationships and community support. Henrico HEROES has been helping youth develop their full potential and become productive members of the community since 2009.

Who do these HEROES serve?

The program serves the youth of Henrico County Public Schools. Students deserve developmental support as they grow and build on their strengths. HEROES are matched with students of a broad range of ages and grade levels.

How do HEROES make an impact?

Every moment that a mentor spends with a mentee contributes to building a relationship that has endless impact. Mentoring:

- Enhances academic motivation and support.
- Improves decision-making skills.
- Strengthens communication skills.
- Fosters a better outlook toward the future.
- Improves school attendance.

How can I become a Henrico HEROES mentor?

- Complete an application and background check.
- Attend a mentor training session.

What is the HEROES commitment?

- One-year commitment from October to May.
- Visit with mentee once a week for 30-45 minutes.
- Participate in an opening event.
- Attend a closing event and/or ceremony.

Participating Schools:

Elementary Schools

Jacob L. Adams Elementary School
Arthur R. Ashe Jr. Elementary School
George F. Baker Elementary School
Chamberlayne Elementary School
Cashell Donahoe Elementary School
Dumbarton Elementary School
Fair Oaks Elementary School
Glen Lea Elementary School
Harvie Elementary School
Highland Springs Elementary School
Elizabeth Holladay Elementary School
Charles M. Johnson Elementary School
Laburnum Elementary School
Lakeside Elementary School
Longdale Elementary School
Maybeury Elementary School
Anthony Mehfood Elementary School
Montrose Elementary School
Harold Macon Ratcliffe Elementary School
Ridge Elementary School
Sandston Elementary School
Seven Pines Elementary School

Springfield Park Elementary School
Varina Elementary School
Henry Ward Elementary School

Middle Schools

Henrico HEROES programs are active at all 12 HCPS middle schools.

High Schools

Henrico HEROES programs are active at HCPS' nine comprehensive high schools, the Academy at Virginia Randolph and the GRAD Center.



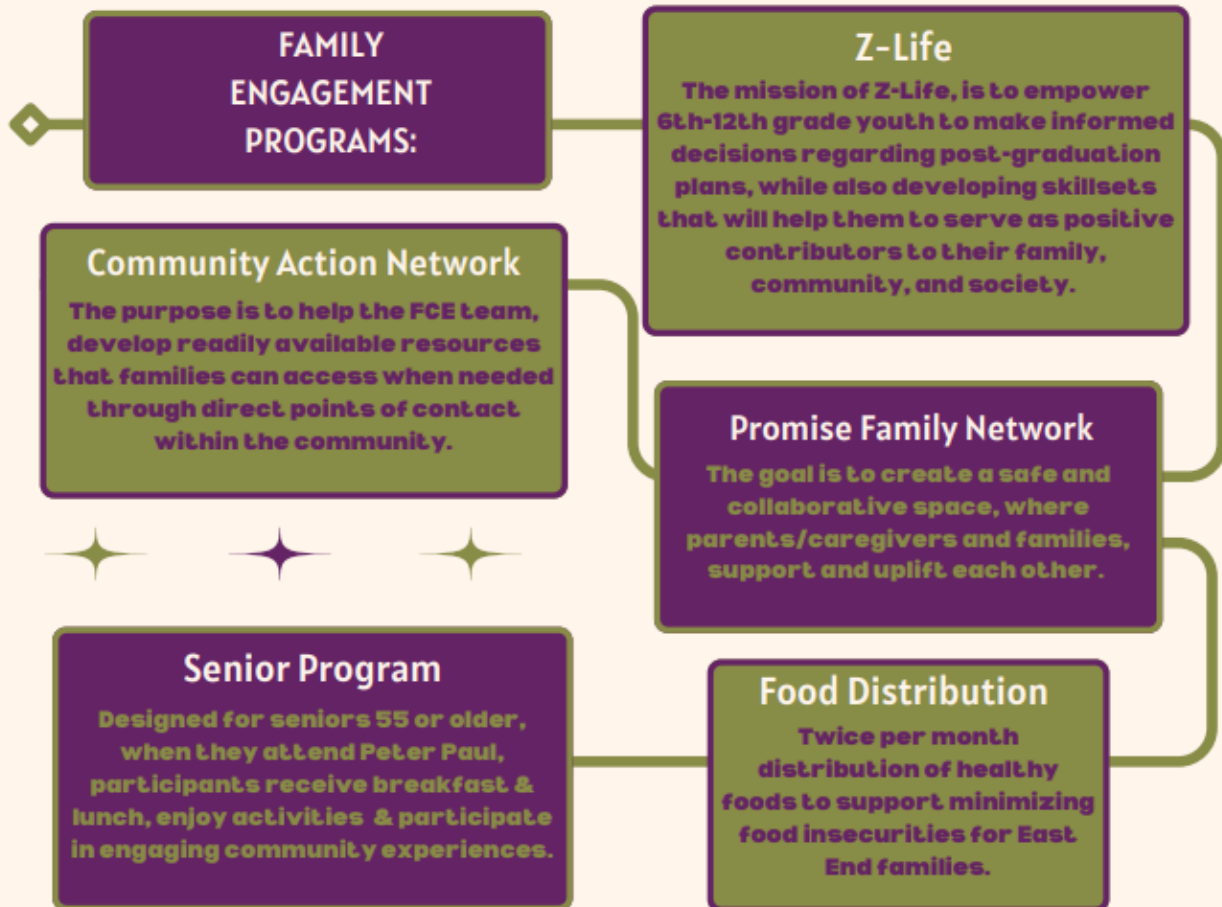
Contact Info: Leslie Velez, Family & Community Engagement Specialist • 804-640-7021
henricoheroes@henrico.k12va.us • 15 S. Oak Ave., Henrico, VA 23075



EDUCATE | ENGAGE | EMPOWER

FAMILY & COMMUNITY ENGAGEMENT

All FCE offerings are available to active Peter Paul families with tailored initiatives that support the East End community at large. Each offering will help to prepare our children, families & communities, with the tools to become self-advocates; feel empowered through meaningful connections; and to develop a network of resources to support resilience and prosperity!



◆ Get in touch with the FCE Team! ◆

FCE Manager - Tasha Moore:
804-588-2176

FCE Community Liaison - Chimere Miles:
804-588-2645