

## Volunteer Opportunities

**Weekly or recurring volunteer positions: (To register email Erica at [emahoney@metrocrestservices.org](mailto:emahoney@metrocrestservices.org))**

### Transportation Volunteers

- Available Shifts: Flexible, Monday – Friday 8:00am-5:00pm
- Commitment: Transportation Director will call Friday prior to confirm if you are able and willing to volunteer that week.
- *Background check required*

### Food Pantry Volunteers

- Available Shifts: Monday – Friday 8:00am-1:00pm or 12:00pm-5:00pm
- Commitment: 5 hours once per week or as available

### Home Delivered Meals

- Available Shifts: Monday – Friday 11:00am (completion time depends on routes, generally lasts one hour)
- Commitment: Once per month, more often if desired
- *Background Check Required*

### Weekend Backpack Delivery

- Thursdays during school hours
- Commitment: Once per week

### Lawyer, presenting simple Will and Estate Planning to seniors

- Schedule: Varies
- Commitment: Four hours once per quarter

### Bilingual Senior Financial Trainer (Korean/English)

- Schedule: Varies

### Social Media Ambassador

- Schedule: Virtual, As Available
- Commitment: Ten Social Media Posts or Shares Annually

**Group Volunteer Activities: (To register email Erica at [emahoney@metrocrestservices.org](mailto:emahoney@metrocrestservices.org))**

### Minor Home Repair

- Shifts: Flexible depending on group and client availability

### Seasonal Programs

### Day of Impact Opportunities

**Internships (To apply send resume to Erica at [emahoney@metrocrestservices.org](mailto:emahoney@metrocrestservices.org))**

Marketing/Social Media Intern

- Fall, Spring, Summer semesters available
- Flexible weekday hours, approximately 15 hours per week

Program Management Intern

- Intern will assist Program Manager in coordinating seasonal programs such as Thanksgiving, Holiday, Sack Summer Hunger and Back to School. Tasks include coordinating logistics, leading volunteer shifts, and inputting data.
- Fall semester flexible weekday and weekend hours available, 15 – 30 hours per week
- Spring semester flexible weekday hours available, 15-20 hours per week
- Summer semester flexible weekday, evening, and weekend hours available 15-40 hours per week

Volunteer Management Intern

- Intern will assist in volunteer recruitment, leading volunteer shifts, and volunteer database management.
- Fall and Spring semesters flexible weekday hours available with some weekends, 10-20 hours per week
- Summer semester flexible weekday, evening, and weekend hours available, 10-30 hours per week

Development Intern

- Fall, Spring, Summer semesters available
- Flexible weekday hours, approximately 15 hours per week