

The **Rising Strong** program is a collaboration between Catholic Charities and Empire Health Foundation. Based on proven models in California and Oregon, Rising Strong will focus on serving families who are at risk for separation due to parental substance abuse by providing safe housing, substance abuse treatment, case management, and other supportive wraparound services. By serving whole families, our aim is to reduce trauma in children, decrease the rates of foster care placements, and remove barriers that traditionally prevent parents from succeeding in substance abuse treatment. We walk alongside and support families as they seek to change their stories and write brave new endings.

<b>Volunteer Job Descriptions</b>		
<b>Location: Convent</b>	<b>Role: Life Skills Teacher</b>	<b>Days: Monday-Friday</b>
<b>Shift</b> • 8am-5pm	Help our staff teach parents valuable life skills including, but not limited to, parenting, budgeting, nutrition, cooking and baking.	
<b>Location: Convent</b>	<b>Role: Self Care Teacher</b>	<b>Days: Monday-Friday</b>
<b>Shift</b> • 8am-5pm	Assist parents in learning and implementing valuable self-care practices. Such classes include yoga, arts and crafts, journaling, and nature walks.	
<b>Location: Convent</b>	<b>Role: Outdoor Landscaper</b>	<b>Days: Monday-Friday</b>
<b>Shifts</b> • 8am-5pm	Help our maintenance staff build and maintain our outdoor areas, which include a playground and a gardening area.	
<b>Location: Convent</b>	<b>Role: Child Activity Assistant</b>	<b>Days: Monday-Friday</b>
<b>Shifts</b> • 3pm-6pm	Volunteering with our school-age program and general child care program after school and on holidays. Organize activities such as arts and crafts, homework time, or physical activities. This opportunity is also available on holidays.	
<b>Location: Convent</b>	<b>Role: Inventory Organizer</b>	<b>Days: Monday-Friday</b>
<b>Shifts</b> • 8am-5pm	Organizing and restocking our donated food and clothes supplies.	
<b>Location: Convent</b>	<b>Role: Building Cleaner</b>	<b>Days: Monday-Friday</b>
<b>Shifts</b> • 8am-5pm	Help our maintenance staff keep our building clean and organized.	
<b>Location: Convent</b>	<b>Role: Donation Connection Lead</b>	<b>Days: all 7 days a week</b>
<b>Shifts</b> • 12am-12pm	Provide our families with necessary items by organizing a donation drive or personally donating to our program. We would especially appreciate furniture, toys, clothes for infants through adults, diapers, unopened food items, hygiene products, computers, etc.	
Whatever else you can think of! We would love to utilize your talents in creative ways! 😊		