



## Adult Volunteer Opportunities (18 years or older)

We invite men and women who are truly compassionate about helping others, to join us in improving the lives of vulnerable children and families through meaningful involvement.

### Help Our Kids Learn & Grow

#### Mentors

Be a positive and consistent adult role model for a child in foster care. The Mentoring Program matches children and teenagers in our care with trained adult mentors. The children in foster care have often been abandoned and betrayed by adults, so they may have difficulty trusting others. Our mentors are responsible, caring, adult figures with whom the children can build a bridge of trust. The difference a mentor can make in the life of a child is **extraordinary**.

*"I strongly encourage anyone considering being a mentor to do so. Mentoring gives you a chance to share your affections and talents with a child who needs a caring, trustworthy adult in his or her life. I have an overwhelming sense of peace from my experience; it's truly beyond words." -Jackie Qualey, volunteer mentor*



#### Teacher's Assistant

As a volunteer Teacher's Assistant for our Turrell Child Care and Early Learning Center you have the opportunity to assist our teachers in using games, storytelling, and other activities to help children develop language, vocabulary, and improve their social skills. Spend the entire day – or a half-day – in our infant, preschool, or kindergarten classrooms and help our kids learn and grow!

#### Tutors

Help children in foster care realize their educational goals through one-on-one tutoring. Volunteers assist children with subject-based lessons. As a volunteer tutor you help students develop confidence and a positive attitude toward learning by affirming their strengths and empowering them to succeed.

#### Life Skills Volunteers

Life skills are necessary to the success a child can achieve. Children learn life skills through living, school, work, family, environment and the world around them. In the spirit of It Takes a Village, volunteers help our children in foster care acquire life skills through their personal and professional skills, talents, and resources. Things as simple as how to dress, hairstylist, make-up artist, cooking



skills, and nutrition, to money management, workforce readiness, college prep, car maintenance and other skills needed to help navigate the hills and valleys of life.

### Allied Recreational Volunteers

Recreational enrichment programs give children the opportunity to find a passion through athletics, outdoor activities, fitness, and Pet Therapy. Volunteers help our children in foster care acquire new skills and experience through recreation. If you are an athletic coach, certified fitness instructor, or certified Pet Therapist, please share your personal and professional skills, talents, and resources with a child in foster care.

\* Some recreational volunteers, such as, fitness and pet therapy require specific certifications and professional experience



### Office Assistant

Clerical support skills are a tremendous benefit to Children’s Aid and Family Services. Volunteer’s in this role perform clerical duties in an office setting, such as filing, answering and routing calls, assisting with mailings, and other clerical needs specific to the department, which may include special projects ideal for volunteers with computer and organizational skills. The agency has four administrative offices located in; South Orange and Ridgewood, and two locations in Paramus.

*“Trying to establish my career in this field, volunteering with Children’s Aid and Family Services has created new and exciting opportunities for me. It is a fantastic organization to be affiliated with.”*  
Megan Henry, EPIC program volunteer



### Sales Associate: The Depot

Established in 1965 and located in Midland Park, The Depot is the largest all women’s exchange in the country. It sells unique gifts and handmade crafts to the community, whose proceeds benefit Children’s Aid and Family Services. The shop is staffed entirely by volunteers and sales associates are always needed to cover shifts Monday- Saturday. Volunteers of The Depot give tremendous contributions of both time and talents that have assisted in providing donations to Children's Aid and Family Services totaling over \$1.5 million!

### Green Thumb Gardener: Healing Garden

Green Thumb volunteers assist in maintaining the tranquility of a Therapeutic Healing Garden, which contains outdoor patios, beautiful gardens full of lush flowers, a gazebo, and a labyrinth. The garden provides an oasis of tranquility where children and adult clients can meditate, find solace, or simply reflect upon nature’s beauty. Healing gardens have been shown to be effective in reducing stress, anxiety, behavioral problems in children, digestive problems, and other common disorders. Tasks include weeding, watering, grooming, mulching, planting and other maintenance.

*“Volunteering at Children’s Aid and Family Services has really opened my eyes and given me a different perspective on life.” – Amy Zembriski Recreational Volunteer*

## Other Ways To Get Involved

### Community Drives

Volunteers also have the opportunity to host community drives with their colleagues and friends to collect essentials for our children in foster care, low-income families, and elderly. These drives are conducted at home, your place of worship, or business. Donations are delivered to the agency.

Specific drives include:

- Hygiene/toiletry
- Large print books
- Diapers, formula, and baby essentials
- Toy/birthday
- Seasonal drives
  - Give Back; Backpack Drive
  - Holiday Gift Drive



Please contact the volunteer coordinator at [volunteer@cafsnj.org](mailto:volunteer@cafsnj.org) for more information on how to get involved!