



Volunteer Opportunities @Project First Step

“Those who bring sunshine to the lives of others cannot keep it from themselves.”

-James Matthew Barrie

Project First Step is a multi-service program focused on offering a hands-on, flexible approach to working with family units in need of both emotional and physical support. Whether it's being involved with an expectant mom's pregnancy, helping a family cope with an infant with special needs, teaching parenting skills, or working with Office of Children and Youth families battling for custody, the staff in this program tailor every service to the individual family. Here are a few ways volunteers could work within this program:

- Host a baby shower for the expectant moms in the program!
- Create care packages for the families with donations of personal hygiene/small home necessities, such as: toothpaste, feminine hygiene products (pads, tampons), body wash, razors, soap, shampoo/conditioner, dish soap, laundry soap, wash rags, cups, silverware, etc.
- Grant the women in the program mini-makeovers! Treat them to a new outfit, hair cut, eyebrow waxing, etc. for new moms who may be starting school or a new job. This will build self-esteem and confidence.
- Package and donate birth bags. Include items that the mother would need to take with her to the hospital at the time of labor/delivery, such as: pajamas, slippers, pads, hair ties, etc.
- Host “Welcome Baby” visits, which would be meet-and-greets for the donors to mingle with a few moms and their babies who were helped by their generosity. This way they could see where all their efforts were applied, and it would give the women in the program the chance to interact with other women/moms who could continue setting new role models in their lives.
- Start a support group or become a mentor! A few carefully selected mothers could benefit from a support person.

Call **Emily at 454-1534 X 157** for more information about these great volunteer opportunities!