



PROVIDING HOPE . . . BUILDING OPPORTUNITY



Youth Volunteer and Service Opportunities

Our Church encourages us, and in a special way our young people, to love and care for the most vulnerable in our society. Catholic Charities of Central Florida provides volunteer opportunities, educational programs, and unique collection drives to engage young people to live out our call to serve those in need.

For more information on any of the programs listed below, contact Catholic Charities volunteer coordinator:
Anita Capetillo: 407-658-1818 or anita.capetillo@cflcc.org

“Dear young friends, may Christ’s love for us increase your joy and encourage you to go in search of those less fortunate. You are open to the idea of sharing your lives with others, so be sure not to pass by on the other side in the face of human suffering, for it is here that God expects you to give of your very best: your capacity for love and compassion.” Pope Benedict XVI

Speakers

(All grade levels, all regions)

Catholic Charities of Central Florida staff members are available to speak to your group on a variety of topics. We are happy to customize a presentation to fit your needs. Topics include:

- Catholic social teaching
- Immigration/Refugee
- Poverty in Your Area (and how we help)
- Mission and Programs of Catholic Charities of Central Florida
- Counseling Center
 - Stress reduction techniques
 - Personal growth
 - Communication skills
 - Healthy conflict resolution
 - Dating
 - Self esteem
 - Bullying
 - Safety and Social Media
 - Peer Relationships
 - Peer Pressure

Tours

(All grade levels, all regions)

Bring your group on a tour of a Catholic Charities of Central Florida regional office to learn why and how we help our local communities.

Regional Offices are located at:

Central Regional Offices
1771 N. Semoran Blvd.
Orlando, FL 32807
Phone: 407-658-1818

Northern Regional Offices
1321 Sunshine Avenue
Leesburg, FL 34748
Phone: 352-460-0700

Southern Regional Offices
5145 N. Cocoa Blvd.
Cocoa, FL 32927
Phone: 321-338-2986

Eastern Regional Offices
207 White Street
Daytona Beach, FL 32114
Phone: 386-255-6521

Western Region Offices
1801 Memorial Blvd,
Lakeland, Florida 33801
Phone: 863-686-7153

Southern Regional Offices
3800 W. Eau Gallie Blvd., Ste 101
Melbourne, FL 32934
Phone: 321-636-6144

Volunteer

Facility Improvement (*Fingerprinting required for youth 15 and older*)

(*Middle-High, all regions*)

Organization, cleaning, landscaping, and painting opportunities are available periodically. Contact your local Catholic Charities of Central Florida office for more information. Equipment is provided by the participating school.

Senior Activities (*Fingerprinting required for youth 15 and older*)

(*All grade levels, Central and Western*)

Plan entertainment and recreational activities for seniors such as holiday themed parties, birthday celebrations, talent shows, board games, etc..

We Care Cards

(*All grade levels, all regions*)

Cards are a simple way of communicating with someone in need. When direct service is not possible, these cards lets the people we serve know that they are loved and not forgotten. Adopt a program of Catholic Charities of Central Florida and send cards around significant dates such as: Valentine's Day, Easter, Mother's Day, Father's Day, Thanksgiving, and Christmas. The cards express love, support, and encouragement for those who are struggling. Sample messages are available. (*Adapted from Catholic Charities of Arlington*)

Pathways to Care Service (*Fingerprinting required for youth 15 and older*)

(*Middle-High, Central*)

Pathways to Care is a respite center dedicated to providing health, housing, and hope to Central Florida's vulnerable homeless population.

Volunteers are needed to:

- Prepare and serve a meal for the residents
- Plan craft projects or outdoor activities
- Provide entertainment
- Help with cleaning and maintenance of the building and grounds

Annual Adoption Picnic (Spring) (*Fingerprinting required for youth 15 and older*)

(*Middle-High, Central*)

Pregnancy and Adoption Services host an annual Adoption Picnic in Orlando each spring. Help is needed to plan an Easter Egg hunt and coordinate games for the children, dress up as the Easter Bunny, and take pictures of the children with the Easter Bunny

Agape Food Bank (*Fingerprinting required for youth 15 and older*)

(*Middle-High, Western*)

Agape Food Bank collects more than 5 million pounds of food and distributes it to an estimated 100,000 needy families. Youth can help the food bank in the warehouse by:

- Sorting donations
- Checking dates on food packages
- Building food boxes for partner agencies
- Label cans and stocking tables

There is also an opportunity for a group of 8-12 youth to volunteer to distribute food at one of the monthly mobile food pantries on the last Wednesday of every month.

Awareness and Education

Intergenerational Pen Pals

(*All grade levels, all regions*)

Youth write letters on a monthly basis asking questions about the senior's childhood, life experiences, interests, and family. To protect the identity of those involved, only first names should be used.

Intercultural Pen Pals

(*All grade levels, all regions*)

Youth will write monthly letters to a refugee child or family as a way to learn about a different culture and help introduce the correspondent to life in America. To protect the identity of those involved, only first names should be used.

Contact: Refugee Resettlement Grade Level: All grade levels School

Catholic Charities of Central Florida Poster Contest

(*Elementary, all regions*)

Invite a speaker on Catholic Charities of Central Florida and ask youth to create a poster that shows the mission and values.

Live Below the Line

(*Middle-High, all regions*)

A challenge for youth to eat on \$1.50 per meal for a week which is the national average for families receiving SNAP benefits (Supplemental Nutrition Assistance Program). List of suggested activities provided. Ask youth to donate money saved during the week to Catholic Charities to provide food for a family in need.

Fundraising and Collection Drives

Adopt a Family

(All grade levels, all regions)

A way for youth to focus on giving during the Christmas season by providing Christmas gifts to a family who would otherwise go without.

Refugee Welcome Box

(All grade levels, all regions)

Host a drive to provide a Refugee Family with basic household needs. Choose from bathroom, cleaning supplies, kitchen, or school supplies. List of needed materials provided.

Souper Bowl of Caring

(All grade levels, all regions)

Generate excitement in the weeks leading up to the Super Bowl by hosting a Souper Bowl of Caring canned food drive. You can register your drive at www.souperbowl.org for a free packet of materials and to have your total added to the national amount of money raised or conduct your own drive within the school.

- Add friendly competition to the drive by setting up two collection bins – one for each team playing in the Super Bowl.
- Youth show their support for their team by which bin they place their donation into.
- Allow the winning group to wear team clothing on the Friday before the game (jersey, t-shirt, hat, etc...)
- Deliver collected items to the nearest Catholic Charities Food Pantry.

Feed a Family

(All grade levels, all regions)

Choose an easy to prepare casserole recipe with few ingredients that youth can assemble to provide a family in need with all the materials for a full meal. Sample recipes provided.

Dress Down Day

(All grade levels, all regions)

Allow youth to purchase a non-uniform day and donate the proceeds to Catholic Charities of Central Florida.

Thanksgiving and Christmas Meal Drives

(All grade levels, all regions)

Ask youth to bring in elements of a traditional Thanksgiving or Christmas Meal for a family in need. List of needed items provided.

Spiritual Adoption and Baby Shower Collection

(All grade levels, all regions)

Youth pledge to pray daily for 9 months for the life of an unborn child. At the end of the 9 months, ask the youth to bring in items for the new baby and its family such as diapers, onesies, bibs, baby towels and washcloths, and baby wipes to be donated to Pregnancy and Adoption Services. Prayers and development updates provided.

Homeless for a Night

(Middle-High, all regions)

An exercise in solidarity, this fundraiser allows youth to experience homelessness for one night on school/church property. Youth are allowed the clothes on their back and a box for shelter. Money for additional “luxury” items such as blankets, sleeping bags, and sweaters can be raised by youth. These items and the money raised are donated to Catholic Charities at the completion of the project. List of suggested activities provided.

Dates for Service

The following dates are especially good times to incorporate service:

Date	Event	Suggested Activities
January	Super Bowl	Souper Bowl for Caring
January (last Sunday – following Sunday)	Catholic Schools Week	Any
February 11-17, 2013	Random Acts of Kindness Week	Any
March	National Nutrition Month	Feed a Family, Gleaning, Live Below the Line
April 21-27	National Volunteer Week	Any
April 26-28, 2013	Global Youth Service Day	Any
May	Older Americans Month	Senior Center Activities, We Care Cards, Intergenerational Pen Pals
May 2	National Day to Prevent Teen Pregnancy	Spiritual Adoption/Baby Shower Collection
May (2 nd Sunday)	Mother's Day	Spiritual Adoption/Baby Shower Collection, We Care Cards
May 21	World Day of Cultural Diversity for Dialogue and Development	Intercultural Pen Pals, Refugee Family Welcome Box
June (3 rd Sunday)	Father's Day	Spiritual Adoption/Baby Shower Collection, We Care Cards
June 20	World Refugee Day	Intercultural Pen Pals, Refugee Family Welcome Box
September	Hunger Action Month	Live Below the Line, Homeless for a Night, Gleaning, Feed a Family
September 11	National Day of Service and Remembrance	Any
October	Domestic Violence Awareness Month	Homeless for a Night, We Care Cards
October 2	Intergeneration Day	Senior Center Activities, We Care Cards, Intergenerational Pen Pals
October 16	World Food Day	Feed a Family, Gleaning, Homeless for a Night, Live Below the Line
October 17	International Day for the Education of Poverty	Host a Speaker, Feed a Family, Gleaning, Homeless for a Night, Live Below the Line
November	Thanksgiving	Thanksgiving Meal Drive, We Care Cards
November 10-18	National Hunger and Homelessness Awareness Week	Feed a Family, Gleaning, Homeless for a Night, Live Below the Line, We Care Cards, Thanksgiving Meal Drive
November 13	World Kindness Day	Any
November (Saturday before Thanksgiving)	Family Volunteer Day	Any
December	Christmas	Adopt a Family, Christmas Meal Drive, We Care Cards
December 5	International Volunteer Day	Any