



## **Volunteer with REACH Beyond Domestic Violence**

**REACH is committed to ending domestic and dating violence by providing prevention, intervention and advocacy services in MetroWest Boston.** For over 35 years, REACH has been a central support in the community, providing education and training on dating and domestic violence; supporting survivors with crisis intervention through our 24-hour hotline and shelter, community-based support, support groups, legal advocacy program, and child and teen services.

Volunteering with REACH is a rewarding and enriching experience. Our goal at REACH is to meet the needs of survivors in the MetroWest region through staff and volunteer service. We offer challenging opportunities for volunteers to grow and become part of the movement to end domestic violence. Without our dedicated volunteers, REACH would not be able to do all of the work we do. In one year, we serve over 7,000 individuals and answer around 2,000 hotline calls. Volunteers contribute over 5,000 hours to these efforts.

Please take some time to read through our volunteer job descriptions. Note that all volunteer positions require an orientation to REACH and domestic violence. For direct service roles, we ask that volunteers attend one of our full trainings. *Our full training varies in length, but is approximately 35 hours.* We ask that all volunteers attend training for multiple reasons, but most importantly so that you will have the tools you need should someone in the community ever REACH out to you for support. Non-direct service roles require shorter trainings, depending upon roles. After training, all volunteers will be supported by a staff member familiar with their program. We believe that everyone has the ability to help make our communities into safer places.

We look forward to hearing from you and working with you in the future.

If you are interested in becoming a part of our volunteer team, please download our application from our website. You may also call to request our application packet at 781.891.0724 x 107 or email [lauren@reachma.org](mailto:lauren@reachma.org) for more information.



## **Volunteer Positions Available**

### **Childcare Services Volunteer**

As we support adult survivors, we also support their families. Childcare Services volunteers provide care for children whose parents attend our weekly support groups. Childcare takes place on site at our office while adults attend group, and volunteers assist in play and mentoring. Bilingual individuals are strongly encouraged to apply.

#### *Requirements and Details:*

- *Completion of our full training is strongly encouraged. However, a minimum of Domestic Violence 101, Trauma 101, Child Exposure to Violence, and Boundaries trainings are required for this role.*
- *Because children crave routine, a one-year commitment is required for this position.*
- *Hours: Both daytime and evening hours are available for this position.*
- *Time commitment: Volunteers are asked to complete one 2-hour childcare shift each week.*

### **Internship/Direct Service Volunteer (Office)**

Would you like to support survivors, as well as our team of staff members? Direct Service Volunteers help create a welcoming environment for survivors with scheduled appointments, as well as provide immediate support and triage for walk-in situations. Tasks for this position vary, and include administrative duties, answering phone calls at our main office (which may include crisis intervention or hotline calls), offering emotional support, information and referrals, assistance with document preparation for court or accessing benefits (such as food stamps or housing applications), safety planning, as well as possible accompaniment with survivors. Volunteers may also be asked to help with preparations for support groups or outreach events. This role is based at our Main Office in Waltham. Bilingual individuals are strongly encouraged to apply.

#### *Requirements and Details:*

- *Completion of our full training.*
- *Participation in an additional Hotline Training.*
- *A one-year commitment is required for this position. Exceptions can be made for one-semester internships*
- *Hours: Morning and afternoon hours are available for this position. Shifts are from 9-1 or 1-5.*
- *Time commitment: volunteers are asked to commit to one 4-hour shift per week.*



### **Direct Service Volunteer (Residential)**

Would you like to volunteer with survivors and their families? Residential service volunteers work in our shelter to provide support for survivors, their families, and staff. Tasks for this position vary, though all direct service volunteers are asked to assist in answering our hotline during scheduled shifts. Additional tasks for this position vary; volunteers may be asked to provide childcare, help residents in daily tasks, or help manage our shelter donations. Bilingual individuals are strongly encouraged to apply.

#### *Requirements and Details:*

- *Completion of our full training.*
- *Participation in an additional Hotline Training.*
- *A one-year commitment is required for this position.*
- *Hours: Daytime, evening, and weekend hours are available for this position.*
- *Time commitment: volunteers are asked to commit to one 3-4 hour shift per week.*

### **House Maintenance Volunteer (Residential)**

Do you want to volunteer your time and talents, but prefer to be behind the scenes? House Maintenance Volunteers are based at our shelter, and help us provide a welcoming environment for shelter guests. Tasks for this position vary and include assistance with landscaping, picking up orders from the Greater Boston Food Bank, picking up and sorting donations, as well as maintaining the cleanliness of the shelter. Volunteers may choose to volunteer in specific roles, or float between several. Though this role is not necessarily direct service oriented, many volunteers build relationships with survivors while tackling tasks together. For this reason, house maintenance volunteers must attend a minimum of 25 hours of training prior to beginning their service.

#### *Requirements and Details:*

- *Completion of our full training.*
- *A one-year commitment is required for this position.*
- *Hours: Daytime, evening, and weekend hours are available for this position.*
- *Time commitment: varies depending on interest and role.*

### **Reach for the Stars Gala Committee**

We are always looking for folks to join our *Reach for the Stars Gala* committee, to help organize our annual fundraiser, held in the fall. Committee responsibilities include filling a table at the event, identifying potential sponsors, securing auction items, and helping to shape the event. Some work is done in our office, but the majority of the work happens independently outside of the office.

#### *Requirements and Details:*

- *6-hour training is suggested, but not required.*
- *A commitment of 6-9 months (spring-fall) is required for this position.*
- *Hours: Daytime, evening, and weekend hours are available for this position.*
- *Time commitment: volunteers are asked to attend committee meetings, which occur every six weeks in our office.*



## **Moving Crew**

Do you want to help survivors increase their independence? Do you enjoy a bit of manual labor? REACH is creating a team of folks to assist survivors with moving. Tasks for this position may vary, but typically include working in small teams to carry items such as chairs, tables, couches, or boxes. We might ask you to help a survivor move into or out of housing, or accompany survivors at furniture banks to obtain furniture.

### *Requirements and Details:*

- *Completion of our 6-hour training, or full training*
- *Ability to lift and carry large items*
- *Hours: Hours for this position vary, and may include daytime, evening, or weekends*
- *Time commitment: Varies by month*
- *Access to a vehicle is required (large cars, SUVs, or trucks are preferred)*



## **What you can do right now**

There are many things you can do today to support this work:

### **Organize a donation drive**

We always have an ongoing need for certain shelter supplies and other items, and we also run seasonal donation drives for paper goods, toiletries, household goods and Holiday Gifts. Organize your group of friends, school community, religious group, or your office to help us fill an important need or to do something special for a family.

For more information on how to organize a donation drive, please contact Courtney Meyer at [courtney@reachma.org](mailto:courtney@reachma.org).

### **Host a house party to introduce new people to REACH**

With help from REACH, you can put together an event that will help us raise awareness and bring in new supporters. Invite friends, neighbors, and coworkers to your home (or the home of a generous friend) and we can make a presentation about the work we do and a featured speaker. House parties are vital to expanding our outreach and increasing our support.

For more information on hosting a house party, please contact Brianna Nadelberg at [brianna@reachma.org](mailto:brianna@reachma.org).

### **Donate**

Without individual contributions, we would not be able to continue providing excellent services to thousands of people affected by domestic violence. Your support can help pay for those services, or you can make a donation to our Independence Fund which helps cover costs of education, security deposits, car repair and more for families in need. We also have an e-mail list we use exclusively for times when we need specific furniture or household items for a survivor who is either moving into shelter or moving out on their own.

To join this list, please contact Courtney Meyer at [courtney@reachma.org](mailto:courtney@reachma.org).