



Garfield County Human Services  
Alcohol and Substance Abuse Program  
PO Box 758  
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(509) 843-3791

## Thea's corner...

In addition to April being Sexual Assault Awareness Month....April is also National Volunteer Month! National Volunteer Month is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their own community. It's about taking action, encouraging individuals and their respective communities to be at the center of social change—discovering and actively demonstrating their collective power to foster positive transformation.

Are you interested in volunteering in Garfield County? Here are some ideas!

- Community Sexual Assault Advocate (Contact GCHS at 509-843-3791)
- Volunteer at the local Food Bank (Call 509-843-6158)
- Cooking, playing games, crafts at the Senior Center (Contact June Bowles at 509-843-3563)
- Doing yard work for senior citizens (Contact Sherry Greenup at (509-843-3563)

Other volunteer opportunities!

**Volunteermatch.org** —Matches users to volunteer opportunities with over 70,000 nonprofit organizations.

**AmeriCorps** — Each year, AmeriCorps offers 75,000 opportunities for adults of all ages and backgrounds to serve through a network of partnerships with local and national nonprofit groups.

**Points of Light Institute** — a national nonprofit, nonpartisan organization in the United States of America dedicated to engaging more people and resources in solving serious social problems.

**The Red Cross** —Helps prepare communities for emergencies and keep people safe every day thanks in large part to volunteers.

Look for these and other volunteer opportunities on the web or at [www.fastweb.com/student-news/articles/2227](http://www.fastweb.com/student-news/articles/2227).

