

Looking for a way to volunteer?

In the spirit of “tikkun olam” and “welcoming the stranger” the NVHC Social Action Committee is providing this list of organizations that need volunteers.

There are many ways to get involved in social action and social justice through activities organized through NVHC – by the Social Action Committee, the Sisterhood, or congregants. See our list at: <http://www.nvhcreston.org/wp-content/uploads/2013/12/NVHC-Change-Activity-list-website-2017-update-3.2017.pdf>

None of these activities catch your eye or work with your schedule? Here are some other ideas of organizations that need your help.

Looking to volunteer with your children? Teens looking for community service hours? We note where there are opportunities available.

Also, please remember that NVHC needs you too. At the end of the list we suggest ways to help our NVHC community.

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Jewish Organizations:

Hebrew Immigrant Aid Society (HIAS) <https://www.hias.org/>

HIAS brings the lessons of HIAS’ history and Jewish ethics and experience to its commitment to serve refugees and other displaced persons of concern around the world through the following values: Welcoming, Dignity and Respect, Empowerment, Excellence and Innovation, Collaboration and Teamwork, and Accountability. To volunteer, complete the form at: <https://www.hias.org/volunteer>

Volunteer opportunities include:

- Participating in a **letter writing program** to asylum seekers in detention (once a month)
- Providing **pro bono legal assistance** to HIAS clients pursuing asylum or other humanitarian protection in the United States (commitment ranges from 25-150 hours, depending on case type)
- Providing **volunteer translation or interpretation for HIAS legal cases** (short term opportunities available)

Jewish Coalition Against Domestic Abuse (JCADA) <https://jcada.org>

JCADA delivers comprehensive services to victims of domestic and dating abuse while empowering future generations to develop healthy relationships. **The Legal Access Program** continues to cultivate a network of attorneys who are committed to social justice and empowerment through working with victims of domestic abuse. If you are interested in joining JCADA’s Attorney Network, please **click here** to fill out their basic information form and the Legal Access Program Director will get back to you about ways to be involved. **Other volunteer**

opportunities include, large mailings, staff information booths at community events or assisting with large events, such as the JCADA 5K. **Professionals in various fields**, including **social work, accounting, career coaching and yoga**, donate their services. If interested, please contact jcada@jcada.org.

Jewish Community Center of Northern Virginia (JCCNV) <http://www.jccnv.org/>

The JCCNV operates seven days a week with programs, classes and services that meet the community's needs. They need your help to continue providing the quality programs and services on which our community has come to rely. **Family opportunities** often available. Contact: Carla Rosenfeld at carla.rosenfeld@jccnv.org or 703.537.3060

Jewish Community Relations Council (JCRC) www.jccouncil.org

With more than 67,000 Jews in Northern Virginia, the JCRC of Greater Washington's Northern Virginia Commission maintains a full-time presence in Richmond during the General Assembly session, working closely with the legislature and coalition partners to pursue its agenda of Jewish community priorities. Their work also includes interfaith affairs, partnering with area schools to create a welcoming environment for all students, and liaising with law enforcement to keep our local Jewish institutions safe. The JCRC of Greater Washington's Northern Virginia Commission is the government advocate and community relations resource for our local Northern Virginia Jewish community. **Volunteers** are needed for Yom Ha'Shoah / Holocaust Remembrance Day, Advocacy Day in Richmond, and to attend various events in the area to provide a Jewish presence and solidarity.

Northern Virginia Rides- <http://www.nvrides.org/>

For Reston - <http://www.restoncommunitycenter.com/about-reston/rcc-rides> or call 703.390.6198

Drivers needed! NV Rides is a network of service providers that offers non-driving older adults (55+) transportation for the grocery store, doctor's appointments, and other personal errands at no cost. Having accessible and dependable transportation readily available will help our community's older adults remain independent, and ensure that they can age in place for as long as possible. Volunteers must be at least 21 years old, use their own vehicle and gas, and set their own schedule and destinations. <http://www.nvrides.org/volunteer/>

NV Rides works in partnership with Fairfax County and Jewish Council for the Aging and with additional support from Community Foundation of Northern Virginia, the Jewish Community Center of Northern Virginia. Contact: JenniferK@NVRides.org or call 703.537.3071

Other organizations:

Artemis House - www.shelterhouse.org. Artemis, is part of Shelter House, and is an emergency domestic violence shelter dedicated to providing safe, temporary shelter for families and individuals experiencing domestic violence, human trafficking, sexual violence and stalking. The Fairfax County location is kept secret for the safety of its residents. Artemis provides counseling services for adults and children, group therapy sessions, housing and career advice.

Most of the volunteer opportunities require a time commitment of either once or twice a month for two to four hours each time (depending the job). Jobs include **working in the front office taking crisis calls, working with clients and leading children's play groups and groups for women (sewing, baking, empowerment and life skills)**. Other volunteers **sort donations** and do other needed tasks. Contact Merrily Friedlander, the Community Coordinator merrily.friedlander@shelterhouse.org More information at: <http://www.fairfaxcounty.gov/ofw/artemis-house.htm>

Cornerstones - <https://www.cornerstonesva.org/> Cornerstones serves Reston and Fairfax County and provides “support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services.” They have a **variety of volunteer opportunities – childcare, meal caterer, robotics mentors, front desk assistance at the shelter,** and much more. Some of these activities are year round and others are one time opportunities. **Family opportunities available** (youth and teens). More information at: <https://www.cornerstonesva.org/currentopportunities/>
<http://www.cornerstonesva.org/volunteer-opportunities/>
<http://www.cornerstonesva.org/volunteer/one-time-volunteer-interest-form/>

Gay, Lesbian, Straight Education Network (GLSEN- Northern VA) - nova@chapters.glsen.org
GLSEN wants every student in every school, to be valued and treated with respect, regardless of their sexual orientation, gender identity or gender expression. They accomplish their goals by working in Congress and the Department of Education as well schools and district offices in the community to improve school climate and champion LGBT issues in K-12 education. GLSEN offers staff training to schools and community organizations. Contact: David Aponte 571-208-2424

Adult Volunteers are needed to help at various events throughout the year, to serve on the GLSEN Northern Virginia Chapter Board and as advocates at school board meetings when issues affecting LGBTQ students are discussed. Join their volunteer list by signing up [here](#).

MentorPrize – <https://mentorprize.org/> MentorPrize recruits **mentors** for 19 non-profit organization in the DC metro area. Emily Roisman, one of our congregants, serves on their board and would be happy to answer your questions (e.roisman@mentorprize.org). She will help find the right fit for you – weekly, monthly etc. – in the Northern Virginia area or elsewhere.

Northern Virginia Family Services – <http://www.nvfs.org/> NVFS provides services to assist families in the community. Their services “range from the most basic of human needs, to helping families and individuals find paths to stability, to helping children, adults and families realize their full potential.” Volunteer activities include **shelter grounds clean up, head start classroom volunteering, interpreters, leading life skill workshops, assisting families to access food, and many more jobs.** **Family opportunities** are available. Volunteer information at: <http://www.nvfs.org/volunteernow> and <http://www.nvfs.org/holiday-volunteering> Or contact Sisterhood if you would like to volunteer with them at **Head Start in Sterling**.

Women Giving Back - <http://womengivingback.org/> Women Giving Back supports women and children in crisis by providing quality clothing at no cost. Women are referred by their case workers to “shop” on at the store in Sterling. **Volunteers are needed to sort donated clothing and work in the “store.”** Sisterhood collects clothing for them and volunteers there occasionally during the year, but this is easy to do on your own as well. Contact Sisterhood if you would like to volunteer with them. **Family opportunities** available – girls are permitted to volunteer with their parents, and boys can help too in the warehouse.

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NVHC Community:

Don't forget that NVHC also needs your support. We need volunteers to:

- Answer phones
- Help with mailings
- Do research projects
- Welcome people to the office during the day
- Welcome people to NVHC services and programs as a greeter
- Serve onegs and clean up
- Help set up services
- Lead shiva minyanim
- Visit members dealing with long-term illness
- Make calls, send cards, make meals and send Challahs to recently bereaved families, families struggling with illness or families with new babies.
- Help coordinate our caring program
- Write articles for our blog, facebook page or newsletter

There are so many more ways to help us promote Judaism and serve our community. Please contact the Caring Committee or Sara Moore if you are interested.

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