



# Volunteer Opportunities

## Year-Round Opportunities

Hand in Hand offers a wide variety of opportunities throughout the school year and summer, listed below are just a few events you may find interesting to spend your time volunteering at!

### **INCLUSIVE CHILD CARE AND PRESCHOOL**

Hand in Hand's inclusive childcare and preschool program is unique in the Quad Cities. Many childcare facilities can't accommodate every child's needs or adapt activities for different abilities, but that's exactly what we pride ourselves on.

We welcome children ages 6 weeks to 18 years of all abilities, including those with disabilities, and we adapt activities so each participant can have fun and learn new skills.

Hours: Monday – Friday 7:00 am – 5:30 pm (with school age care after school and on non-school days)

### **RECREATION**

Hand in Hand's evening and weekend programs are designed to give participants a chance to have fun with their friends while also giving parents/guardians and primary caregivers respite from their caregiving duties.

Programs range from fitness classes (such as swimming), to a cooking and nutrition class, to adaptive sports and other social experiences.

Important outcomes from these programs include learning new skills, increasing independence and social skills, and improving self-esteem and mental health. We hope that every participant who comes to evening and weekend programs feels welcomed, encouraged, and respected.

Hours: Evenings and Weekends

### **PEOPLE WITH PURPOSE:**

Hand in Hand's adult Dayhab volunteer program, People with Purpose, gives participants a chance to volunteer in the Quad Cities community while also working on life and work skills.

Participants volunteer at various organizations doing tasks ranging from cleaning, to working in gardens, to making sandwiches.



Hours: Monday – Friday 8:30 am – 2:30 pm

## **SUMMER CAMP**

Camp Hand in Hand was the very first program offered by Hand in Hand. Mark and Vinnie Smith and Dave and Joanie Steil wanted their children (and others with disabilities) to have the same opportunities for fun, learning, and recreation as typically developing individuals. They decided a one-week summer camp for those of all abilities would be a good place to start.

Since the first camp in 2000, Camp Hand in Hand has grown into a two-week summer camp that serves 60 campers each July. Campers of all abilities are welcome and are partnered with a buddy, who provides support as needed as they enjoy all the typical camp activities: horseback riding, archery, crafts, swimming, canoeing, and fishing. We are proud of this partnership with the Scott County YMCA's Camp Abe Lincoln!

Hours: Monday – Friday for 2 weeks every July

## **ADMINISTRATION**

Often we could use volunteer help in our office with basic help with filing or in more skilled areas such as IT, accounting, or facility care and maintenance.

## **Special Event Opportunities**

Hand in Hand often has special events that required significant support from our volunteers! Events range from our spring prom to our annual Chili Cook Off Fundraiser or the annual family fair. Individuals may volunteer at the event or in planning activities leading up to the event. Let us know what you're looking for and we can find a match!

## **More Information**

## **WHAT IS HAND IN HAND AND WHAT MAKES OUR PROGRAM UNIQUE?**

Hand in Hand strives to provide quality care in an environment that is fun, friendly and safe for children and adults of all abilities. Our program began with a simple desire to provide exceptional care for children, teens, and adults in an enriching and positive environment. Our year-round program is licensed by the State of Iowa and coordinated and led by experienced directors, supervisors and caregiver staff who provide quality social and recreational experiences for kids with disabilities and their typically developing peers. Our low child/adult-to-staff ratio and caregivers who have experience caring for children and adults with a variety of needs allows for successful experiences for all. There is something for everyone and everyone has a place at Hand in Hand!

## THE IMPORTANCE OF VOLUNTEER BUDDIES

Children/adults and their families need to accomplish daily tasks as well as have new, fun experiences to look forward to. As a buddy, you make it possible for parents to work, grocery shop, or enjoy an evening out while their child/adult are learning new skills, making friends, and participating in enjoyable activities in a caring, positive environment. Hand in Hand was created with the belief that every individual, regardless of ability, should have opportunities for fun, educational, and personal growth.

## WHAT WILL I DO?

The activities you may engage in include providing individual attention and positive interaction for children and adults, swimming, taking walks, playing games, bowling, reading stories, creating art projects, singing, and visiting fun Quad City locations and events. Hand in Hand programs take place during the day at our Child Care Center and summer day camp, as well as after-school and on weekends and evenings. We also have special projects you may choose to take part in. Whatever time or task best suits your abilities, your job will be to participate with a spirit of fun and friendship.

## WHO CAN BE A BUDDY?

Individuals of all ages can contribute, especially those who can attend Hand in Hand activities regularly. If you are under the age of 14 years, you must be accompanied by another volunteer guardian or other adult. Camp Hand in Hand is the exception: volunteers can be as young as 14 years old for that program. Individuals who build long-lasting relationships with children and adults enrolled in our program are Hand in Hand's most valuable resource.

## APPLICATION, TRAINING AND SUPERVISION:

Each buddy must fill out an application and coordinate to volunteer at Hand in Hand activities. This is important to ensure we have the right number of buddies to match the needs of the program. All buddies work alongside of experienced staff who can provide insight regarding individual child /adult and familiar routines and are always supervised.

## QUESTIONS ABOUT HAND IN HAND'S SERVICE LEARNING OR VOLUNTEER OPPORTUNITIES?

Please contact Molly Steil Rowland, Chief Program Officer at [molly@handinhandqc.org](mailto:molly@handinhandqc.org) call (563) 332-8010. Registration forms and applications can be found online at [www.handinhandqc.org/volunteers](http://www.handinhandqc.org/volunteers).