



Group Volunteer Opportunities

Hands-On Projects:

- Recovery Academy Projects: Paint a classroom, landscape, or complete other hands-on projects to improve our Recovery Academy Day Programs in Fairfax and/or Mount Vernon, VA.
- Organization Projects: Organize libraries, art classrooms, supply closets, or any other program spaces in one of our Recovery Academy Day programs.
- Host an event for PRS clients such as a summer picnic, holiday luncheon, Valentine's Day party, etc. Our clients enjoy celebrating special occasions!

Events:

- Join our suicide prevention campaign, #CallTextLive, held annually in September: prsinc.org/calltextlive.
- Join us as we recognize Mental Health Awareness Month in May. Learn more: prsinc.org/mental-health-awareness-month/
- Support or join our walks (September) with the National Alliance on Mental Illness or the American Foundation for Suicide Prevention.
- Support our annual fundraisers:
 - o Imagine Hope Benefit (October): provide volunteer support including mailing projects, soliciting auction items, event set-up or clean up, attending as guests or volunteering at the event, sponsoring the event, and much more. prsinc.org/imagine-hope/
 - o Golf Tournament (May): host a foursome or sponsor the event, provide volunteer support, solicit raffle items, and much more. prsinc.org/golf-tournament/

Supplies, Drives, and Wish Lists:

- Art Supply Drive: Collect art supplies to donate to our Recovery Academy Day Programs for arts and craft activities. Items such as water-based paints, brushes, markers, colored paper, yarn, magazines, etc.
- Create Care Packages:
 - o Make care packages for our frontline employees including crisis workers and clinical staff! PRS CrisisLink staff and volunteers are handling crisis calls and

texts around the clock. Our clinical staff provides behavioral health services through telehealth and in person. Show your support for those working hard to keep our community safe.

- Needed items include: Coloring books and colored pencils, stress balls, journals, nonperishable snacks, cards with messages of hope or encouragement, etc. Please be sure all items and messages are generic and not specific to a particular holiday or religion.
- Create packages by placing items in gift bags or donate individual items.

Skills Based Opportunities:

- Present a Life Skills Topic: Present at one of our Recovery Academy Day program's registration weeks. Industry professionals with credentials preferred. Topics such as: dental hygiene, sleep apnea, finances, money management, yoga, Zumba, etc. This can be done in-person or virtually.
- Host a Hands-on Activity: Lead a fun activity at one of our Recovery Academy Day program's registration weeks. Activities can include crafts, no-bake snacks, games, etc. Groups can develop their own activity or lead one developed by PRS staff.

Advocate for PRS!

- Looking to support PRS but don't have a ton of time to give? Become a PRS advocate! Share PRS' most pertinent wish list items, volunteer opportunities, and/or our PRS CrisisLink hotline and textline numbers to your community. Email volunteer@prsinc.org and we'll send you a toolkit to get you started on advocating for PRS' life-changing and life-saving behavioral health and suicide prevention services.

If you're interested in volunteering with PRS, please contact Sami Smyth, Community Engagement and Events Manager, at ssmyth@prsinc.org.

www.prsinc.org