



Volunteer Opportunities at High Hopes

Role	Eligible Volunteers	Commitment Type	Duties/ Description
Office Hero	Youth, Adults, Groups	1-day	Help with mailings, organizing, cleaning, and general admin tasks inside.
Clinic Buddy	Youth, Adults, Groups	1-day	Support therapists with prep, sanitizing, partner with clinic admin, therapy equipment maintenance, and organizing therapy materials.
Community Event	Youth, Adults, Groups	1-day	Volunteer at community events like Fall Festival or Touch-a-Truck.
Corporate Group	Adults, Adult Groups	1-day / Ongoing	Help in the classroom, clinic, outside, or in administration. Part of their time could be spent reading in a classroom.
Fundraising Event	Youth, Adults, Groups	1-day	Help with setup, guest assistance, auctions, or logistics at major fundraising events.
Playground Pal	Youth, Youth Groups	1-day	Interact with children during their playground time and facilitate a game.
Cuddle Crew/ Floater	Adult	Weekly	Provide consistent support in one or more classrooms or a POD where most needed.
All-Hands Helper	Youth, Adults, Groups	1-day / Multi-day	Someone or a group who can share a unique skill, hold a supply "drive", outdoor refresh, etc.
*Classroom Sponsor	Adult Groups, Corporate Sponsors	Ongoing	Assist in classrooms with reading, STEM, STEAM, art, sensory play, curriculum support, and plan/help with decorations.

**Benefit of a Classroom Sponsor Donation.*