

## VOLUNTEER OPPORTUNITIES AT PUBLIC HEALTH SOLUTIONS

### 1. FOOD AND NUTRITION SPECIAL EVENTS

Public Health Solutions (PHS) helps over 35,000 low-income pregnant and nursing women and children up to age five years of age enroll in PHS' Neighborhood Women Infants and Children Program (WIC) each year. Through our WIC program – the largest in New York State – PHS provides families with food packages, nutrition education, breastfeeding support, and referrals to needed health services like the Supplemental Nutrition Assistance Program (SNAP), health insurance (co-located at many of our sites), medical and dental providers, and child care.



Volunteers are needed to help with special events held throughout the year at PHS' nine Neighborhood WIC centers located throughout the city. At these events, volunteers will help conduct food and nutrition demonstrations, lead farmer's market tours, and support food distribution. (Seasonal).

**# of Volunteers needed:** 1-5

**Lead time:** 2 months

**Contact:** Arielle Burlett, Manager of Community Services, Neighborhood WIC

**Email:** [aburlett@healthsolutions.org](mailto:aburlett@healthsolutions.org)

### 2. BABY SHOWERS

The arrival of a new baby is cause for celebration. Often times, however, the young women who take part in PHS' home-visiting programs are first-time moms with few resources and a limited support system. Many are scared and nervous about becoming new mothers. PHS helps 1,200 moms and their babies get their best start in life. As part of the program, we host monthly baby showers for soon-to-be-parents to build their excitement around their little one's arrival.

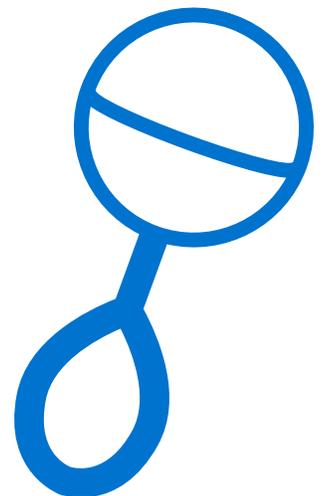
Volunteers are needed to help decorate, plan baby shower games and activities, assist with the menu, and attain party favors.

**# of Volunteers needed:** 1-5

**Lead time:** 2 months

**Contact:** Marci Rosa, Sr. Director of Maternal Child Health

**Email:** [mrosa@healthsolutions.org](mailto:mrosa@healthsolutions.org)



### 3. MOMS AND BABIES GRADUATIONS

At PHS, we celebrate the achievements of the families we help. Our Nurse-Family Partnership (NFP) program is a free home-visiting service that gives first-time moms valuable knowledge and support beginning early in pregnancy and until their baby reaches two years of age. Partnering first-time mothers with caring nurse professionals who provide services in the family's home, empowers these mothers to confidently create a better life for their children and themselves. Participating mothers are more likely to finish school, have healthier babies, and their children do better in school.



Each October, Public Health Solutions holds our Nurse-Family Partnership graduation ceremonies in Staten Island and Corona, Queens. Volunteers are needed to help with these important ceremonies that recognize the hard work and commitment these women made in moving their lives forward. At each graduation ceremony, volunteers will help in set-up, registration, room decoration and other activities to build a festive event.

Healthy Families is a home-visiting program staffed by trained Family Support Workers that serves women during pregnancy and until their baby reaches five years of age. The program provides comprehensive home-based parenting education and support, child development screening and tools, and referrals to services for parents of newborns. Healthy Families promotes positive parenting skills and parent-child interaction to ensure optimal prenatal care, child health and development, and to enhance family self-sufficiency.

**# of Volunteers needed:** 1-5

**Lead time:** 2 months

**Contact:** Marci Rosa, Sr. Director of Maternal Child Health

**Email:** [mrosa@healthsolutions.org](mailto:mrosa@healthsolutions.org)

### 4. FINANCIAL ADVISEMENT DAY FOR PHS CLIENTS

Those we serve are often in need of help with issues of which they do not have the resources to seek assistance, such as financial advising. Volunteers who are professionals in finance are needed to assist clients learn how to manage daily budgeting issues, as well as long-term savings (such as saving for college).

Volunteers are needed to create a presentation, lead a discussion and answer questions, as well as to watch the clients' children during the presentation. This would take place at the volunteers' offices or at PHS' main office.



**# of Volunteers needed:** 1-5

**Lead time:** 2 months

**Contact:** Marci Rosa, Sr. Director of Maternal Child Health

**Email:** [mrosa@healthsolutions.org](mailto:mrosa@healthsolutions.org)