

# Volunteer

Volunteer opportunities are generally Monday-Friday 8:30 a.m. - 4:30 p.m. to coincide with Catholic Charities office hours. Some weekend opportunities are available as well. A background check and VIRTUS training will be necessary for volunteer opportunities with clients. Orientation and training will be provided.

To start volunteering, go to: <https://www.catholiccharitiesdm.org/contribute/volunteer/>

VOLUNTEER CONTACT: **Emily Klisares** at 515-237-5078 or [eklisares@catholiccharitiesdm.org](mailto:eklisares@catholiccharitiesdm.org)

Here is a general list of opportunities at our locations across SW Iowa:

DES MOINES _____ <b>Emergency Family Shelter</b>	Join our crew of staff and volunteers as we maintain our 24/7 Emergency Family Shelter. Basic housework, cleaning, and preparing meals are just a few of our volunteer roles. We are always in need of help in this life-changing facility!
<b>Food Pantry</b>	Volunteers at the Food Pantry may assist clients through the choice food pantry, pick up food donations, distribute daily donations, and assist with cleaning throughout each shift. Shifts vary with need.
<b>Refugee Resettlement</b>	Help refugees arrive to a welcome environment. Assist in setting up apartments, helping in our office, sorting donations in our warehouse, teaching basic western culture, training a family to use the bus system, and more!
COUNCIL BLUFFS _____ <b>Domestic Violence &amp; Sexual Assault Program</b>	Our offices in Council Bluffs are dedicated to assisting survivors of domestic violence and sexual assault in the nine counties that make up the southwest corner of Iowa. Volunteer on the frontlines with our 24-hour crisis line and hospital support staff, collect materials needed to run the shelter, help with special events, and more.
ALL LOCATIONS _____ <b>Donation Collection</b>	Groups, businesses, schools, and more can do a special collection for Catholic Charities. Call to ask about current needs, and how we can help make your collection a success!
<b>Special Events and Fundraising</b>	Volunteers for events and fundraising help us raise awareness, promote and plan events, decorate for parties, solicit auction items, and more! Shamrocks & Shenanigans is our feature event in Des Moines. It includes a silent auction, food, music, and fun & games.  Council Bluffs events include event booths, collections, and civic partnerships.