



RMHC MICHIANA TEENS VOLUNTEER OPPORTUNITIES

Teen volunteers are a vital and welcomed part of RMHC Michiana! While we'd typically love to welcome teens to the House for in-person volunteering, our opportunities are off-site only until further notice. However, you don't have to be in person to make an impact! Each of the projects outlined below will directly aid an RMHC Family.

Check out our volunteer opportunities and the hours you'll earn for each below, and contact Nancy Salwin by phone (574-647-4385) or email (nsalwin@rmhcmichiana.org) to coordinate your project.

5 HOUR PROJECTS

HOST A NEEDS DRIVE

Host a needs list drive, containing at least 20 items from RMHC Michiana's Wish List. Set up a box on your front porch and ask your neighbors, friends, and family to donate to your drive!

Write 300 -400 words on how you got the community involved, what the experience taught you and what you think the impact of your donation will be. Then, deliver your donations to RMHC Michiana.

PACKAGE SNACK BAGS

Snacks are a great way to support RMHC families, as they spend long hours in the hospital with their children. Pack 30 lunch bags with individually wrapped snacks like granola bars, trail mix, snack cakes or goldfish. Then, decorate the bags with inspirational words or drawings (please avoid religious messages). Each bag should contain a minimum of 4 items.

Write 300-400 words on why you chose this experience. Why do you think snacks are important to the families that stay with us? What did you learn? Did you have any challenges? Then, deliver your donations to RMHC Michiana.

5 HOUR PROJECTS CONT.

MAKE FACE MASKS

Sew 20 fabric face masks. Find a pattern online or borrow one from a friend! You could even request fabric donations from friends or family.

Write 300-400 words about why this donation is important to the families of our charity. Think about the population we serve and why their health and safety are so important. Then, deliver the masks to RMHC Michiana.

CREATE TOILETRY KITS

Gather travel sized toiletries and fill quart or gallon-sized ZipLock bags with the necessities like a toothbrush, toothpaste, comb or brush, shampoo, conditioner, deodorant, lotion and hand sanitizer. Collect enough materials to create 5 toiletry kits for RMHC families.

Write 300-400 words on why you chose this experience. What do you hope the impact on families will be? Why do you think toiletry items are important to the families that stay with us? What was challenging or difficult about this project? Then, deliver the kits to RMHC Michiana.

MAKE FREEZER MEALS

Find a recipe to make and grocery shop for all the ingredients. Then, make the recipe and package it in a reusable container for us to freeze. Once you're done, bring the meal to RMHC Michiana. Please include the recipe and warming instructions with your dish.

Write 300-400 words on why you chose this project. Why might freezer meals be important here at RMHC? What did you learn during this experience?



THANK YOU FOR YOUR SUPPORT!
KEEPING FAMILIES CLOSE





2 HOUR PROJECTS

COLLECT POP TABS

Did you know pop tabs are made of aluminum and we can receive money for recycling them?! Share the news with your family and friends and collect the tabs off of canned beverages (tabs only, no cans). Once you've collected a gallon container's worth of tabs, deliver them to RMHC Michiana.

MAKE DOOR DECORATIONS

Make 20 door decorations for our family's bedroom doors. These can have messages like "welcome," "have a great day," or be themed for the season or holidays. Please avoid religious or get well soon messages. Once you're done, deliver your door decorations to RMHC and learn how we'll use them!

BAKE SWEET TREATS

Our families LOVE homemade goodies! Put on your apron and bake at least 2 dozen cookies, brownies, muffins or cupcakes for our families. Let them cool and decorate them however you'd like! Then, deliver your baked goods to RMHC Michiana.

CRAFT NO-SEW BLANKETS

Collect fleece fabric and create two no-sew blankets to help keep our families warm and comfortable. Look up instructions for "no sew blankets" online. Then, deliver the blankets to RMHC Michiana.

30 MINUTE PROJECT

BE AN RMHC SOCIAL MEDIA AMBASSADOR

Create a Facebook, Instagram or TikTok post that shows how and why you support RMHC Michiana. Tell your followers why you volunteer with us and how they can get involved, share the results of one of the projects above, or simply share our mission and WishList items from our Amazon account.

Tag us @RMHCMichiana and use #RMHCMichianaTeenBoard.
Encourage your followers to follow us on Facebook or Instagram, too!
Direct your followers to our website: RMHCMichiana.org