



Building a Community Without Domestic Violence

Volunteer Opportunities for Individuals

Board or Committee Membership: Board members are a critical component of the work we do. They bring with them a variety of skills and affiliations benefiting Between Friends. Our board includes individuals from the legal, medical, technology and accounting professions as well as business, religious and civic leaders from the community.

We also look for talented individuals to assist the Board on various committees where much of the work is done. *Between Friends* has the following committees: Finance, Marketing, Fund Development, Facility and Board Development.

A Night Out: After completing a Domestic Violence training, volunteers join adult and/or children survivors in an evening of hope, healing and joy. Events include spa nights, family cooking classes, comedy shows, and more. These events help survivors experience healing as part of a larger community in a safe environment.

Childcare: Provide childcare during *A Night Out* events or while group and individual sessions are occurring in the evenings or as needed during the day. This volunteer opportunity requires a criminal background check and that you attend a 40-Hour Domestic Violence training first to help ensure the safety of our families.

Guest Speaker at Client Groups: Be a guest speaker on topics that may include life skills, economic empowerment, or self-care. Volunteer to facilitate yoga or another activity for clients.

Legal Clinic: We seek attorneys who are experts in Family Law issues to provide a one-on-one free consultation with survivors of domestic violence during our monthly legal clinics.

Donation Coordination: Organize a food or gift card drive and collect donations. Our food pantry runs entirely on donations. Help feed and provide resources for the individuals and families we support as they seek to rebuild their lives. Donations can be picked up or delivered to Between Friends. We are looking for one volunteer to coordinate all donations and many volunteers to organize a food or gift card drive.

Skill-Based Volunteering: Leverage your professional skills to help save the lives of individuals and families affected by domestic violence! Contact us to discuss how you can bring your legal, public relations, marketing, IT, graphic design skills and more to Between Friends.

OurMusicMyBody: This campaign promotes fun and consensual music experiences for all. Volunteers help with administrative, advocacy and information sharing duties.

Volunteer Opportunities for Groups

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Light Up the Lakefront: Each year on October 1st we hold a candlelight vigil in Chicago to commemorate the thousands of victims murdered in the U.S. by intimate partners. Volunteers meet at the beach that afternoon to help us set up, light and take down the candles. Volunteers can come for all or part of the activities.

Ribbon Tying to Increase Domestic Violence Awareness: Help *Between Friends* tie purple ribbons on trees and display information about domestic violence all over the Chicagoland area. If you are interested in setting up your place of employment, church or school as a ribbon site, or are interested in participating in set up and take down at one of our partnering sites, we would love to have you join this awareness effort.

Spring Landscaping and Environmental Improvement: Help our Rogers Park office become a welcoming environment for others by planting flowers and pulling weeds in the Spring/Summer or cleaning our children's space.

Welcome Bags for Children: Purchase and assemble welcome bags for children coming to court with caregivers. Bags include a healthy non-perishable snack, an activity book, and crayons or colored pencils.

For more information about Between Friends, check out our website at www.betweenfriendschicago.org!

Questions about volunteering? Please call 773.274.5232