



# Bienestar

Building housing, hope and futures

Bienestar is a nonprofit organization providing affordable housing for farmworkers and low-income working families. Volunteers are needed to help with resident services programs for the families that live in our ten apartment properties in Aloha, Forest Grove, Hillsboro, and Cornelius.

## VOLUNTEER OPPORTUNITIES 2009

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### YOUTH PROGRAMS

If you like working with children, you might consider:

#### Homework Club

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Volunteers are needed to help out in after school programs for children in grades 1-6 to help them complete homework assignments and get extra help with school work. Volunteers help with snacks, individual homework with students; reading with children. You can volunteer for 1, 2 or 4 days a week between 3 and 5 p.m. These opportunities are available at:

- Montebello Apartments, Hillsboro  
Monday and Wednesday from 3 to 5:00p.m.
- Reedville Apartments, Aloha  
Mondays and Thursdays from 3:45 to 5:30 p.m.
- Jose Arciga Apartments, Forest Grove  
Tuesdays and Wednesdays from 3:45 to 5:30 p.m.

#### AKA Science Club

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Help turn kids in grades 1-6 onto the fun of science with afterschool one hour hands-on activities. Volunteers receive special training from Oregon Health Careers Center on delivering "science in a box activities" and then commit to volunteer for 6 weeks of one hour clubs at various locations in Washington County, times and dates to be determined.

## **Basketball Club**

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If you like basketball, we'd love to have your volunteer assistance helping boys and girls in grades 3 -5 learn the game and practice their skills. Fun for you and fun for them!

- Elm Park Apartments, Forest Grove  
Day and time to be determined based on volunteer/staff schedules
- Reedville Apartments, Aloha  
Friday afternoons from 4 to 6

## **Soccer Club**

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Help us launch our new soccer field at Sunset Gardens Apts. in Hillsboro. We will start soccer club for children this fall, and are looking for experienced soccer players/trainers to help organize this new program.

## **Tutors**

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Individual tutors are needed to help children who live in our apartments with homework and improving reading skills. Most of their parents are monolingual in Spanish and can't help them with homework and reading practice. Hours and locations would be worked out between our staff, the families and the volunteer. Locations would be in Aloha, Hillsboro, Cornelius or Forest Grove. Requires minimum 8 week commitment of one hour per week.

## **Art Classes**

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We need your help in running our new art classes for children ages 7-12. Volunteer opportunities are available on Friday afternoons and Saturday afternoons at a time that fits your schedule. Materials are provided, and we are seeking volunteers who can help us design the program, activities and curriculum, as well as help out with the children during the class time. Opportunities are available at:

- Sunset Gardens, Hillsboro
- Jose Arciga Apartments, Forest Grove

## **Music Classes**

If you are interested in working with children in grades 1-7 to teach choral singing along with Bienestar staff, we'd love to hear from you. Location and time of classes would be arranged to fit the schedules of volunteers and staff.

## **ADULT PROGRAMS**

If you prefer working with adults, we'd be delighted to have your help. Most of our resident adults speak Spanish only, so if you speak Spanish that would be a big plus. We need help with:

### **Computer Classes**

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Adults will be learning very basic computer skills during evening classes this fall in the computer labs at our properties. If you are interested in helping our staff instructor on Tuesday, Wednesday or Thursday evening, the classes will be held at:

- Sunset Gardens, Hillsboro
- Reedville Apartments, Aloha
- Jose Arciga Apartments, Forest Grove

### **Knitting & Crochet Classes**

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If you love to knit or crochet and would like to share this skill with others, we'd like your help in designing and offering classes during the day or in the evenings. Times and locations depend on volunteers.

### **ESL**

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We are seeking certified, experienced ESL instructors to help us with ESL classes for limited English speaking adults at various skill levels. We will design classes around volunteer time and availability.

## **HOLIDAY PARTIES**

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During December we host 9 holiday parties for the families we serve. We could sure use some volunteer help with serving, preparing candy bags for the kids, playing Santa, cleaning up.

## **TRANSLATION SERVICES**

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If you have the ability to translate written English into Spanish, we need you! We seek volunteers who might be willing/able to translate board documents on an ongoing basis about 6 times a year. This is a great chance to volunteer from home – all the work can be accomplished through email!

For more information about Bienestar and our programs, see our website at **[www.bienestar-or.org](http://www.bienestar-or.org)**.

All Bienestar volunteers complete an enrollment form and must consent to a background check. If you are interested in any of these opportunities and would like to learn more, please contact:

**Gracie Garcia at 503.693.2937,x101 or [ggarcia@hdcnwo.org](mailto:ggarcia@hdcnwo.org).**