

## Mary's Center Events & Volunteer Opportunities – Spring 2015

Please contact the volunteer office for more information.

([volunteer@maryscenter.org](mailto:volunteer@maryscenter.org); 202-420-7052)

### Mary's Center Annual Golf Classic



Spend a day on the golf course, and chip in for Mary's Center! Enjoy your favorite sport with friends and colleagues while helping Mary's Center provide health care, supportive services, family literacy, and job skills that help families and individuals become more economically independent.

Join as a sponsor, golfer, or volunteer!

- Volunteers are needed to assist with registration contest holes, etc.
- Date: Tuesday, May 19, 2015
- Time: 12:00-6:00pm
- Location: Lake Presidential Golf Club in Upper Marlboro, MD

### Taste of Adams Morgan



Mary's Center and the Adams Morgan Partnership Business Improvement District (AMPBID) are teaming up once again for Taste of Adams Morgan 2015. Attend or volunteer at this culinary adventure benefiting Mary's Center!

- Volunteers needed to assist with promotion, registration, crowd management, guides, etc.
- Date: Tuesday, May 12, 2015
- Time: 6:00-9:00pm
- Location: various restaurants in Adams Morgan (the 18<sup>th</sup> St corridor)

### Clothing, Book, and/or Toy Drive



A great way to get your friends, neighbors, and coworkers involved in community service, hosting a donation drive for Mary's Center is another great option. All donations go directly to Mary's Center participants free of charge, and this type of service creates flexibility for those unable to volunteer in person.

### Beautification Projects



Help keep Mary's Center beautiful! Upkeep of our locations in both DC and Maryland will help us better serve our participants, and YOU can be a part of that! Help us freshen and brighten up our space, through painting, gardening, or organizing, while communing with coworkers.

- Date: TBD
- Location: Mary's Center clinics in DC and Maryland

### Reading Pals



Join us for story time! Spend time reading to the children in our clinic waiting rooms and promote early literacy. This simple act will brighten up their day and make a visit to the doctor more enjoyable for young children.

- Date: TBD
- Location: Mary's Center clinics in DC and Maryland

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### Cooking Matters Volunteer



SHARE OUR STRENGTH'S  
**COOKING  
MATTERS™**  
NO KID HUNGRY

At the heart of Cooking Matters are the chefs, nutritionists, and support volunteers who donate their invaluable time and extraordinary talents to help low-income families develop the skills they need.

**Chef Instructors:** Teach adults, kids, and teens how to cook and shop for healthy, low-cost foods. They combine their own knowledge and experience with the lesson plans and recipes provided in the Cooking Matters curricula. Chef volunteers are usually either graduates of or enrolled in a two-year culinary training program or have at least two years working as a cook or chef.

**Nutrition Instructors:** Teach adults, kids, and teens how to make healthy choices. They use lesson plans and instructional materials provided in the Cooking Matters curricula, along with their own expertise. Nutrition volunteers are typically graduates of or enrolled in dietetics programs or have at least two years working in a nutrition or dietetics position.

**Support Volunteers:** Help before, during and after classes. Duties may include shopping for food, handing out and collecting class materials, engaging reluctant participants, helping with set up and clean up, or taking photos during class to help record the Cooking Matters Course experience.

### Tutor or Mentor with the Teen Program



Center is proud to have an extremely successful Teen Program, which includes an After School Program, Summer Job Program, Case Management Services, and Peer Educators Program. Through the After School Program, teens receive homework help and are provided with information on their health, higher education options, and financial planning. They also participate in community service projects, and high school juniors and seniors receive comprehensive college preparation assistance, including ACT/SAT preparation workshops and one-on-one college application assistance.

- We are seeking dedicated professional adults to mentor and tutor our teens during the school year through the After School Program.
- Date: M, T, W, and Th from 4-6pm during the school year