

Families Giving Back

Summer Volunteer Guide



Families Giving Back is nonprofit organization dedicated to helping families with children of any age volunteer together in our community.

For more information about Families Giving Back, please visit our website at www.familiesgivingback.org.

You can also follow us on Facebook and Twitter!

Looking for fun projects your kids can do this summer?

**Make this summer,
a summer of service!**

Families Giving Back's ***Summer Volunteer Guide*** features great volunteer project ideas that you can do with your kids anytime during the summer! These simple and creative projects are designed for kids of all ages! It's a great way to have fun as a family, beat the heat, and do a lot of good!

In addition to project ideas, you can find family-friendly summer volunteer opportunities in Phoenix and ways you can give back when you're on vacation too!

We hope that you have a wonderful summer and we look forward to seeing you all at Families Giving Back's volunteer events in the Fall! Until then, we hope that our Volunteer Guide helps you make this summer a great summer of service!



Families Giving Back

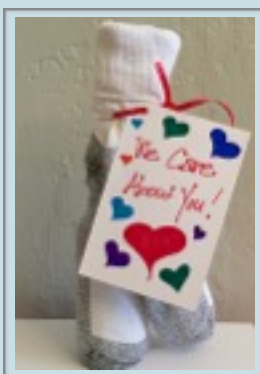
Summer Volunteer Project



Heat Relief Sack Materials:

The following is a list of items that are recommended to include in each heat relief sacks.

- 1 pair of men's long tube socks
- 1 bottle of water
- Band-aids and/or antibacterial wipes
- 1 granola bar or other healthy snack (that doesn't melt)
- 1 note of encouragement- can be hand-written card, artwork, etc. made by your children (a note card works well)
- String or ribbon



Assemble Heat Relief Sacks for St. Vincent de Paul

Description:

With temperatures soaring in the triple digits, life on the streets goes from unbearable to deadly. Homeless men, women, and children are at high risk for severe dehydration and sun exposure. Year-round, and particularly in the summer, the item that is most needed and least donated to shelters are socks. On average, a homeless person walks 10 miles a day and socks are essential to avoid foot damage and serious ailments. To help, your family can assemble heat relief sacks to be given to St. Vincent de Paul for distribution to the homeless throughout the summer and year-round.

Instructions:

- Purchase the necessary items for the heat relief bags. The 99 cent store and Walmart are great places to shop. Bring your kids with you to help!
- Fill one of the socks with a water bottle, snack, and first aid item(s). If you are making multiple bags, your kids can organize the items in separate piles on a table and create an assembly line.
- Once filled, put the two sock cuffs together. Take hold of one of the cuffs and fold it over the top of the other sock. Hole-punch the finished card and tie it around the top of the socks with a string or ribbon so that it is secure.
- The completed bags can be dropped off at St. Vincent de Paul during normal business hours. St. Vincent de Paul

420 West Watkins Street, Phoenix

602.254.3338

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“Hope Totes” Materials:

The following is a list of items that are recommended to include in the Hope Totes:

- Toothbrush & Toothpaste
- Soap
- Shaving Cream
- Shampoo & Conditioner
- Deodorant
- Lip Balm
- Socks
- Brush & Comb
- Shoelaces
- Hand & Body Lotion
- Disposable Razors
- A note of encouragement



Assemble “Hope Totes” for the Phoenix Rescue Mission’s Hope Coach

Description:

The Phoenix Rescue Mission’s Hope Coach Program provides water, food and essential toiletries to the homeless on the streets. To help during June, July and August, your family can assemble Hope Totes to be given to the Rescue Mission for distribution.

Use a gallon-sized zipper bag or plastic grocery bag and help your children fill it with heat relief. Any donation, big or small, will definitely make a difference and it’s a great way to teach your children the importance of helping others!

Instructions:

- Purchase the items to include in the bags. The 99 cent store is a great place to shop for these items. Bring your kids with you to help!
- Place the items in a gallon-sized zipper bag. If you are making multiple bags, your kids can organize the items in separate piles on a table and create an assembly line.
- Once all of the bags are assembled, you can arrange delivery of your Heat Relief Bags by contacting the Rescue Mission Community Engagement Department at 602-346-3363 or prmvol@phoenixrescuemission.org

Great opportunities to help others seldom come, but small ones surround us every day. - Sally Koch

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Give Relief from the Extreme Summer Heat

Homeless men, women and children in our community suffer in the summer heat. On the streets, with no access to air-conditioning and with a limited water supply, these neighbors need help now. You can help by purchasing bottled water and delivering it to any of the following locations.



Phoenix Rescue Mission donation warehouse

1468 N. 26th Ave. Phoenix (602)
346-3331

Hours: M-F 8 am - 4pm, Sat. 8 am - noon

Parsons Family Health Clinic

3522 N. 3rd Ave. Phoenix, 85013
Hours: M-F 8am-5pm

CASS Single Adult Shelter

230 S. 12th, Phoenix 85007
Hours: M-F 9am-5pm

Vista Colina Emergency Family Shelter

1050 W. Mountain View Road, Phoenix
85007

Tax-deductible bottled water donations may be delivered to any of Phoenix's three Family Services Centers:

Travis L. Williams

4732 S. Central Ave.
602-534-4732

John F. Long

3454 N. 51st Ave
602-262-6510

Sunnyslope

914 W. Hatcher Rd
602-495-5229

The centers are open from 7:30 a.m. to 5 p.m. Monday through Friday. Please call 602-534-3070 to arrange a large donations or to volunteer your site as a hydration station or heat refuge. Acknowledgement of any donation is available.

Water Donations Can Also be Dropped Off at Your Local Fire Station By July 31st

For a listing and map of fire station locations, visit: <https://www.phoenix.gov/fire/about-us/locations-and-apparatus>

**BOTTLED
WATER
DRIVE**

Consider hosting your own bottled water drive this summer! It's a great way to get your family, neighborhood and community involved and help the needy this summer.

Salvation Army Water Drive

Every day in the month of June, the Salvation Army will be collecting donations of bottled water and other heat essentials at ALL local Safeway store locations.

- Bottles of Water (8oz - 20 oz. bottles)
- Hats or Bandanas (New or slightly used)

Another way to Help!

Make some heat relief sock sacks and keep them in the car to give to the homeless you see while driving.

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Kindness Jar Materials:

For this project, you will need the following:

- Container- Jar, box, can, etc.
- Decorating supplies- paper, markers, stamps, stickers, etc.
- Pieces of paper, popsicle sticks etc. to write the acts of kindness on



Spread kindness
to one person a day.



Imagine the amount
of happiness you
would dispense in a lifetime.

Make a Family Kindness Jar

Description:

Make a kindness jar that is filled with ideas of random acts of kindness that your kids can do, you can do as a family, etc. Acts of kindness can be simple things children say or do that demonstrate a concern or care for others. Your entire family can help think of acts of kindness they can do. It's a great opportunity to talk about what kindness is, why it is important to be kind to others, etc.

Instructions:

- Choose a container to use- can be a jar, can, box, etc. that has an opening at the top.
- Decorate the container however you'd like.
- Cut pieces of paper, etc. (can also use popsicle sticks) and write down one random act of kindness on each piece of paper. Fold all of the papers in the jar.
- Each day (or any timeframe you choose), each member of your family picks a paper out of the jar. This is the act of kindness they can do that day. At dinner, etc., have everyone share what their act of kindness was and what they did. This is also a great opportunity to talk about how it made them feel when they performed the act of kindness, how it made the recipient feel, etc.



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Decorate Pillowcases for



Description:

Decorate pillowcases to be given to Ryan House, a nonprofit facility where children with life-threatening conditions and their families can stay for needed respite while receiving essential medical care.

Decorating pillowcases is a fun, creative project that will help make the children staying at Ryan House feel a little more at home during their stay.

Instructions:

- First place a piece of thick paper or cardboard inside the pillowcase to keep the markers/paints from bleeding through to the other side.
- Use fabric markers and/or paints to decorate the pillowcase(s). Be sure to first read package directions for setting the fabric and **make sure they are non-toxic**.
- Your children can decorate the pillowcases anyway they'd like—the possibilities are endless! If they'd like, the cases could even be further embellished with pieces of fabric, ribbon or other trims. Please refrain from using any verbiage about a person's health (ex. "get well," "feel better soon," etc.)
- Let the fabric paint/markers fully dry before moving pillowcases.
- Once completed, the pillowcases can be delivered to Ryan House, located at 110 W. Merrel Ave. in Phoenix. Please be sure to let them know you are a Families Giving Back volunteer!



Laundry Detergent Bag Materials:

For this project, you will need the following:

- NEW solid-colored pillowcase(s). You'll want to wash the pillowcases before decorating them
- Fabric markers and/or paints (they **must** be non-toxic; bright kid-friendly colors are recommended)



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Materials/Items Needed:

- Two (2) 1- 1/2 yard pieces of coordinating fabric (choose two different colors or one color and one pattern)
- Good scissors or rotary cutter & mat
- Ruler/tape measure
- Paper, markers, stickers etc. for card to go with blanket



Make No-Sew Blankets for Foster Children

Description: Make "no-sew" fleece blankets for Southwest Human Development's kinship & adoption program. These blankets will be given to children when they are placed in a new home. They provide comfort and make the child feel cared for during this time of transition and beyond.

Instructions:

Step 1: Put the two pieces of fabric on top of each other so that the sides you want to be seen are on the outside. Trim your pieces of fabric, squaring uneven edges as necessary.

Step 2: Cut a 4 inch square from each corner of the fleece and discard.

Step 3: Go around your blanket and cut strips 4 inches deep every inch or so. A craft mat is helpful with this step, but not a necessity.

Step 4: Tie the strips together to complete your blanket!

Step 5: If desired, roll up the blanket and tie ribbon around the blanket. You can also make a small card or tag that can be tied to the blanket. A template is available on our website to print.

Need some help? Check out YouTube for a video tutorial!

Completed blankets can be dropped off at Southwest Human Development, located at 2850 North 24th Street in Phoenix, during normal business hours. Be sure to let them know you're with Families Giving Back!

This is a great project for Girl/Boy Scouts, school clubs, sports teams, church groups etc.!

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Handmade Card Materials:

For this project, you can use any of the following:

- Decorating Supplies: Markers, crayons, stickers, paint, stamps, etc.
- Blank cards (or paper you can cut or fold to make a card) & envelopes



Make Handmade Cards for Seniors

Description:

Help bring smiles to the faces of the seniors at Phoenix Mountain Nursing Center by making handmade cards and artwork.

Instructions:

Your children can make a card, write a letter, draw a picture, etc. They can use markers, crayons, stickers...whatever they'd like! It's a great opportunity for them to have fun being creative and make a nursing center resident's day a little brighter.

Once the cards are finished, they can either be dropped off at the address below or they can be mailed to the following contact/address and she will make sure the artwork is delivered to a resident who can use an extra smile.

Phoenix Mountain Nursing Center
Attn: Christina Flannigan
13232 N Tatum Blvd, Phoenix, AZ 85032

Other Great Card Projects:

- **Write Letters or make artwork for our troops:** <http://www.amillionthanks.org/send-letter-guidelines-get-started>
- **Make cards for sick children:** <http://www.hugsandhope.org>

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Create A Giving Box

Description:

Create your own Giving Box to collect your family's charitable donations. When it is full, decide together which charitable organization you would like to donate the money to.

Instructions:

- Select a container and decorate it however you'd like. You can use stickers, markers, crayons, etc.
- Decide as a family how you will collect/save money to fill the box. Some ideas include collecting loose change to put in the box, put a portion of the kids' allowance in the box, etc.
- Talk as a family to decide which organizations/causes your family would like to support.
- When the box is full, count your donation and take or send it to your chosen organization.
- Keep a list of all of the organizations and donations that you've given as a family.
- Want to collect more money for your cause? Hold family fundraiser, such as a garage sale, bake sale, etc.



Giving Box Materials:

For this project, you will need the following:

- Container (coffee can, Kleenex box, jar, shoebox, etc.) with an opening at the top
- Decorating supplies: markers, stickers, crayons, etc.



Need help finding a nonprofit?

Check out www.greatnonprofits.org/city/Phoenix/AZ. You can search by your criteria to find an organization that is perfect for your family!

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Art Bag Materials:

- Glue (sticks or white Elmer's)
- Straight-edge scissors (adult & children's)
- Paint brushes-all varieties
- Water color palettes
- Thick & thin markers (water-based or permanent)
- Plain paper or plastic bag
- Paper to make card
- Decorating materials (markers, stickers, crayons, etc.) for card and bag



Art Bags for Free Arts for Abused Children of Arizona

Description:

Give the joy of art to children in need by making art supply bags for Free Arts for Abused Children of Arizona.

Instructions:

- Your children can decorate a plain paper or plastic bag(s) however they'd like—using markers, stickers etc.
- Once finished, they can place the art supplies (one of each item) in the bag. In addition, they can also make a card, write a letter, draw a picture, etc. to include in the bag.
- Once the bag(s) are finished, they can be dropped off at the Free Arts Arizona's office (address below). These bags will be given to youth that participate in Free Arts for Abused Children of Arizona's programs.

Free Arts for Abused Children of Arizona

103 West Highland Avenue
Phoenix, Arizona 85013

To learn more about Free Arts for Abused Children of Arizona, please visit their website at www.freearts.org

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Materials Needed:

- Plastic Baggies (either zipper bags or bags with ties)
- Powder Laundry Detergent (any brand)
- Fabric Softener Sheets (any brand)



Laundry Detergent Bags for Ronald McDonald House

Description:

Ronald McDonald House (RMH) provides a "home-away-from home" for families who have a child facing a medical challenge. RMH is in constant need of laundry detergent for the laundry room on their campuses. Volunteer families can help by making individual laundry detergent bags for the families to use during their stay at RMH.

Instructions:

- Measure out the amount of laundry detergent needed for a single load and pour it into a plastic container.
- Take one fabric softener sheet and either fold it or roll it up. Place in bag with the detergent.
- Seal or tie the bag.
- Feel free to decorate the bag with stickers, etc. and/or an encouraging note or drawing tied to the bag (not required).
- Repeat process to make as many bags as you'd like.
- Once all of the bags are done, you can drop them off at the reception desk at one of the following Ronald McDonald House locations during normal business hours.

Roanoke House (Phx)
501 E. Roanoke Dr. Phx, 85004

Dobson House (Mesa)
Cardon Children's Medical Center Campus
1400 S. Dobson Road, Mesa 85202

For more information about Ronald McDonald House, please visit www.rmcpheoenix.com

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Materials:

- Copies of activity pages (on FGB website)
- Stapler
- Crayons, markers, etc. to decorate activity book cover.
- Box of non-toxic crayons or



Activity Packs for the Children @ Phoenix Children's Hospital

Description:

Make activity packs to be given to patients and siblings of patients at Phoenix Children's Hospital. The activity books filled with word finds, mazes and other activities along with crayons/markers give patients and their siblings a fun and much-needed distraction while they are in the hospital.

Instructions:

- Print out the activity sheets provided on the Families Giving Back website's at-home project page. (<http://www.familiesgivingback.org/site/how-to-volunteer/at-home-volunteer-project-ideas>)
- Make copies of these pages to assemble the activity books. Make as many copies for as many activity books as you'd like to make.
- Assemble the activity books, making sure all of the pages are included in each book. Staple each book so that it stays together.
- Your children can color the covers of the activity book as well as write a message inside. If a message is written, it is very important to not use language such as "feel better," "get well soon," etc. or any religious connotations.
- Put activity book along with a box of non-toxic crayons or markers in a large ziplock bag and close.
- The completed activity packs can be dropped off any time at the reception desk at Phoenix Children's Hospital located at 1919 East Thomas Road in Phoenix.

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Snack Bag Materials:

For this project, the following materials are needed:

- Plain lunch bags
- Decorating Supplies: markers, crayons, stickers, paint, stamps, etc.
- Granola Bars
- Snack size bags of crackers or pretzels
- Bottled Waters
- Pencils and/or pens
- Blank cards (or paper you can cut or fold to make a card)



Assemble Snack Bags for Teens @ UMOM Day Centers

Description:

UMOM Day Centers is the largest family shelter in Arizona. Currently, they are not able to provide any food/snacks to the teen residents that participate in their after school program. Knowing the importance proper nutrition plays in learning, Families Giving Back wants to help provide healthy snacks for these deserving teens.

Instructions:

Your children can decorate plain lunch bags (any color is fine) with stickers, markers, crayons, etc. They can be as creative as they'd like and make as many as they'd like! Children are also welcome to include an inspirational note in the bag. We just ask that any verbiage on the bags or note does not include religious references or reference the recipient's living situation. Positive messages like "You're Awesome!", "Hope you have a great day!" etc. are great. Once the bags are made, fill each with a granola bar (no nuts), bag of crackers (Goldfish etc.) or pretzels, a bottled water, and a pen or pencil.



The completed bags can be dropped off any time at UMOM, located at 3333 East Van Buren in Phoenix. Be sure to let them know they are from Families Giving Back!

To learn more about UMOM Day Centers please visit their website at www.umom.org

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Handmade Card Materials:

For this project, you can use any of the following:

- Decorating Supplies: Markers, crayons, stickers, paint, stamps, etc.
- Blank cards (or paper you can cut or fold to make a card) & envelopes



Make Handmade Cards for Feeding Matters

Description:

Feeding Matters is a nonprofit organization that helps families with children struggling with pediatric feeding issues by providing education, advocacy, research and support. Feeding struggles affect up to 45% of typically developing children and up to 80% of developmentally disabled children.

Help bring smiles to the faces of children with feeding challenges by making birthday, holiday and "general" cards (non-holiday cards that can be used as thank you cards etc.) to be given to these special kids.

Instructions:

Your child/children can make birthday, holiday or non-holiday specific cards. They can have artwork on the front and a simple message inside, using markers, crayons, stickers...whatever they'd like! The only request is that the cards do not include any pictures of food (i.e. birthday cake, etc). Holiday cards should not include any religious references, etc.

Once the cards are finished, they can either be dropped off at the address below or they can be mailed to the following contact/address so that they can be given to the children Feeding Matters helps.

Feeding Matters
Attn: Kristie Leshinskie
7650 E. Redfield Rd, Suite C-4
Scottsdale, AZ 85260

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Magazine Collage Categories:

Cut out images that fit into the following categories:

- Animals
- Nature
- People
- Fashion
- Sports
- Artsy Images (miscellaneous)
- Food
- Words/Letters (for example-positive abstract concepts that would be good for collaging such as "love," "art," etc.
- Feel free to create more categories if you feel like some are missing.



Create Collage "Grab Bags" for Free Arts for Abused Children of Arizona

Description: One of the projects that Free Arts for Abused Children of Arizona mentors do with children is make collages using words and pictures from magazines. These collages are a great way for children to be able to express themselves, but searching for a variety of appropriate images and words can be very time consuming. Cutting out images and words from magazines is a fun activity for your children and is very helpful to Free Arts!

Instructions:

- Collect old magazines, catalogs, etc. that you no longer want and have your kids cut out images that fit into the categories listed in the left-hand column, separating them into piles.
- Once done, put each pile/category into a plastic zipper bag, labelling each bag. Put all of the bags into a larger bag or container (shoe box, etc.) and label "magazine collage images/words."
- Drop off magazine grab bag materials to Free Arts for Abused Children of Arizona during normal business hours. Be sure to let them know you are a Families Giving Back volunteer!



Free Arts for Abused Children of Arizona

103 West Highland Avenue, Suite 200

Phoenix, 85013

602.258.8100

www.freeartsaz.org

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Looking for family-friendly volunteer opportunities in the Valley this summer?

During June and July, Families Giving Back will not be hosting any volunteer events so that we can enjoy some quality time with our families.

However, you can check our event calendar on our website (familiesgivingback.org) for family-friendly volunteer events hosted by other Valley nonprofits during these months.

Looking for great summer reading for your kids? Don't forget to check out our list of recommended books on our website!

Starting in August, Families Giving Back will be hosting even more wonderful volunteer events! We can't wait for your family to join us as we continue to make a difference in our community!

Families Giving Back familiesgivingback.org

A Family Vacation is a Great Time to Volunteer!



If you are lucky enough to escape the heat of Phoenix this summer, consider volunteering on your vacation! It's a great way to spend time as a family, learn more about the place and the people where you are visiting, and do a lot of good! Here are some tips for volunteering on vacation-

- Before your trip, do some online research about volunteer opportunities in the location you are traveling to. Try a Google search of "family volunteer opportunities in XXXXX" or "Volunteer opportunities for kids in XXXXX."
- volunteermatch.com and handsonnetwork.org are two great websites to search out volunteer opportunities in various cities across the US.
- Have tweens or teens? Consider a volunteer vacation! Volunteer vacations are a way for families to see an area of the U.S. or abroad, especially in the developing world, and to get to know its people in a way that tourists would not get to experience. It's an amazing educational experience for the entire family. Interested in learning more? Check out these great articles:
 - **Volunteer Trips.. Is your family ready?** <http://www.nytimes.com/2012/08/12/travel/volunteer-trips-is-your-family-ready.html>
 - **How do I find the right volunteer vacation?** http://travel.usatoday.com/news/2010-08-14-volunteer-vacation-programs_N.htm