

## VOLUNTEER SPOTLIGHT:

### “Volunteering is just as important as my regular job...”

*Recently Amanda Lewis won the Changemaker volunteer award for her work as a member of HCWC's HEARTeam who meet sexual assault victims and their families at local hospitals to provide crisis intervention and advocacy. She is a veteran who was deployed for Operation Iraqi Freedom and Operation Enduring Freedom.*

#### **Tell me about yourself.**

I'm a Social Worker by trade and I work for Austin Children's Shelter as their Training Coordinator. Part of my job is to train staff how to work with kids who have been affected by violence and abuse. I graduated from Texas State with a bachelor's degree in Social Work, and I went to UT for my master's degree in Social Work.

I also run a small business selling my handmade jewelry at Arts & Craft Shows and in several local stores.

#### **Why did you want to intern and/or volunteer for HCWC?**

My first experience with HCWC was during a sorority volunteer event. We helped with yard work around the new shelter. I met some of the staff and got to know more about the organization. I immediately fell in love with the mission. The following year when it was time to choose an agency to intern with, HCWC was at the top of my list.

#### **How do you fit volunteering into your busy schedule?**



Volunteering is just as important as my regular job -- it's a part of my career as a social worker. I make time because I'm committed to ending violence against women, I keep a schedule. If you write everything down, you would be surprised how much time you actually have to give.

#### **What should a new volunteer expect to find at HCWC?**

Expect to meet some really great and passionate people. 🌱