

Volunteer Opportunities

at Project Self-Sufficiency



Work with Children

- Read to toddlers and preschool children.
- Assist in the infant room.
- Conduct art, dance, music, or theater workshops.

Work with Teens & Young Adults

- Tutor math, English, or basic literacy skills.
- Help with the New Jersey Youth Corps high school diploma program.
- Mentor or assist with community service projects.

Work Outside

- Volunteer or provide equipment to weed, harvest, and maintain our community gardens.
- Help with mowing, watering, weeding, planting flowers, and mulching during the spring and summer.

Work with Spanish-Speaking Families

- Support Project Self-Sufficiency participants as they attend classes, meetings and appointments.
- Serve as mentors and tutors for client families.

Work in the Office

- Help with filing, copying and other administrative tasks.
- Assist with mass mailings, data entry, and collating newsletters and flyers.

Work in the Career Center

- Offer advice and support to women who are looking for work or just beginning a new career.
- Tutor men and women in basic literacy skills, workplace skills, interviewing techniques, resume-writing.
- Assist with financial literacy, career coaching, and more.

Help with Fundraising, Donation Drives, and Special Events

- Join steering committees for our annual fundraising events.
- Compile event mailing lists and assisting with publicity.
- Stuff, seal, and stamp invitations.
- Coordinate refreshments and decorations.
- Assemble gift bags/boxes.
- Solicit door prizes and charity auction items.
- Help with set-up and break-down.

Food & Toy Drives

- Conduct drives for food and toiletries for the Nourish to Flourish Food Pantry.
- Collect food for distribution at Thanksgiving.
- Conduct toy drive for the annual Season of Hope Toy Shop.



To Volunteer, call 973-940-3500 or visit us online:

www.projectsselfsufficiency.org/volunteer