

### Volunteer Opportunities:

- Administration Assistant - data entry, filing, copying and telephoning,
- Building Maintenance, Landscaping and Labor - Minor carpentry, plumbing, moving boxes, light grounds keeping and general maintenance,
  
- Our agency receives food donations from some of our local restaurants to help feed our women and children in our shelters. We are looking for volunteers to pick up on the following days: Monday through Friday at various times,
  - Computer trouble shooters or IT help,
  
  - Newsletter