



32 Goff Avenue  
 Pawtucket, RI 02860  
 401.475.4848 or kvega@bvcap.org



*Looking to volunteer and put to good use your skill and  
 talent but not sure where?  
 Look no further!*

**Take a moment to look at the list below and add your name where you are interested.**

1. Nutrition and Food Support
  - a. Food Pantries: \_\_\_\_\_
  - b. Congregate Meal Sites: \_\_\_\_\_
  - c. Meals on Wheels: \_\_\_\_\_
  
2. Health Education/Trainings
  - a. Dementia (Alzheimer's) : \_\_\_\_\_
  - b. Heath Disease: \_\_\_\_\_
  - c. Type 2 Diabetes: \_\_\_\_\_
  - d. Arthritis: \_\_\_\_\_
  - e. Cancers: \_\_\_\_\_
  - f. Zumba: \_\_\_\_\_
  - g. Exercise: \_\_\_\_\_
  - h. Chair Aerobics: \_\_\_\_\_
  - i. Dancing: \_\_\_\_\_
  
3. GED Education
  - a. Tutor
    - i. Language Arts: \_\_\_\_\_
    - ii. Math: \_\_\_\_\_
    - iii. Science: \_\_\_\_\_
    - iv. Social Studies: \_\_\_\_\_
    - v. Writing: \_\_\_\_\_
  
4. Out-of-School Time
  - a. Before/After School
    - i. Tutor (reading/math) : \_\_\_\_\_
    - ii. Coach: \_\_\_\_\_
    - iii. Arts/crafts: \_\_\_\_\_
    - iv. Boys & Girls Club/YMCA: \_\_\_\_\_
  
5. Veteran Affairs
  - a. Resource Personnel: \_\_\_\_\_
  
6. Debris Removal
  - a. Spring Clean UP: \_\_\_\_\_
  - b. Fall Clean Up: \_\_\_\_\_

7. Environmental Education/Training

- a. Community Garden: \_\_\_\_\_
- b. Planting Trees: \_\_\_\_\_
- c. Pulling weeds: \_\_\_\_\_
- d. Trash Clean-up: \_\_\_\_\_
- e. Peer-to-Peer Education: \_\_\_\_\_

8. Opioid/Drug Intervention \*Trainings provided\*

- a. Mentor: \_\_\_\_\_
- b. Educator: \_\_\_\_\_

9. Disaster Response Team \*Trainings, mock disasters drills & 1<sup>st</sup> aid trainings provided\*

- a. Shelters: \_\_\_\_\_
- b. Missing persons search team: \_\_\_\_\_
- c. Rescue Teams: \_\_\_\_\_
- d. Fires (displaced families) : \_\_\_\_\_

10. Adult Education \*Partnerships with BVCAP and Progreso Latino\*

- a. GED Tutor: \_\_\_\_\_
- b. ESL Tutor: \_\_\_\_\_
- c. Computer Tutor: \_\_\_\_\_
- d. Spanish Tutor: \_\_\_\_\_

11. Lunch and Learn Events

- a. Comedy: \_\_\_\_\_
- b. Storytelling: \_\_\_\_\_
- c. "Ted-talks" : \_\_\_\_\_
- d. Book Club: \_\_\_\_\_
- e. Show and Tell: \_\_\_\_\_
- f. Tea or Coffee tasting: \_\_\_\_\_

12. Other Community Priorities

- a. RSVP Jazz Band substitute: \_\_\_\_\_
- b. City of Central Falls Welcome Center: \_\_\_\_\_
- c. Summer Camp Aide: \_\_\_\_\_
- d. School Aide: \_\_\_\_\_
- e. Book Donations: \_\_\_\_\_