

TITLE: SAFE HOUSE HOSTESS

STAFF PARTNER: House Advocate

LOCATIONS: WINGS Domestic Violence Safe Houses, which are in undisclosed locations in the Northwest Suburban area and Midway Airport area.

TIME: Most volunteers cover *one or two meal shifts a week*. The *lunch shift is Monday - Friday from 11:00 to 2pm* and the *dinner shift is Monday - Friday from 4:00-7:00pm*. Occasionally, some other timeslots may be available based on the needs at the house.

COMMITMENT: Requires willingness to commit to a *weekly shift for at least one (1) year*. Advance notice is requested in the event of a cancellation so we can schedule a substitute.

REQUIREMENTS:

- Completion of the 40 Hour Domestic Violence Training (provided by WINGS three (3) times a year.) Background check is required.
- Any personal experience with domestic violence should be more than two (2) years prior to applying for this volunteer opportunity.
- A commitment to keeping the location confidential.

DESCRIPTION:

- Assist in the daily meal times at the Safe House by: warming up, setting out and putting away a previously prepared lunch or dinner for clients and workers at the Safe House.
- Interact with clients during meal times to promote constructive and friendly conversations with and between the clients.
- Promote a positive environment by lending a listening ear to someone who wants to talk, engaging more hesitant clients in conversation to help them feel welcomed and comfortable.
- Help clients with daily living tasks, including: explaining kitchen and dining room chores, assisting clients with cleaning up after themselves and their children.
- Organizing and sorting weekly food donations in both the Safe House walk-in fridge and pantry. Hostess volunteers also make sure that clients have enough food items (milk, butter, cereal, etc.) in the communal area and restock if needed.
- Other duties are assigned to Hostess volunteers based on volunteer interest and current shelter need (Examples include: suggesting or facilitating simple activities (such as a card game or new toy) to adults or to parents trying to entertain children,).

THIS MAY BE A GOOD FIT FOR YOU IF:

- You are looking for a volunteer opportunity that provides direct service to clients.
- You are able to lift about 30 lbs.
- You are a good listener and able to give empathy and options without giving advice.
- You are able to say calm, even when others become upset or emotional.
- You have strong boundaries and are able to demonstrate those to others.
- You are willing to support women in their choices; even choices you may not agree with.
- You feel comfortable working with people in a diverse environment in regards to social-economic status, race, ethnicity, sexual orientation, and religion.
- You are comfortable with varying levels of activity. (Sometimes the house is very full and busy. Other times the residents spend much of their time away.)