



Volunteer Menu

Appetizers Something to start off with



1-3 hours of volunteer time | Can be weekly or an one-time event

AUTISM AWARENESS/ADVOCACY

- Help educate others about autism and how it affects the individuals we serve.
 - > Sensory Items
 - > Stress balls
 - > Water bead beans
 - > Tie blankets
 - > Sensory bottles
- Lead community outreach or advocacy events to promote awareness on individuals with disabilities at Little City!

CENTER FOR THE ARTS

- Come volunteer with our residents in both media and studio arts!
 - > Drawing
 - > Sculpture
 - > Graphic arts
 - > Painting
 - > Photography
 - > Canvas murals

ADMINISTRATIVE/OFFICE

- Help organize and extend resources in Little City to better assist the direct needs of those we serve.
 - > Filing
 - > Copying
 - > Organizing supplies
 - > Shredding
 - > Data entry
 - > Production, updating and managing agency paperwork
 - > Assisting with ordering and placing resources

CLEANING

- Spruce up any one of our community integrated living facilities or campus homes!
- Deep cleaning interior/exterior
 - > Common areas
 - > Program facilities
 - > Administrative building
 - > Outside gathering spaces

Soups & Salads The Healthy Choices



4-6 hours of volunteer time

RECREATION/SPORTS

- Come support the Ethel B. and Joel H. Sharenow Fitness & Recreation Center and the fitness and recreation department by participating in health and wellness activities!
 - › Refereeing a sport
 - › Sport clinics
 - › Attending a sporting event
 - › Internship opportunities

SPECIAL OLYMPICS

- Help coach one of our Special Olympics sports or volunteer for a Special Olympics event!
- Special Olympics events range in date and time.
- Little City offers 10 sports:
 - › Bocce
 - › Bowling
 - › Track and Field
 - › Aquatics
 - › Softball
 - › Volleyball
 - › Basketball
 - › Golf
 - › Powerlifting
 - › Snowshoeing

SPECIALIZED SKILLS

- Showcase your special talents to members of our Little City community! By sharing your talents and skills, you can enhance the life and independence of those we serve.
 - › Animal Assisted Therapy
 - › Music Therapy
 - › Art Therapy
 - › Cooking Classes
 - › Sewing Tutorials



Main Course

Getting Your Fill of Little City



7-15 hours of volunteer time

PAINTING

- Help paint both indoor and outdoor areas on and off campus!
 - > Homes
 - > Bedrooms
 - > Programming buildings
 - > Woodwork

CARPENTRY

- Build new wood-based resources for our residents to enjoy year-round!
 - > Picnic tables
 - > Planter beds
 - > Cubbies
 - > Benches
 - > Shelving
 - > Floor replacement
 - > Wall repair

GARDENING/LANDSCAPING

- Help our Horticulture Center maintain its beauty on the Palatine Campus that is home to more than 100 individuals!
 - > Planting
 - > Edging
 - > Weeding
 - > Mulching
 - > Garden maintenance



VOCATIONAL

- Volunteer your skill or trade at Little City to help give the highest quality care to those we serve.
 - > Registered Nurse
 - > Dental Assistant
 - > Dental Hygienist
 - > Pharmacy Technician

TECHNOLOGY

- Volunteer your specified skill within our IT department!
 - > Program Development
 - > Computer Repair
 - > Respond to troubleshoot problems and develop solutions
 - > Perform minor repairs to equipment
 - > Monitor antivirus software

UNIQUE PROJECTS

- Please let us know if you have larger, unique project ideas that you would like to volunteer for.



Dessert

In it for the sweet treat



1-3 hours of volunteer time

SPECIAL EVENTS

- Volunteer for any of our annual events to help make each a success.
 - > LCI Golf Tournament and other sporting events
 - > Junior Board Food Frenzy
 - > Annual Dinner Gala
 - > Recipe for Success
 - > Opportunity Walk & Roll

SOCIAL EVENTS

- > Dances
- > Gift Drives
- > Holiday Parties
- > Picnics

Complimentary



VISIT WITH AN ICEBREAKERS MEMBER

- Get to know Little City participants by attending a short meet-and-greet with a member of our Icebreakers advocacy group! The Icebreakers group wants you to know first-hand why they love living and working at Little City.

On the Side

Additional Opportunities

- Schedule a tour of Little City
- Make a donation
- Donate towards a cause
 - > Each volunteer project has a suggested budget of \$500-\$2500. This donation covers supplies and materials for your event and will be tailored specifically towards your chosen project. Donations are not required for projects but are greatly appreciated.



Since 1959, Little City has made great strides and continues to lead the way with transformational and innovative programs and services, giving children and adults with autism and other intellectual and developmental disabilities the opportunities to flourish and realize their full potential.

Volunteering is a great way to give back to your community and work with others who need your support. Little City offers many opportunities for volunteer engagement on a one-time, short-term and long-term basis. With Little City providing project management where safety is our top priority, you will have a rewarding and meaningful volunteer opportunity.



For more information, visit www.littlecity.org/volunteer or contact Stephanie Darnell at sdarnell@littlecity.org