



# VOLUNTEER

# VOICE

*"Good deeds are done by good people."*

*-Talmud, Qiddushin*

FY 25/26 Issue IX

Summer 2026

## Volunteer Tip: Prioritizing Self-Care

Volunteering is meaningful and rewarding, but it's important to take care of yourself so you can continue showing up for others in a healthy way. Self-care doesn't have to be complicated—it's about taking small, intentional steps to recharge and maintain balance.

### *Simple Self-Care Reminders:*

- Take breaks when you need them—it's okay to step back and reset
- Stay hydrated and get enough rest, especially during busy weeks
- Set boundaries with your time and energy
- Do something each week that brings you joy

### *Summer Self-Care Ideas:*

- Spend time outdoors—go for a walk, hike, or sit in the sun with a good book
- Visit a local park, farmers market, or community event
- Plan a beach, pool, or lake day
- Start a small garden or tend to flowers
- Have a picnic with family or friends
- Unplug for a few hours and enjoy a screen-free afternoon

Taking care of yourself helps ensure you can continue making a positive impact. Thank you for all that you do—we appreciate you!



Admin: (570)-784-6632

24 Hr. Hotline (570)-784-6631



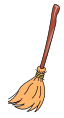
[twchr@outlook.com](mailto:twchr@outlook.com)



<https://www.thewomenscenterinc.org>

# Current Needs/Projects

We are looking for volunteers to assist with the following projects:



- **Shed Clean Out**- we are looking for someone to help us tidy up our shed and keep things in great shape!
  - Tasks include:
    - Washing trash cans
    - Sweeping and mopping the floor
    - General clean out and organizing
  - When:
    - This project can be completed on one of the following days: Monday afternoons, Tuesdays (flexible times), and Saturdays (flexible times).



- **Ongoing Weeding**- Help us keep the front of our building looking welcoming and cared for! We are looking for someone to assist with light weeding in front of one of our buildings.
  - What you'll do:
    - Pull weeds and tidy up flower beds
    - Help maintain a clean, inviting outdoor space
  - When:
    - This is an ongoing need, about every 2-3 weeks. Days and times are flexible based on your availability.



- **Clerical Support (File Assembly)**- We're seeking volunteers to assist with organizing and putting together files to support our office operations.
  - What you'll do:
    - Assemble and organize files
    - Sort and prepare documents
  - When:
    - Monday-Friday between 9am-5pm.



- **Clothing Donation Sorting**- We're looking for volunteers to help sort and organize incoming clothing donations.
  - What you'll do:
    - Sort clothing by size and type
    - Organize items for easy access and distribution
  - When:
    - Flexible scheduling available (days/times can be arranged)



- **Bloomsburg Fair Booth**- Join us at our table during the Bloomsburg Fair! We're looking for volunteers to help represent our organization and assist with selling cash raffle tickets.
  - What you'll do:
    - Sell cash raffle tickers
    - Engage with community members and share information about our work
  - When:
    - Sign up for a 2-hour shift that works best for you.
  - Perks:
    - Volunteers will receive free admission to the fair on the day of their shift!
  - Interested?
    - To sign up for a time slot(s), please [click here!](#)

*If you are able to assist with any of these projects or would like additional information, please contact Sadie!*



# Fall Volunteer Training Class

**Become a Volunteer. Make a Difference in Your Community.**

Join our volunteer training program designed to prepare you to support survivors of domestic violence and sexual assault through trauma-informed, compassionate care.

## TRAINING FORMAT



### ONLINE MODULES

- Complete at your own pace
- Must be finished by:  
Thursday, July 16th



### VIRTUAL TRAINING

- Monday & Wednesday evenings  
from 5-8pm
- Starting August 3rd, ending  
September 2nd
- Live online sessions
- Participation required
- Discussion-based learning



### HANDS-ON TRAINING

- In-person experience
- Schedule provided during  
training
- Real-world skill building

 Registration Fee: \$10 per  
participant



**Sign Up Today!** Spots  
are limited—don't wait!





# The Age of Awareness: Preventing Elder Harm

June 23<sup>rd</sup>, 2026 at The Hub at Mulberry Mills from 9am-3:30pm

Join The Women's Center Inc. for an educational event focused on understanding the realities and intersections of Elder Abuse and learning how communities can respond and support survivors.

- ✓ Knowledgeable speakers from local organizations working with the aging population
- ✓ Lunch and snacks provided throughout the day
- ✓ Certificates available

Please scan the QR code or visit the link below to register

<https://forms.gle/k9deFqSJjZ2s3zCv5>



**Free**

50 Seats Available



# June Awareness: Elder Abuse Month & Pride Month

June recognizes both Elder Abuse Awareness Month and Pride Month, which are closely connected to domestic violence and sexual assault work.

Elder abuse can include physical, emotional, sexual, or financial harm and often occurs within trusted relationships. Older survivors may face added barriers such as isolation or dependence on an abuser, making awareness and accessible support especially important.

Pride Month highlights the experiences of LGBTQ+ individuals, who can also face higher rates of intimate partner and sexual violence. Survivors may encounter additional challenges when seeking help, including fear of discrimination or lack of affirming services.

Both observances remind us that violence affects people across all ages and identities. Our work remains focused on providing inclusive, trauma-informed, and supportive services for all survivors.

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## Donations Needed:

- Laundry Detergent
- Trash Bags
- Cleaning Supplies
- Toilet Paper & Paper Towels
- Bras & Underwear
- Baby Wipes
- Shampoo & Conditioner
- Body Wash
- Deodorant
- Hairbrushes
- Razors
- Shaving Cream
- Check out our Amazon Wishlist [here](#) or by scanning the QR code!



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## Women's Center Contact Info:

24-hour hotline: (570)-784-6631 or toll free at 1-800-544-8293  
Admin. Office: Monday-Friday 9am-5pm (570)-784-6632  
111 North Market Street, Bloomsburg, PA 17815

*The Women's Center is the only state recognized domestic violence and rape crisis center in Columbia and Montour Counties.*