



## Helping Hands

This program invites volunteer groups into the House to participate in a volunteer service activity. We strive to provide a "home-away-from-home" for our families, and groups participating in this program help to ensure we maintain a high-level of comfort and cleanliness in the house for our families. Group volunteer opportunities are available year-round depending on the needs of each house. We can accommodate groups up to 10 people, 14 years or older a ratio of 1 adult for every 3 youth.

### Edmonton

We are currently booked until May. Please email Kristin at [kristin@rmhcna.org](mailto:kristin@rmhcna.org).

### Calgary

Our Helping Hands program runs weekdays either from 9:00AM-11:00AM or 1:00PM-3:00PM. Email Krista at [khilton@rmhcsca.org](mailto:khilton@rmhcsca.org).

### Red Deer

Our Helping Hands program runs on weekdays either from 9:00AM-11:00AM or 1:00PM-3:00PM. Email Lori at [ltrecho@rmhcsa.org](mailto:ltrecho@rmhcsa.org).

### Medicine Hat

Our Helping Hands program runs on weekdays either from 9:00AM-11:00AM or 1:00PM-3:00PM. Email Lori at [ltrecho@rmhcsa.org](mailto:ltrecho@rmhcsa.org).

Below please find a list of tasks that may be available:

- Clean Kitchen cupboards
- Clean light fixtures
- Clean Magic Room
- Clean BBQ
- Clean playground
- Decorate for Christmas
- Decorate for Halloween
- Clean & Pull out stoves
- Pull out Fridge/ freezer
- Clean/shine woodwork
- Clean Upholstery
- Clean Vents
- Vacuum Curtains
- Clean Windows
- Wash Walls
- Frozen Meal Prep
- Sanitize Stair railings, door handles and elevator
- Paint touchups
- Vacuum/Detail Van
- Plant Flowers
- Wash Parkade Floor

*Tasks may vary with season and immediate House needs, and we may call upon you to provide tools/equipment/ingredients depending on the task for your day.*