

## What We Do

Since 1971, Community Involvement Programs has offered a wide variety of services and supports for people who live with disabilities or mental illness. We help the people we serve cope with issues of social injustice, low income, aging and homelessness, bringing them what they need to live as independently, creatively and fully as possible.

Our vision for the people we serve is to:

- Experience a great quality of life defined by their personal preferences, cultural identities and informed choices.
- Participate as citizens, contributing to the life of their neighborhoods and communities through their work, relationships and interests.
- Be known for their talents, abilities and interests, rather than their disabilities or limitations.

**Volunteer**  
With Us!

## Contact Us

To find out more about volunteering with CIP, please contact us.

### Community Involvement Programs

Volunteer Coordinator  
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**Volunteer**  
**with Community**  
**Involvement Programs**

Help people live  
their greatest lives

 **COMMUNITY**  
**INVOLVEMENT**  
**PROGRAMS**

Helping people live  
their greatest lives

## Our Volunteer Opportunities

Volunteers play an essential role in helping the people we serve live their greatest lives. By volunteering, you show the people we serve that someone in the community cares.

### How You Can Help the People We Serve Live their Greatest Lives

- Help someone gain new experiences in the community.
- Have lunch with someone who has limited social opportunities.
- Provide leadership through service on a community board or committee.
- Help with administrative tasks.
- Assist at special CIP events.

If you have other ideas we would love to hear them.

You show the community that volunteering makes a difference. You can use your talents and skills and develop new ones, too.

### Community Activities to Enjoy

- Visit a park
- Go for a hike
- Stroll through a museum
- Take in a ballgame or concert
- Visit animals at the zoo
- Enjoy a craft fair

“When I go on an outing with a participant, it’s like spending an afternoon with a friend, because the volunteer program has matched our interests in order to give everyone involved a lovely experience!”

*Lucy, CIP Volunteer*



## The Benefits of Volunteering

Volunteering is good for you: experts say that when you focus on someone other than yourself, it interrupts tension-producing patterns, reducing stress and making you healthier.

By volunteering with CIP, you can also:

- Gain new skills and experiences for your resume.
- Develop greater understanding of people who have mental or physical disabilities.
- Experience the satisfaction of helping people make new connections in their communities.
- Strengthen the fabric of your community.
- Help people live their greatest lives.
- Have fun

### “John and Judy are awesome!”

*Guy, a CIP participant, talking about CIP volunteers who accompany him to church each week*

