PRS Youth Volunteer Opportunities

- Create Personal Care Kits for PRS Clients:
  o Including (new) items such as: full sized or travel sized hygiene products including deodorant for men and women, lotion, shampoo/conditioner, body wash, toothbrushes, toothpaste, body spray, etc.

- Collect art supplies for PRS Recovery Academy Day Programs:
  o Including items such as water-based paints, brushes, markers, colored paper, yarn, magazines, etc.

- Organize a Cleaning Supplies Drive to donate to PRS Clients:
  o Collect (new) items such as Clorox wipes (bleach free), floor cleaner, toilet cleaner, bathroom cleaner, carpet cleaner, dusting, paper towels, etc.

- Create holiday cards (winter holidays, New Years, Valentine’s Day) for PRS clients.

- Donate Snacks & Words of Encouragement or Holiday Cards:
  o Donate nonperishable snacks to the volunteers working the 24/7/365 CrisisLink Hotline and Textline. Create encouraging notes or cards for any holiday (from Christmas to Valentine’s Day!) that can provide inspiration and gratitude to volunteers on shift.

- Collect Snacks for the Recovery Academy Snack Bar:
  o Donate healthy, nonperishable snacks and beverages to the PRS Recovery Academy snack bar! Clients purchase snack bar items at low-cost, and the funds raised directly support the Recovery Academy. Clients choose how they want to spend their snack bar funds such as field trips, holiday parties, pizza parties, new games and books for the program and more.
  o Preferred snacks include: nuts and trail mix (individually packaged), pop corner chips, kind bars or other healthy granola bar, skinny pop, baked chips, cans or bottles of bubbly or flavored water, and vitamin drinks.
- Join our suicide prevention campaign, #CallTextLive, held annually in September: www.prsinc.org/calltextlive.

- Support or join our walk with the National Alliance on Mental Illness and/or American Foundation for Suicide Prevention

- Donate an item from our Wish List (prsinc.org/becomeasupporter/makeagift)

- Share our PRS CrisisLink hotline and textline phone number and business cards with your school, teachers, guidance counselors, friends, family members, youth groups, etc.

If you're interested in volunteering with PRS, please contact Lauren Padgett, Manager of Volunteers & Events, at lpadgett@prsinc.org.

www.prsinc.org