



VOLUNTEER OPPORTUNITIES

Ronald McDonald House Charities® Richmond

Individual Volunteers

**Volunteers must be 18 and older and commit to at least 6 months.*

House Volunteer - Help with the most pressing tasks at the house (manning the front desk, resetting rooms, light housework, etc.). Volunteers commit to a 3 hour weekly shift.

Happy Wheels - Push the RMHC hospitality cart and pass out items to families in pediatric units at Bon Secours St. Mary's Hospital. Volunteers commit to at least two shifts per month. Shift days and times vary.

Family Room - Manage the Family Room space at VCU Health: greet families, coordinate laundry, assist with activities, restock supplies, light housekeeping, and run the Happy Wheels cart on the main pediatric floor.

Sibling Center - Engage siblings of patients with games, toys, and activities, and push the Happy Wheels cart at the Children's Pavilion at VCU. Volunteers commit to a 3 hour weekly shift during daytime weekday hours.

Meal Providers

**Please keep to groups to 10 people or fewer. Volunteers under 18 must be supervised by an adult.*

Breakfast - Arrive between 8:00-8:30 am to have breakfast ready by 9:30 am on Saturdays and Sundays

Lunch - Arrive at 9:00 am on Tuesdays-Fridays and 11 am Sundays

Cookies - Arrive at 1 pm to have cookies ready by 2 pm on Tuesdays, Thursdays, Saturdays, and Sundays

Dinner - Arrive between 4 pm and 5 pm to have dinner ready by 6 pm daily

**Volunteers supply all food. Food must be prepared at the Ronald McDonald House, in a commercial kitchen, or purchased from a store.*

Off-Site Opportunities

Donate and Assemble:

- **Grab-n-Go Bags** - on-the-go meal option for families to take to the hospital
- **Activity Packs** - a set of kid-friendly items handed out in Pediatric Units on our Happy Wheels cart
- **Toiletry Kits** - hygiene items for families staying at the House and Ronald Rooms in local hospitals

Make wreathes to **decorate** the **doors** of our 14 guest bedrooms

Make fleece no sew blankets for our house and hospital programs

Collection Drives

Collect **Pop Tops** - we recycle pop tops and receive 50 cents per pound

Hold a **Wish List drive** - collect items that are used every day to support families in our House and In-Hospital programs

**Additional group opportunities may be available upon request pending availability*



Donations can be dropped off at the House any day between 9am-9pm. To learn more about our volunteer opportunities, please contact our Director of Volunteers, Diana, at diana@rmhc-richmond.org.