



Enhancing Community Interpersonal Involvement

Created by A. McElmeel-Balkman
for Abbe Center for Community Mental Health
Spring 2015



Involving yourself in the community involves seeking out opportunities to work in the community and to make acquaintances and develop friendships with others who are part of the community and neighborhood in which you live.

The opportunities researched and shared in the directory of community resources for involvement includes volunteer opportunities at schools, libraries, non-profit organizations, and participation opportunities in book clubs and in arts and craft venues. General organizations and sites that have a rotating schedule of events that might be appropriate have also been included.

With the help of the professional staff at the Abbe Center for Community Health, any opportunities that you can take advantage of will help to move you further into your recovery. This brochure shares some ideas for helping you to fully integrating into community activities. The locations where each of these events are held are on bus routes but the routes may not run at appropriate times, so the issue of transportation should be addressed with professional staff that may be able to assist in figuring out the details.

Discuss with professional staff regarding appropriate dress, time schedule, feasibility of follow through, cost and other details that need to be considered. Good luck.



Mercy Medical Center

701 10th Street SE,
Cedar Rapids, IA
52403

(319) 398-6035

VOLUNTEER

Who to Contact: Volunteer coordinator

Method of Contact:

E-mail: Judy Shimek at jshimek@mercyare.org

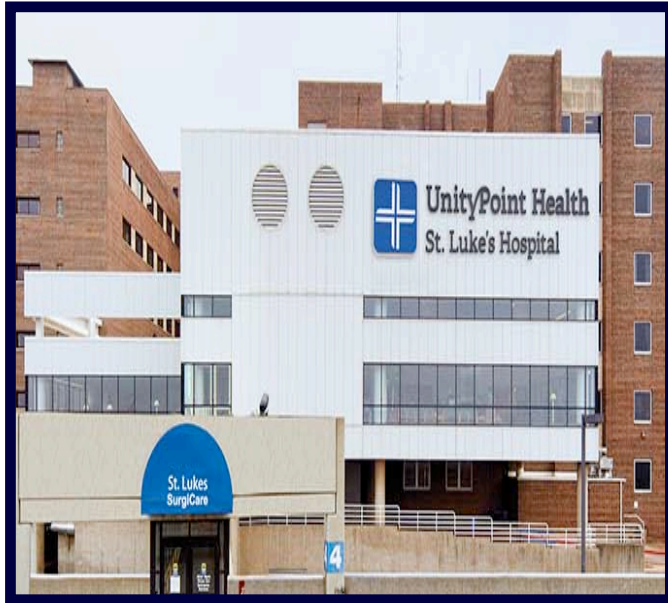
Phone: (319) 398-6035

More Information: Mercy Medical Center website at —
<http://www.mercyare.org/employment/volunteer-opportunities/>

First Step: Fill out volunteer application at
<https://www.mercyare.org/employment/volunteer-opportunities/volunteer-form/>

Jobs: Volunteer jobs vary from light clerical duty to data processing, delivering flowers, helping run Uncommon Grounds Coffee Corner (located by the 10th Street entrance), serving as greeters at entrances - and more. Volunteers work in 2- to 4- hour shifts; the number of days varies.

Considerations: Orientation session. Will need up-to-date immunizations. Mercy Care Center will help with obtaining necessary tests, shots, etc. Must wear casual professional clothing. Many positions provide for colleague interaction, other job positions include interaction with the general public, and with patients, i.e. flower delivery. Includes office duties, patient interaction, and customer service opportunities.



**St. Luke's
Hospital/Unity Point**

1026 A Ave. NE
Cedar Rapids, Iowa
52402

(319) 369-7211

VOLUNTEER

Who to Contact: St. Luke's Volunteer Services

Method of Contact:

Phone: (319) 369-7213

More Information:

St. Luke's website at —

<https://www.unitypoint.org/cedarrapids/volunteers.aspx>

First Step: Fill out volunteer application at

<https://secure.unitypoint.org/blank.cfm?id=200>

Jobs: Hospice care, or palliative (respite/comfort) care;
general volunteer jobs vary from light clerical duty to
data processing, delivering flowers, helping in gift shop,
coffee bar, serving as greeters at entrances - and more.

Volunteer shifts vary, hours and days.

Considerations: Orientation session. Will need up-to-date
immunizations. Must wear casual professional clothing.
Many positions provide for colleague interaction, other
job positions include interaction with the general public,
and with patients, i.e. flower delivery. Includes office
duties, patient interaction, and customer service
opportunities.



Cedar Rapids Community School District

Administrative address: 2500 Edgewood Rd. NW, Cedar Rapids, IA 52405

(319) 558-2000

Public schools, elementary, middle, and secondary; various locations within Cedar Rapids, Hiawatha, and Robins

VOLUNTEER

Who to Contact: volunteer@cr.k12.ia.us; or visit at physical address

Method of Contact:

Phone: (319) 558-2124

More Information:

Cedar Rapids Community Schools - <http://www.cr.k12.ia.us/>

Links to individual schools at

<http://www.cr.k12.ia.us/schools/>

First Step: Fill out volunteer application at

<http://www.cr.k12.ia.us/departments-services/volunteer/district-volunteer-application/>

Jobs: Volunteer coordinator will contact. Opportunities vary from working directly with children, clerical duties, library service (shelving books, checking out books and so forth), reading to children, and various other duties both inside the classroom/library and outside. Schedules can be flexible or fixed. Volunteer shifts vary, hours and days.

Considerations: Background check required. General

considerations and guidelines located at

<http://www.cr.k12.ia.us/departments-services/volunteer/volunteer-opportunities/>

College Community School District

Administrative address:
401 76th Ave. SW,
Cedar Rapids, IA 52404
(this campus does have
city bus service).



(319) 365-0707

Public schools, elementary, middle, and secondary; various building locations on the College Community campus (Prairie Schools)

VOLUNTEER

Who to Contact: Volunteer Services @ (319) 365-0707

Method of Contact: Kathy Waychoff, District Volunteer Coordinator; kwaychoof@prairiedpride.org or (319) 848-5224

More Information:

College Community Schools -

<http://www.prairiepride.org/community/volunteer/>

Links to individual schools at <http://www.prairiepride.org>

First Step: Fill out volunteer application accessible from a link at: <http://www.prairiepride.org/community/volunteer/>

Jobs: Volunteer coordinator will contact. Opportunities vary from working directly with children, clerical duties, library service (shelving books, checking out books and so forth), reading to children, and various other duties both inside the classroom/library and outside. Schedules can be flexible or fixed. Volunteer shifts vary, hours and days.

Considerations: Background check required. General considerations and guidelines located at <http://www.prairiepride.org/community/volunteer/>



Linn Mar Community Schools

Administrative address:

2999 N. Tenth Street, Marion, IA 52302 (319) 447-3000

Public schools, elementary, middle, and secondary;
various building locations

VOLUNTEER

Who to Contact: Community Services Office

Method of Contact: Phone: (319) 447-3109

More Information:

Linn Mar Community Schools -

<http://volunteers.linnmar.k12.ia.us/>.

Links to individual schools at

<http://www.linnmar.k12.ia.us/>.

First Step: Fill out volunteer registration form accessible from a link at: <http://volunteers.linnmar.k12.ia.us/register.asp>.

Deliver to any building secretary at a select school; or mail to the main campus address to the attention of “Linn-Mar Community Relations.”

Jobs: Opportunities vary from working directly with children, clerical duties, library service (shelving books, checking out books and so forth), reading to children, and various other duties both inside the classroom/library and outside.

Schedules can be flexible or fixed. Volunteer shifts vary, hours and days.

Considerations: Background check required. General considerations and guidelines available at any school office or by contacting the community relations office at (319) 447-3109.



Marion Community School District

Administrative address:

777 S. 15th St, Marion IA 52302

Public schools, elementary, middle, and secondary;
various building locations

VOLUNTEER

Who to Contact: Stephanie Viner

Method of Contact: e-mail: sviner@marion.k12.ia.us or
phone: (319) 377-4691

More Information:

Marion Community Schools -

http://www.marion.k12.ia.us/community/m_i_s_d_volunteers

Links to individual schools at

<http://www.marion.k12.ia.us/>

First Step: Contact volunteer coordinator or speak with building personnel at the building where you would like to volunteer.

Jobs: Opportunities vary from working directly with children, clerical duties, library service (shelving books, checking out books and so forth), reading to children, and various other duties both inside the classroom/library and outside. Schedules can be flexible or fixed. Volunteer shifts vary, hours and days.

Considerations: Background check required. General considerations and guidelines available at any school office or by contacting the community relations office at (319) 377-4691



Cedar Rapids Museum of Iowa

Non-profit cultural organization:

410 Third Avenue SE, Cedar Rapids, IA 52401

VOLUNTEER

Who to Contact:

Volunteer coordinator, Erin Thomas

Method of Contact:

Phone: (319) 366-7503 ext. 203

or ethomas@crma.org

More Information:

Website: <http://www.crma.org>

First Step: Download the volunteer application at <http://www.crma.org/Forms/VolunteerSignUp.aspx>, fill out the application and return via the website.

Jobs: Various duties include opportunities working in the Gift Shop, clerical assistance, research, educational programs, special events, docent (tour guides). Times and days vary. Museum is closed on Mondays.

Background check required. Plan to wear business casual clothing.



African American Museum of Iowa

Non-profit cultural organization:

55 12th Ave. SE, Cedar Rapids, IA 52401

VOLUNTEER

Who to Contact: Volunteer coordinator

Method of Contact:

Phone: (319) 862-2101 or in person at the museum

More Information:

First Step: Download the volunteer application at <http://www.blackiowa.org/wp-content/plugins/download-monitor/download.php?id=Volunteer+Application+2013>, fill out the application and return the application to the African American Museum at 55 12th Ave SE, Cedar Rapids, IA 52401.

Jobs: Various duties include opportunities working in the Gift Shop, clerical assistance, research, educational programs, special events, docent (tour guides). Times and days vary. Museum is closed on Mondays. Background check required. Plan to wear business casual clothing.



BOYS & GIRLS CLUBS
OF CEDAR RAPIDS

Boys and Girls Club of Cedar Rapids

Non-profit working with the youth of the community. Five locations:

- Olivet Neighborhood Mission: 237 10th St NW
- Hoover School: 4141 Johnson Ave NW
- Taylor School: 720 7th Ave SW
- Polk Alternative Education Center: 1500 B Ave NE
- First Congregational Church: 361 17th St SE

Who to Contact: Nick Cappussi

Method of Contact:

Phone: 319.363.5766 or ncappussi@bgccr.org

More Information:

For details about club go to <http://www.bgccr.org/>

Details about volunteer opportunities

<http://www.bgccr.org/become-a-volunteer.aspx>

First Step: Download application at

<http://www.bgccr.org/resources/site1/General/Documents/Volunteer%20Application%2011-14.pdf> and submit it to:

Boys & Girls Clubs of Cedar Rapids

Attn: Nick Cappussi

420 6th Street SE, Suite 240

Cedar Rapids, IA 52401

Jobs: Homework assistance, peer helper, chef's assistance (help teach children 9+ simple recipes), assist with the photography club, help in the gym with activities, work with small groups in arts and crafts, supervise free time activities (games, sportsmanship, hanging out, and being a positive role model).



Cedar Valley Habitat for Humanity

Non-profit supporting community home building

VOLUNTEER

Who to Contact: CVHFH Volunteer Coordinator

Method of Contact:

Phone: 319-366-4485 or email volunteer@cvhabitat.org

More Information: Website at <http://www.cvhabitat.org>

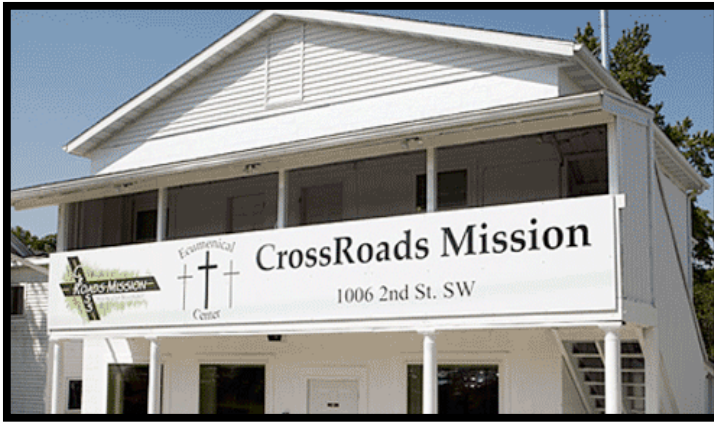
First Step: Download the application at

http://www.cvhabitat.org/cvhfh/getinvolved/volunteer/2012_Release_Waiver%20form.pdf - return to the Cedar Valley Habitat for Humanity offices at 350 6th Avenue SE, Cedar Rapids, IA 52401

Jobs: Has volunteer opportunities actually building houses (general construction), restore (store that sells donated building material) Volunteer, works to fix up homes for low-income homeowners. Hands on construction; clerical, retail store volunteer. Dates and days vary.



Retail store selling
donated building material
located at:
350 6th Ave SE,
Cedar Rapids, IA 52401



CrossRoads Mission

1006 2nd Street SW,
Cedar Rapids, IA 52404

(319) 365-0707

A non-profit, neighborhood ecumenical Christian mission

VOLUNTEER

Who to Contact: Volunteer Services @ 319-365-0707; or visit at physical address

Method of Contact:

Phone: (319) 365-0707

More Information:

Crossroads Mission <http://crmid.com/>

First Step: Fill out volunteer application at <http://crmid.com/wp-content/uploads/2012/09/CrossRoads-Mission-Volunteer-Application.pdf>

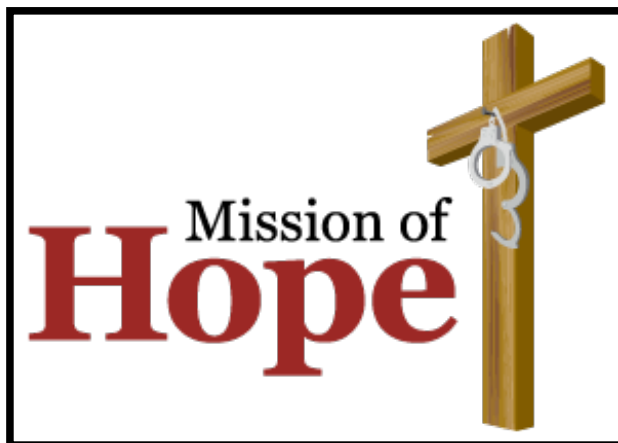
Jobs: In addition to working in the food pantry at the site, clothes closet, assisting with serving clients in the culture of poverty, the mission also needs volunteers with excellent computer skills to develop a database system and those with graphics and electronic skill sets as they prepare presentations and worship services. Volunteer shifts vary, hours and days.

Considerations: Casual clothing. Many positions provide for interaction with those requesting assistance, other opportunities include some clerical duties, mission guests interaction and support, and general customer service opportunities.

Mission of Hope

1700 B Ave NE
Cedar Rapids, IA 52402

(319) 362-5559



A non-profit, neighborhood ecumenical Christian mission

VOLUNTEER

Who to Contact: Director Mission of Hope at the B Ave NE address

Method of Contact:

Phone: (319) 362-5559 or visit in person

More Information:

Mission of Hope: <http://www.missionofhopecr.org>

First Step: Visit the mission

Jobs: In addition to working in the food pantry at the site, sort and organize food and clothes, greet Mission patrons, general cleaning, kitchen-clean up, food preparation, serve meals, assist shelter staff. Volunteer shifts vary, hours and days.

Considerations: Casual clothing. Mission provides daily hot lunch program. Food and volunteers needed. Many positions provide for interaction with those requesting assistance, and general customer service opportunities.



ATTEND

What: Whatcha Reading? Book Club

When: Last Tuesday of each month, 6:00 p.m.

Where: Barnes and Noble Bookstore,

Northland Square SC,
333 Collins Rd NE Bldg 1,
Cedar Rapids, IA 52402

phone: 319-393-4800

<http://www.barnesandnoble.com> - locate the
Cedar Rapids store for the local information.

Who: All readers who would discuss current reading and recommend titles to other readers. The title being read is open to each individual and all participants will be sharing their own personal reading title.

ATTEND

What: Science Fiction Book Club

When: Second Tuesday of each month, 7:00 p.m.

Where: Barnes and Noble Bookstore, Northland
Square SC, 333 Collins Rd NE Bldg 1, Cedar
Rapids, IA 52402,

phone: 319-393-4800

<http://www.barnesandnoble.com> - locate the
Cedar Rapids store for the local information.

Who: Those who are interested in science fiction. A common title will be designated and read each month. Title is generally listed on the Barnes and Nobel Cedar Rapids Events page on the Internet.



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333 Collins Rd NE Bldg 1,

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Where: Barnes and Noble Bookstore, Northland

Square SC, 333 Collins Rd NE Bldg 1, Cedar Rapids, IA 52402,

phone: 319-393-4800

<http://www.barnesandnoble.com> - locate the Cedar Rapids store for the local information.

Who: Those who are interested in science fiction. A common title will be designated and read each month. Title is generally listed on the Barnes and Nobel Cedar Rapids Events page on the Internet.



ATTEND

What: Book Lovers Club

When: Second Tuesday of each month, 7:00 p.m.

Where: Cedar Rapids Ladd Library 3750 Williams
Boulevard Southwest, Cedar Rapids, IA 52404

Phone: 319.261.READ (7323)

Who: A common title will be designated and read each month. Title is generally listed on the Cedar Rapids Public Library Book Club Events page on the Internet at <http://www.crlibrary.org/library-services/book-club-kits/>.

ATTEND

What: Ladd Library Book Club

When: Second Saturday of each month, 3:30 p.m.

Where: Cedar Rapids Ladd Library 3750 Williams
Boulevard Southwest, Cedar Rapids, IA 52404

Phone: 319.261.READ (7323)

Who: A common title will be designated and read each month. Title is generally listed on the Cedar Rapids Public Library Book Club Events page on the Internet at <http://www.crlibrary.org/library-services/book-club-kits/>.



ATTEND

What: Witwer Book Club: Between the Covers

When: First Tuesday of each month, 9:30 a.m.,
Unconference Room

Where: Cedar Rapids Downtown Library 450 Fifth
Avenue SE

Cedar Rapids, IA 52401 -- 319.261.READ (7323)

Who: A common title will be designated and read
each month. Title is generally listed on the Cedar
Rapids Public Library Book Club Events page on
the Internet at <http://www.crlibrary.org/library-services/book-club-kits/>.

ATTEND

What: Women's Studies Book Club

When: First Thursday of each month 7:00 p.m.,
Conference Room

Where: Cedar Rapids Downtown Library 450 Fifth
Avenue SE

Cedar Rapids, IA 52401 -- 319.261.READ (7323)

Who: A common title will be designated and read
each month. Title is generally listed on the Cedar
Rapids Public Library Book Club Events page on
the Internet at <http://www.crlibrary.org/library-services/book-club-kits/>.



General Opportunities – Changing Schedule

ATTEND

Scrapmania at 224 Collins Rd. NE, Cedar Rapids, IA 52402

Phone (319) 377-9999

This business offers craft classes. The schedule of events changes monthly.

Consideration: Changing schedule; always check, and must register. Cost for teacher and for supplies.

For more information: <http://www.scrapmania.co/>

Michaels' 1470 Twixt Town Rd Marion, IA 52302-3080

Phone: (319) 377-1222

This business offers craft classes. The schedule of events changes monthly.

Consideration: Changing schedule; always check, and must register. Cost for teacher and for supplies.

For more information:

<http://www.michaels.com/events/ca-events.html/>
Michaels has a classroom that you can use to meet with your own group to create arts and craft projects. NO CHARGE. Reserve in advance with a sales associate

ATTEND

Cedar Rapids Museum of Art, 410 Third Avenue SE, Cedar Rapids, Iowa 52401

Phone: (319) 366-7503

The museum has ongoing programs that are season specific as well as, workshops / drawing classes. Some are free and some require a fee/membership or registration.

For more information: <http://www.crma.org>

Other Community Involvement opportunities:

If you don't find something here that might interest you begin your search by thinking about what you enjoy doing. Enjoy sports – check with the local sports teams, i.e. Cedar Rapids Kernels Baseball, Cedar Rapids Titans Football, or the Rough Riders Hockey Club. Contact their administrative offices and ask about volunteer opportunities. Enjoy stamp collecting or coin collecting – visit one of the numerous coin/stamp shops in the area and inquire about active coin or stamp collecting clubs. Enjoy political activity, contact your favorite legislator, city council member, or other candidate and ask if his/her campaign could use a volunteer. Political campaigns have need for office personnel, sign makers, organizers, computer records specialists, and other skills. Assess your talents and identify what skills you might contribute to an organization or a campaign, or what interests you might develop with others.

If you are having difficulty locating information contact the reference library at your local library. The number for the Cedar Rapids Library is: (319) 262-READ

Master for reprinting available at:
[http://www.iowaconnections.com/
resources/communitybrochure.pdf](http://www.iowaconnections.com/resources/communitybrochure.pdf)