



## **ABOUT THE CRISIS CENTER**

Established in 1985, the Crisis Center is a non-profit agency that exists to end domestic violence through advocacy, education, and prevention; while helping communities live free of violence. We assist victims of domestic violence in assuming power over their own lives and choosing options that enable them to have violence-free homes and relationships. We primarily serve the residents of the 18<sup>th</sup> Judicial District which includes Douglas, Elbert, Lincoln, and Arapahoe Counties. Our available services include a seven bed emergency shelter, a 24-hour crisis line, adult and child therapy services, and our community and legal advocacy programs.

## **FOUNDATION of VOLUNTEERS**

The Crisis Center has a strong foundation in commitment, hard work, collaboration and respect. A Crisis Center volunteer is vital in helping us reach our goals to stop violence in our community. The Crisis Center provides comprehensive training and resources to volunteers to ensure they are comfortable and confident in their ability to make a difference. We want our volunteers to know how much of an impact they have on us as an organization and the community at large.

## **BENEFITS of VOLUNTEERING**

Volunteers make a huge impact on their community by giving their time and skills to help our organization run smoothly and reach the people who need us the most. They are valuable assets to any non-profit but we want you to be aware of the personal benefits and impact of volunteering. A few examples include: Lasting connections and friendships, a better sense of community, new skills that could help boost a resume or just give your brain some exercise. There have also been studies done that suggest volunteers tend to experience better mental health, more stamina, and can lower overall stress levels.

## **GENERAL EXPECTATIONS**

There are several basic expectations that we ask of all regular volunteers:

- Respond to emails, phone calls and any other communication from the Crisis Center as soon as possible so we can make any needed arrangements
- Attend our agency's volunteer orientation so you can get to know us even better
- Have great attendance
- Open communication with the Volunteer Coordinator about missing shifts so we can find someone to cover for you

## **TIME COMMITMENT and MEETINGS**

Depending on the type of responsibilities a volunteer commits to, the amount of volunteer time will vary.

Due to Colorado State Requirements and the commitment to a safe environment for our clients, the Crisis Center requires a minimum of 23 hours of training for **direct service** volunteer positions.

- 3 Hour General Orientation
- 10 Hours of Online Training
- 10 Hours of In-Person Training

**\*\*We also ask our volunteers to pay for and pass a background check.\*\***

If you are interested in learning more or want to apply, please fill out an application or email our Volunteer and Outreach Coordinator at [cjeralds@thecrisiscenter.org](mailto:cjeralds@thecrisiscenter.org).