



Founded as the Northern Nevada RAVE Family Foundation in 1995

## **Family Respite Care of Nevada (FRC) is recruiting youth volunteers in 6<sup>th</sup>-12<sup>th</sup> Grade for the 2024-2025 program year!!!**

Family Respite Care of Nevada (FRC) is dedicated to improving the well-being of Nevada families by providing essential respite care. As a 501(c)(3) non-profit organization, FRC achieves this through three key programs: the Family Center, which serves children aged 3 months to 6 years; the Jr. and Teen Center, which caters to children aged 7-12, as well as teens and young adults aged 13-22; and the Respite Voucher Program, designed for families who are unable to utilize our center and community-based services. Operating in Reno, Sparks, Carson City, and Elko, FRC's impact is made possible by our dedicated volunteers, who contributed 7,455 hours last year. Join us in making a difference by volunteering with FRC today!

### **Volunteer with Family Respite Care of Nevada (FRC) - Just 8 Hours a Month!**

By volunteering with FRC, you'll have the opportunity to:

- **Receive formal and hands-on training** working with children and young adults with disabilities, special health care needs, children in foster and adoptive care, and their typically developing siblings.
- **Earn CPR Certification** after completing 32 hours of volunteering.
- **Connect with other local teens** who share similar interests and passions.
- **Fulfill your volunteer service requirements** for job and scholarship applications.
- **Build your resume** and prepare for college applications.
- **Explore exciting career opportunities** in child development and care.
- **MAKE A DIFFERENCE** in the lives of children and families in our community!

Join us today and start making a meaningful impact!

### **Reno/Sparks Session Locations:**

**Family Respite Care of Nevada (FRC) Main Center:** 555 Reactor Way Reno, NV 89502

**The Rock Church (The Rock):** 4950 Vista Blvd., Sparks 89436

### **Session Days and times:**

- Tuesday 5:00-9:00 PM
  - FRC Family Center
  - Jr/Teen
  - The Rock
- Wednesday 9:30 AM - 1:30 PM
  - FRC Family Center
- Wednesday 5:00-9:00 PM
  - FRC Family Center
  - Jr/Teen
  - Community Outing 5:30-8:30 PM (Location TBA Monthly)
- Thursday 5:00-9:00 PM
  - FRC Family Center
  - Jr/Teen
- Friday Teens Only 5:00-9:00 PM



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- Saturday 9:30 AM – 1:30 PM
  - FRC Family Center
  - Jr/Teen
- Saturday 2:30-6:30 PM
  - FRC Family Center
  - Jr/Teen
  - The Rock

### **Volunteer Training:**

- All volunteers will attend training with their new team members. You will find out what day your training takes place via text message (or preferred contact method) by Monday, September 16<sup>th</sup>.
- September trainings will take place on your assigned team day Tuesday, Wednesday, Thursday, or Friday from 5:00-9:00 PM and Saturday from 9:30am-1:30pm or 2:30pm-6:30pm the week of September 17<sup>th</sup>-21<sup>st</sup>.

### **2024-2025 Program Year Begins Tuesday, September 24<sup>th</sup>**

- You will receive your first assigned session and year-long schedule at volunteer training!

**What does it mean to be a RAVE volunteer:** Our incredible youth volunteers dedicate their time approximately twice a month, joining a team that fits their schedule and coming to FRC every other week to engage with the children or young adults we serve. Our participants have a wide range of disabilities, special needs, or are in foster or adoptive care, and some are typically developing siblings. Our volunteers are always supervised by FRC's trained staff, many of whom are professionals in Early Childhood Education and Child Development.

### **How do I sign up?**

To become an FRC volunteer, please visit <https://www.frcnevada.org/get-involved/> and complete the volunteer application. Sarah Gaston, our Volunteer Coordinator, will confirm that we have received your application. By September 16<sup>th</sup>, you will be assigned to a team and notified via email (or your preferred contact method) about the date and time for your training. Training week begins on Tuesday, September 17<sup>th</sup>, and will last 4 hours, including a meal. At training, you'll receive a list of all scheduled sessions for the entire program year.

### **What if I have special circumstances like sports, church activities, a job, or family commitments?**

**NO PROBLEM!** FRC understands that life can be busy. Just let us know what dates work best for you to volunteer, and we'll help arrange the ideal volunteering schedule for you. If you need to show up late or take a break for sports or other commitments, just communicate with us, and we'll accommodate your needs. This is a year-long commitment requiring a minimum of 32 hours, so communication is key to making it work for everyone!

For any questions about volunteering with FRC, please contact Sarah Gaston, Volunteer Coordinator, at 775-787-3520 or via email at [sgaston@frcnevada.org](mailto:sgaston@frcnevada.org). We look forward to having you on our team!

