CURRENT VOLUNTEER OPPORTUNITIES:
Call Lynda Dorsch at 630 952-1104

Lifespring Partner – This team of men and women plan our annual benefit Auction. We need members to help plan, solicit Auction items and volunteer the night of the event. We'd love to have you join us – its lots of fun!

Job Coach – Walking alongside a woman who is looking for a job by encouraging her on her search, helping her complete job applications and managing her job contacts.

Nutrition Teacher - Leading weekly classes on the basics of making healthy eating choices for the entire family. Formal education not necessary.

Parent mentor – Helping our moms, on a one-on-one basis, implement parenting concepts in everyday living situations.

Phone receptionist – Includes answering phones and receiving visitors at Lifespring.
Current needs are Tuesday and Thursday mornings, Wednesday and Friday afternoons, evening hours available as well.

Research and Purchasing Volunteer – Do you love to research and find the best price, do you love getting a deal? Then we need you! We need a volunteer to do cost comparison when purchasing items for the ministry. We also receive donations from time to time that can be sold on the internet for a profit for Lifespring; we need a volunteer to handle this process for us as well.

Child Care – Volunteers are needed to spend constructive play time with our children at Lifespring while our moms are in class. Times needed: Tuesday and Thursday mornings from 10 am – 12:00 pm and the last Monday of every month from 6 – 8:30 pm.

CURRENT NEEDS:
(items in **BOLD** needed the most at the moment)

Children's vitamins (they love the gummy type)	New microwave
Bathroom hand towels	DVD player
Fish oil supplements	Large plastic storage containers
AA batteries	New vacuum – bagless
Antibacterial cream for cuts and scrapes	Scrubbing brush / washing dishes
Baby wipes	**Food items:**
Feminine pads	Rice · Macaroni · Coffee · Sugar
Toilet paper – 1 ply please	Flour
Alarm clocks – electric	
Exercise mats for exercise classes, need 8 – 10	