1-3 hours of volunteer time | Can be weekly or an one-time event

**AUTISM AWARENESS/ADVOCACY**
- Help educate others about autism and how it affects the individuals we serve.
  > Sensory Items
  > Stress balls
  > Water bead beans
  > Tie blankets
  > Sensory bottles
- Lead community outreach or advocacy events to promote awareness on individuals with disabilities at Little City!

**CENTER FOR THE ARTS**
- Come volunteer with our residents in both media and studio arts!
  > Drawing
  > Painting
  > Sculpture
  > Graphic arts
  > Photography
  > Canvas murals

**ADMINISTRATIVE/OFFICE**
- Help organize and extend resources in Little City to better assist the direct needs of those we serve.
  > Filing
  > Copying
  > Organizing supplies
  > Shredding
  > Data entry
  > Production, updating and managing agency paperwork
  > Assisting with ordering and placing resources

**CLEANING**
- Spruce up any one of our community integrated living facilities or campus homes!
- Deep cleaning interior/exterior
  > Common areas
  > Program facilities
  > Administrative building
  > Outside gathering spaces
4-6 hours of volunteer time

RECREATION/SPORTS
- Come support the Ethel B. and Joel H. Sharenow Fitness & Recreation Center and the fitness and recreation department by participating in health and wellness activities!
  > Refereeing a sport
  > Sport clinics
  > Attending a sporting event
  > Internship opportunities

SPECIAL OLYMPICS
- Help coach one of our Special Olympics sports or volunteer for a Special Olympics event!
  - Special Olympics events range in date and time.
  - Little City offers 10 sports:
    > Bocce
    > Bowling
    > Track and Field
    > Aquatics
    > Softball
    > Volleyball
    > Basketball
    > Golf
    > Powerlifting
    > Snowshoeing

SPECIALIZED SKILLS
- Showcase your special talents to members of our Little City community! By sharing your talents and skills, you can enhance the life and independence of those we serve.
  > Animal Assisted Therapy
  > Music Therapy
  > Art Therapy
  > Cooking Classes
  > Sewing Tutorials
7-15 hours of volunteer time

PAINTING
- Help paint both indoor and outdoor areas on and off campus!
  - Homes
  - Bedrooms
  - Programming buildings
  - Woodwork

CARPENTRY
- Build new wood-based resources for our residents to enjoy year-round!
  - Picnic tables
  - Planter beds
  - Cubbies
  - Benches
  - Shelving
  - Floor replacement
  - Wall repair

GARDENING/LANDSCAPING
- Help our Horticulture Center maintain its beauty on the Palatine Campus that is home to more than 100 individuals!
  - Planting
  - Edging
  - Weeding
  - Mulching
  - Garden maintenance

VOCATIONAL
- Volunteer your skill or trade at Little City to help give the highest quality care to those we serve.
  - Registered Nurse
  - Dental Assistant
  - Dental Hygienist
  - Pharmacy Technician

TECHNOLOGY
- Volunteer your specified skill within our IT department!
  - Program Development
  - Computer Repair
  - Respond to troubleshoot problems and develop solutions
  - Perform minor repairs to equipment
  - Monitor antivirus software

UNIQUE PROJECTS
- Please let us know if you have larger, unique project ideas that you would like to volunteer for.
Since 1959, Little City has made great strides and continues to lead the way with transformational and innovative programs and services, giving children and adults with autism and other intellectual and developmental disabilities the opportunities to flourish and realize their full potential.

Volunteering is a great way to give back to your community and work with others who need your support. Little City offers many opportunities for volunteer engagement on a one-time, short-term and long-term basis. With Little City providing project management where safety is our top priority, you will have a rewarding and meaningful volunteer opportunity.

For more information, visit www.littlecity.org/volunteer or contact Stephanie Darnell at sdarnell@littlecity.org