



Volunteer Center of Cedar Valley

March 4, 2010

FOR IMMEDIATE RELEASE

- The Grout Museum District needs Spring Break Exhibit Space Monitors to walk through the Grout Museum and Sullivan Brothers Iowa Veterans Museum and assist people as needed March 15 through the 21 from 9:00 a.m. – 5:00 p.m. Monday – Saturday and 1:00 - 5:00 p.m. Sunday. Volunteers age 16 and over are welcome.
- The Grout Museum District needs Spring Break Get Away Assistants to assist the Education Director with various activities throughout Grout Museum District, Tuesday, March 16, Thursday, March 18, and Friday, March 19 from 9:00 a.m. – 4:30 p.m. Volunteers age 16 and over are welcome.
- Exceptional Persons Inc. needs volunteers to serve lunch to participants in the CHOICE Program Monday through Friday from 11 a.m. until 1 p.m. Volunteers age 18 and over are welcome.
- The Family & Children's Council needs volunteers to Mentor African American women who are expecting a baby. Work closely with them and their service providers to make sure mothers are receiving prenatal care and taking care of themselves. Opportunities exist daily with flexible times to be established between the client and mentor. Volunteers age 18 and over are welcome.

Volunteer Buzz: The volunteer rate for women remained relatively stable, with 29.4% volunteering in 2008 and 29.3% in 2007.

Call or visit the Volunteer Center of Cedar Valley at 272-2087 or access www.vccv.org for a complete listing of volunteer opportunities in the Cedar Valley!