

VOLUNTEERS NEEDED

Volunteer Opportunities at West Bergen

Late August - Dates TBD - Volunteers are needed to prepare artwork (framing and matting) for the 5th Annual Art Show at the Stable. Help us display artwork created by our PC Consumers. The show will run throughout the month of September. (Framing and matting will be done at our Ridgewood location).

Ongoing - Like, Share, Follow! Are you on social media? You can volunteer to help others just by liking our Facebook page, sharing info on facebook, Follow us on twitter and retweet important info!

To find us on Facebook - search **West Bergen Mental Healthcare, Inc.**

To follow us on twitter - search **WBMentalhealth**

25th Annual Fall Night of Fine Dining - August 1st thru October 15th - Help raise awareness about our annual event that helps us raise funds for the many programs and services we provide for those in need. Simply tell friends and family about this event. Our event website is www.afallnight.com - As part of our annual Fall event, we also have a Super Raffle. The raffle raises funds for our Children's center in Ramsey. Established in 1990, the center has served more than 6,000 children, adolescents and their families. Spread the word!

To celebrate the 25th Anniversary of this culinary event, there will be a mystery bag raffle. Volunteers are needed to request gift cards/items from local businesses.

In **mid-September**, volunteers will be needed to stuff invitations for the event.

July thru August - West Bergen will have a designated garden area at the Ridgewood Stable. The garden will be planted by consumers and it will contain fresh herbs and vegetables which will be used as needed in the program. Volunteers are needed to water the garden twice a week.

Monthly Cultural Awareness Lunch Celebration for our PC Department held at our Chestnut Street location

Volunteers are needed to set up, serve and cleanup for our monthly lunches which will be held for our PC clients on the following dates:

Friday, July 28th

Friday, August 25th

Friday, September 29th

Friday, October 27th

November - Thanksgiving Luncheon - Date TBD

December - Holiday Luncheon Date TBD

Our partial care team supports our consumers (Adult and young adult) on their road to wellness and recovery with compassionate clinical care.

Ongoing - \$10 Gift cards to Stop and Shop are used to encourage consumers to attend daily group sessions. Group sessions provide support for treatment on the consumer's journey to wellness and recovery.

Ongoing - Shop on Amazon? Go to <https://smile.amazon.com/22-1736531> and Amazon will donate a portion of every purchase to West Bergen!

To sign up for any of the above volunteer opportunities, please contact:
Chrissie Lijoi at 201-444-3550 x7109 or clijoi@westbergen.org