

IN ADDITION TO VOLUNTEER OPPORTUNITIES, WE ALSO HAVE PROFESSIONAL INTERNSHIPS AVAILABLE

### ***Volunteer for Rise at Your Place!***

We also have projects you can do individually or with a group at home or at your group's site, such as assembling kits with personal hygiene items, items for a child's birthday party, holiday gifts, the makings of a holiday dinner, or things people would need for a job interview.

### ***Internship Opportunities***

Internships provide hands-on experience in direct service or administrative roles that can help you launch your career. We have opportunities to fit a broad range of college majors and learning goals.

Internship opportunities are offered year-round and are flexible to fit your school schedule. Areas include: human services, governmental affairs, development and special events, and community partnership development.

### ***Many Ways to Engage with Rise***

Do you have a talent you would like to share with us? We would love to learn from you! We've listed several opportunities here, but we always welcome other possibilities.

Please contact Volunteer Coordinator Zoe Leonard-Monrad to discuss other ways of engaging with Rise: 763.792.2454; email: [zleonard-monrad@rise.org](mailto:zleonard-monrad@rise.org). Visit our website at [bit.ly/Risevolunteer](http://bit.ly/Risevolunteer) for more information and to fill out a volunteer application.

*We look forward to working with you!*

## RISE'S MISSION

Rise unlocks potential and opens doors to success for people with disabilities or other challenges through creative solutions and customized support.

We envision a progressive, supportive, and collaborative environment that fosters meaningful growth and provides opportunities to live a life filled with purpose.

*Front Cover:* Volunteer Katie Dennis, a senior financial analyst for Allianz Life, assists with Rise's Art Speaks program every other Monday during her lunch break.

*Middle Inside Panel:* A volunteer from Wells Fargo conducted mock job interviews for job-seekers.

*Right Inside Panel:* Volunteers from Amcon donated holiday gifts to people served in Rise's mental health and housing support services.



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# VOLUNTEER OPPORTUNITIES



PUSHING BOUNDARIES.  
UNLOCKING POSSIBILITIES.

VOLUNTEERS PLAY A VITAL ROLE  
IN ENHANCING THE LIVES OF  
PEOPLE WE SERVE

Rise unlocks potential and opens doors to success for people with disabilities or other challenges through creative solutions and customized support. We offer services focused on employment, housing and personal growth.

Service is at the heart of everything Rise does -- and you can help! We are seeking upbeat, energetic people who believe in our mission. There are many ways you can give your time and talents to help us further our important work.

Some projects are one-time events, others are short-term, and some are ongoing. You can join other volunteers or work on your own. We have projects that occur during regular workday hours and others are in the evening. You choose how you want to get involved!

**Individuals & Group Opportunities!**  
*Are you interested in ---*

**Administrative Services** - Do you have good organizational skills and love details? Many of our office locations could use extra hands for filing and data entry computer work.

**Special Events** - Rise hosts a variety of community events throughout the year, including our annual fundraising gala, a brewery "friend-raiser," a talent show, holiday parties, and company-wide picnics, to name just a few. Would you like to help us plan, set up, and make these events possible?

YOU CAN VOLUNTEER INDIVIDUALLY OR  
AS A GROUP ON VARIOUS PROJECTS IN  
SEVERAL LOCATIONS OF CAREER FIELDS



**Mock Job & Informational Interviews-**

Would you be willing to assist job-seekers in honing their interviewing skills and provide them with valuable feedback so they can ace their important job interviews?

**Art Speaks** - Rise's art therapy program enables the people we serve to express themselves through a variety of art mediums. As a volunteer with Art Speaks, you would provide an invaluable extra set of hands to assist artists in creating and finding their voice through art.

**Adult Day Program / Recreation** - Rise's Adult Day program offers recreational and leisure activities for people with disabilities in local community centers and YMCAs. You can assist people in participating in a wide variety of activities, including games, basketball or floor hockey, puzzles, wii games, walking the track, hand bikes, arts and crafts, etc.

DO YOU HAVE TALENTS AND  
SPECIAL INTERESTS YOU WOULD  
LIKE TO SHARE WITH US?

**Lunch Pal** - Want to make someone's day? Many of the people we serve like to play cards, read the newspaper, or chat with others during their lunch break. We are seeking volunteers to come play, talk, listen, and befriend the people we serve during their lunch period.

**Therapy Animals** - Do you have a registered therapy animal who would like to make friends with some of the people we serve? We would love to have them come visit!

**Special Projects** - We have many special projects throughout the year. Maybe you'd like to go on community outings with people we serve. Perhaps you have highly technical skills like engineering or computer sciences and could help us with a specialized project.

With more than 20 locations throughout the Twin Cities and Greater Minnesota, we can always use extra hands to keep our properties looking great! Gather a group to help out with building beautification projects like painting, gardening, or yard clean up.

