

# UNION SETTLEMENT

237 East 104th Street, New York, NY 10029 • [unionsettlement.org](http://unionsettlement.org)

## EMPOWERING EAST HARLEM SINCE 1895



Union Settlement is an on-the-ground resource for East Harlem residents of all ages, and a passionate advocate for the needs of underserved communities.

Since opening our doors in 1895, we have brought education, wellness and community-building programs to our neighborhood, empowering New Yorkers with opportunities to better their lives. By helping our neighbors realize their goals, we build the vitality and success of East Harlem.

## Help us empower East Harlem!

Our volunteers enable us to provide essential programs and services to our East Harlem neighbors. Volunteering as a group gives employees in your organization the opportunity to interact with each other outside of work and meet employees from different departments, all while giving back to the local community.

Volunteers can work in our garden, planting flowers or beautifying our playground. Other volunteer groups have held job readiness workshops, while others have coordinated and hosted parties for seniors at one of our four Senior Centers. A list of possible activities can be found on the following page. We are also welcome to your suggestions.

# Volunteer Opportunities

**Meals on Wheels:** Help pack and deliver meals to seniors in the East Harlem community. Volunteers pack hot and cold meals and then separate into teams to deliver meals to seniors either on foot or in our transport vans with our program staff. Many of our seniors are homebound and live alone, so volunteers provide them with the meals they need and someone to talk to. Meals are delivered Monday through Saturday from 8:30am to 12:30pm. We can accept groups of up to 15 people. Training is provided.

**Ethnic Festival:** Every year in May, Union Settlement hosts a block party that celebrates the different cultures and people of East Harlem. There are multi-cultural performances, local vendors, music, and activities for all ages. Volunteers help us with set-up, monitoring festival booths, and event breakdown. We'll be hosting our 26th Annual Ethnic Festival on Saturday, May 19, 2018. We can accept groups of any size.

**Community Garden:** We invite volunteer groups of up to 20 people to come help us clean up and revitalize the garden space during the spring, summer, and early fall. Volunteers are also invited to come help our community gardeners with spring plantings in May.

**Thanksgiving Food Drive:** Spend a morning filling bags with turkeys and trimmings and/or an afternoon distributing food bags to East Harlem families in need during our annual Thanksgiving Food Drive. We ask volunteers to help during the Monday and Tuesday before Thanksgiving each year. We can accept groups as large as 15 people.

**Career Workshops:** Host a career-related workshop for high school students in our College Readiness program and disconnected youth in our Career Academy program. Volunteers can help with a professional dress fashion show, resume-building workshop, or mock interviews. Career panels can also be held where volunteers discuss the work they do and answer questions from students interested in their fields. Groups can include 5-10 people and workshops are held throughout the year.

**Holiday Gift Wrapping Parties:** Help us wrap the hundreds of gifts that are donated to us during our annual Holiday Toy Drive. We ask volunteers to come to Union Settlement in large groups for social "wrapping parties" with our program staff. Wrapping parties are scheduled during mid-December.



To learn more about opportunities for both volunteer groups and individuals, contact Cristina Valbuena-Castor, Manager of Special Events & Volunteer Programs  
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