

# Volunteer with JFS Rochester

Ready to volunteer with JFS Rochester?  
Here's our simple sign-up process:

## Start Now

Complete our online volunteer application and background check at :  
[jfsrochester.org/volunteer-form/](https://jfsrochester.org/volunteer-form/)



### 1. Meet the Team

Attend an interview with program staff

### 2. Learn About Your Volunteer Role

Get trained and attend a quarterly volunteer orientation

### 3. Track Your Time

Our easy-to-use system allows you see the time you're scheduled to volunteer and track your hours with each program

### 4. Stay Connected to JFS Rochester

Get ongoing updates, opportunities, and event news to make sure you know everything happening at JFS!

Contact Shannon Megna  
at 585-371-6759 to learn more.



## FOR GOOD. FOR ALL.

JFS Rochester helps people improve their emotional, physical, and financial well-being, promoting self-sufficiency and fostering economic empowerment. Our person-centered services are delivered in a warm, welcoming environment where people can feel comfortable seeking the support they need. Our commitment to serving all members of the community is rooted in the belief that every person deserves access to resources and support that can improve their well-being.

**We welcome you to explore the many services and programs that JFS Rochester has to offer. Visit [www.jfsrochester.org](https://www.jfsrochester.org) for more information.**

Get Help

## JFS HELPLINE

Our Helpline is available to help anyone, connecting them to JFS Rochester resources including food, counseling, and aging services as well as to other resources in the Rochester community.

Monday-Friday • 8:30 am-5:00 pm  
(no walk-in appointments; please call)

☎ (585) 461-0114    ✉ [Helpline@jfsrochester.org](mailto:Helpline@jfsrochester.org)



## Volunteer with Us

[JFSROCHESTER.ORG](https://JFSROCHESTER.ORG)



*The satisfaction you get and community connections you make by helping others is why most people volunteer. But did you know volunteering may benefit your health? Being a volunteer can help reduce your risk of anxiety and depression and has been shown to increase volunteers' happiness. Volunteering has been linked with helping individuals live longer, may help reduce blood pressure, increase your activity level, and help you reduce stress.*

*JFS volunteers are a diverse group of Rochesterians, united by their passion for serving the community in meaningful ways—last year volunteers provided more than 4,000 hours of service to JFS Rochester programs throughout Monroe County. We welcome individuals of all ages, faiths, and backgrounds to volunteer with JFS Rochester—join our family today!*



### Help Fight Hunger

Volunteering with the Brighton Food Cupboard involves providing food and resources either at the Cupboard or by making deliveries to individuals and families facing food insecurity.



### Connect with Older Adults

Our Friendly Connections program connects older adults with volunteers that offer a check-in, and provide comfort and companionship.



### Help Teachers Get Needed Classroom Supplies

Volunteer with Pencils & Paper to help JFS Rochester provide free school supplies to teachers in high poverty schools.



### Support New Parents

The Nurture program brings the community together by matching volunteers with parents during the first year of their baby's life. Volunteers are trained and supervised to support parents who are adjusting to parenthood, feeling isolated, or overwhelmed.



### Help Kids Read

If you have an hour a week to spare and are open to training in how to help children learn to read... you can be a literacy volunteer!



### Deliver Holiday Baskets

Help assemble and deliver food baskets so families can share time together over a festive meal for Rosh Hashanah, Thanksgiving, Chanukah, Christmas, and Passover.

### Volunteer as a Family or Group

Are you a team, class, youth group, or family looking for a special way to give back to Rochester together? We have lots of options for your volunteer team.

### One-Time Opportunities & Mitzvah Projects

Give back to the community by conducting a food, hygiene, or school supply drive on behalf of JFS Rochester's programs.

### Share Your Skills & Talent

Do you have a special skill or talent you think might help JFS Rochester's work in our community? We're always looking for people who want to get involved.

**For Good.  
For All.**

