



# WHO DO YOU WANT TO HELP?

## WANT TO LEND A HAND BUT AREN'T SURE WHERE TO BEGIN?

If you've got the passion, we've got the project. Whether you have an hour, a day or more to give, we can match you with a volunteer opportunity for a cause you care about. Use the chart below to get started.

Learn more at [unitedway4u.org/volunteer](http://unitedway4u.org/volunteer).

				
<b>CHILDREN</b>	<b>FINANCIALLY STRUGGLING FAMILIES</b>	<b>SENIORS</b>	<b>VETERANS</b>	<b>WOMEN</b>



### OPEN YOUR HEART TO A SENIOR

**Who It Helps:** Seniors  
**Time Commitment:** Ongoing or one-time  
**Type of Volunteer:** Individual, Group or Corporate



### DAY OF CARING

**Who It Helps:** Children, Financially Struggling Families, Seniors, Veterans, Women  
**Time Commitment:** 4-6 hours  
**Type of Volunteer:** Group or Corporate



### PRE-K VISION SCREENING

**Who It Helps:** Children  
**Time Commitment:** Ongoing  
**Type of Volunteer:** Individual



### SHOE BOX PROJECT

**Who It Helps:** Financially Struggling Families, Veterans, Women  
**Time Commitment:** Short-term  
**Type of Volunteer:** Group or Corporate



### COMPANIES IN THE CLASSROOM

**Who It Helps:** Children  
**Time Commitment:** 4-6 months  
**Type of Volunteer:** Corporate



### SCHOOL SUPPLY DRIVE

**Who It Helps:** Children  
**Time Commitment:** Short-term  
**Type of Volunteer:** Individual, Group or Corporate



### DAYS OF ACTION

**Who It Helps:** Children, Financially Struggling Families, Seniors, Veterans, Women  
**Time Commitment:** 4-6 hours  
**Type of Volunteer:** Group or Corporate



### VOLUNTEER FREE TAX PREP

**Who It Helps:** Financially Struggling Families, Veterans, Women  
**Time Commitment:** 4 months  
**Type of Volunteer:** Individual



United Way of Southwestern Pennsylvania