



**Ronald McDonald
House Charities®**
Arkansas

1501 W. 10th Street, Little Rock, AR 72202
501-374-1956 RMHCArkansas.org



VOLUNTEER OPPORTUNITIES

Volunteers allow us to allocate more of our financial resources to meeting the needs of our families. We are looking for volunteers who are compassionate, dedicated, and sensitive to the needs of our families. A background check is required and training is provided. ***Always seeking volunteers who love to smile!***

As an RMHCA volunteer, you can enjoy a fun, rewarding experience by giving your time and talents while helping families with critically ill children. Volunteers support our House in many ways; we are also open to new ideas and are interested in exploring how your strengths can be best utilized here with us.

Welcome Center Shifts Available – Seven Days a Week – 9am-12pm; 2pm-5pm; 6pm-9pm

Welcome Center volunteers play an important role in the service to families as well as the organization. The primary roles of this position are to be the welcoming “face” of RMHCA and to provide administrative support.

General responsibilities include:

- Greet families and visitors
- Conduct House tours
- Answer telephone
- Assist with administrative tasks
- Discretely handle confidential information
- Be a sympathetic ear or share a laugh

Supper Club (Breakfast, Lunch or Dinner) Seven Days a Week

Get your favorite recipes together to provide families at the Ronald McDonald House with a warm meal after a long day at the hospital. Breakfast and Lunch (40 people) - Dinner (60-70 people). Food must be prepared on-site or from a licensed commercial kitchen to comply with our food safety standards.

Dining Room Host Shifts Available – Seven Days a Week – 5pm-8pm

The Host ensures that families practice safe and sanitary food guidelines. The Host monitors to make sure families sanitize their hands before handling communal food, may serve the food to the individuals' plate, if desired, and ensures children do not serve themselves. The Host keeps the surrounding areas clean from spills. Once dinner has been served, the Host prepares leftovers for storage in the refrigerator by wrapping and labeling, and places serving dishes and utensils in the dishwasher.

House Warmer Shifts Available – Monday-Friday – 10am-1pm; 3pm-6pm

House Warmers are vital to RMHCA to maintain a high level of comfort and service to guest families. Their primary role is to make families feel at home and comfortable by ensuring the House is clean and friendly faces surround them.

General responsibilities include:

- Make coffee, ensure milk, bread, cereal and snacks are refreshed for families
- Prepare a meal if necessary and/or bake cookies, cakes, etc. if needed
- Sort through and organize pantry spaces, donations, restock supplies
- Load/unload dishwashers and assist with House laundry

RMHCA's RED CARPET – Shifts Available - 2nd & 4th Wednesday – 10am – 1:30PM

The Red Carpet is a free shopping experience for ladies in the House who have little, if any, time to leave the House to find personal necessities in an unfamiliar city. If you are unfamiliar with the Red Carpet, watch this short video:

<https://vimeo.com/221805000>

Needs:

- **Volunteers** - sign up online at www.rmhcarkansas.org/rmhca-red-carpet.
- **YOUNG MOMS CLOTHING** – Locate donations of **new** and **like new** items ([all sizes](#)).

Contact Erica Carlock at (501) 537-3910 or erica@RMHCArkansas.org for application and more information.