



Volunteer Opportunities Catalog

1924 S Cedar Street, Suite B • Tacoma, WA 98405
253-383-6033 | carenetsps.org

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Dear Volunteers,

You are a critically important member of the ministry team at Care Net of Puget Sound. Without you we could not continue to do all we do. Thank you for taking the time to learn about Care Net of Puget Sound and the many volunteer opportunities we have available.

Each volunteer contributes directly to Care Net's mission, growth and success. Thank you for donating your time and resources while partnering with us in upholding the sanctity of life. As a volunteer, you are making a strong statement. James 1:22 (NRSV) says, "...be doers of the word, and not merely hearers..." Volunteers at Care Net are demonstrating they are doers, individuals personally reaching out to have an eternal impact on lives in our region.

Care Net of Puget Sound is a non-profit religious organization. Our mission is to offer hope by providing compassionate practical care, accurate information, Biblical Truth, and life-affirming resources for pregnancy, sexual health & integrity, and abortion recovery.

Everyone who has a part in this ministry has been supplied by God with talents and gifts to support families. This guide was developed to list the many ways volunteers connect in our community. It will also provide you information on how to apply to volunteer, what is involved in the training, and what the time commitment might look like.

We are excited that you are exploring options for ministry with us. We are praying for you as you discover how you might serve the Lord through Care Net of Puget Sound.

Thank you again for your interest in serving God as we show His love to the born and the unborn.

May God richly bless you,

A handwritten signature in black ink that reads "Dave Mitchell". The signature is written in a cursive, flowing style.

Dave Mitchell
Executive Director

253-235-4695 (Direct)
253-383-6033 (Admin)
dmitchell@carenetps.org
carenetps.org

Pregnancy Center Volunteer Positions

Direct Client Care



Receptionist

The receptionist answers the center's main phone line, handles initial client contact, coordinates appointments and scheduling, and performs general administrative duties. The receptionist ensures that the center volunteers and staff have resources available to effectively serve clients.



Client Advocate

The client advocate meets with women who come to the pregnancy center to learn about a potential pregnancy. They conduct an intake and provide options education. They are responsible for the education, emotional support, and assistance of pregnancy test clients.



Parenting Mentor

Parenting mentors support parenting clients (women, men, and families) with training and resources that enable them to be the best parents they can be. Parenting mentors provide resources that help parents develop nurturing relationships, healthy starts, effective education, and character development.



Men's Advisor

The men's advisor meets with the father of the baby or the man stepping up to provide support for the birth mother, addressing his concerns and needs during the decision-making process for the pregnancy and beyond. The advisor provides support, education, discipleship, and assistance through one-on-one conversations or through facilitating men's groups.



Nurse Sonographer/RDMS

Assists the client with medical clinic services providing ultrasound scans to confirm the pregnancy, continuing options education, and referring to ongoing prenatal care and maternity case management. Training is available to RNs who are trained client advocates and are volunteers in good standing at the center.



Medical Professional

Physicians, physician assistants (PAs), and nurse practitioners (NPs) provide medical consultations, referrals, and staffing for the STD clinic.

Time Commitment: 1-4-hour shift weekly, bi-weekly, monthly



Childbirth Educator

Volunteer certified childbirth educators (CCE) provide childbirth education classes for clients who are preparing for their birthing experience. RNs are preferred. However, if not an RN, the CCE will be joined by an RN to provide medical consultation for clients as needed.

Time Commitment: 1-4-hour shift per week when classes are scheduled

As scheduled

Training Requirement for all Volunteers in Direct Client Care

- Medical professionals (physicians, PAs, NPs) are only required to attend Care Net 101. They may voluntarily choose to attend the volunteer training seminar. In-center orientation is completed by the nurse manager or a staff nurse. They must also complete the online evangelism training.
- Others in direct client care: Complete the Volunteer Training (32 hours of classroom training).
 - Abbreviated training for men serving as advisors or parenting mentors - 24 hours of classroom training
- Complete AACC Pregnancy Coach Training Requirements (online course)

- Complete center on-the-job training (OJT) schedule
- Attend 4 volunteer workshops per year to meet continuing education goals.

After-Hours Direct Client Care



Helpline Volunteer

Manage incoming client communications (website inquiries, phone calls, texts) when centers are closed for the evening or over the weekend/holidays. Volunteer serves from her home and has calls transferred to her cell phone. Shifts are typically 5pm to 9am the next business day. Weekend shifts are from 5pm on Friday until 9am on Monday. Volunteers do not need to stay awake all night.

Training Requirement

- Complete the Volunteer Training (32 hours of classroom training)
- Complete AACC Pregnancy Coach Training Requirements (online course)
- Completes an abbreviated center OJT schedule before training with helpline director.
- Attends quarterly Helpline team meetings to meet continuing education goals.

Center Support Positions



Donations Manager

Assists the center's staff with the oversight of incoming donations and the center's boutique. Manager inspects furnishings/furniture for distribution.



Donations Sorter

Sorts through and prepares incoming donations for clients receiving material support services through the center's boutique.



Data Entry Volunteer

A volunteer gifted in data-entry skills ensures accurate input of client records into the electronic database.

As needed



Facilities Volunteer

Helps with the maintenance and upkeep of the center.

Training Requirements

- Care Net 101 Introductory Seminar
- In-center training with center staff
- Attend 4 volunteer workshops per year to meet continuing education goals.

Mobile Unit

Direct Client Care



Medical Professional

Physicians, PAs, NPs, and RNs assisting clients with necessary medical services (medical consultations, physical exams, ultrasound and STD testing/screening).

Training Requirement:

- Attend Care Net 101 Introductory Seminar
- Evangelistic training (online)
- OJT Introductory training with staff of shift



Client Advocate

Meets with women who come to the mobile unit about a potential pregnancy or STD screening. They conduct the intake and provide options education. They are responsible for the education, emotional support, and assistance of the mobile unit clients.



Men's Advisor

Completes volunteer training and meets with men who might come to the mobile unit with their partners to offer advocacy, support, and discipleship.

Training Requirement:

- Complete the Volunteer Training seminar (32 hours classroom of training).
 - Abbreviated training for men serving as advisors or parenting mentors - 24 hours of classroom training.
- Complete AACC Pregnancy Coach Training Requirements (online course)
- OJT on mobile unit
- Attend 4 volunteer workshops per year to meet continuing education goals.

Mobile Support

Driver



Transports mobile unit to service location and back to storage. Completes rig check and ensures proper set up of mobile for daily operations. May assist with restocking the mobile with needed supplies. Provides security during operational hours.

Drivers serve 2 times per month on either Tuesday, Wednesday, Thursday, or Friday. No CDL or special license required.

Event-driven.
Saturday
or Sunday



Special Events Driver

Transports mobile unit to weekend events at area churches and community events. Completes rig check at mobile pick up. Transports mobile to assigned event and returns it to storage.

Training Requirement: Driver application and background check. Attend Care Net 101 Introductory Seminar. Train with lead driver

Time Commitment for all mobile volunteers: 1-5-hour shift per week. If there are more drivers on the schedule, the time commitment can change to bi-weekly or monthly.

Community Education

Smart Programs

Smart Speaker

Smart Program speakers give educational presentations to teens or adults in schools, churches, or community groups.

Speaker Requirements:

- Volunteer speakers *must be available during school days and hours.*
- Speakers must provide own vehicle to travel to presentation locations.
- Speakers must be able to walk long distances and stand for periods of time.
- Speakers must be able to speak to diverse groups without giving personal opinions about faith, abortion, homosexuality, gender, etc.



Time Commitment: Flexible

- Roughly 2 hours a month/22+ hours over one year. Speakers are asked to give at least 10 presentations during a school year (1 hour plus travel time for each) and attend one 2–4-hour annual training.
- Speakers set their own schedules based on their availability.
- Speakers can choose locations closest to them, but close locations are not guaranteed. So, travel time may be more than 30 minutes.

Training Requirements:

- Attend Care Net 101 Introductory Seminar.
- View 2 on-location presentations.
- Learn a selected presentation. (All materials are provided.)
- Give a practice presentation to a Smart staff member.
- Give a supervised on-location presentation.

Healing Tide: Pregnancy & Infant Loss Support

Most Healing Tide leaders have experienced pregnancy or infant loss through abortion, miscarriage, or stillbirth, and move into a group leader role after going through the program themselves. There are separate groups for each kind of pregnancy loss. Having experienced pregnancy loss is not a requirement of all group leaders.

If a group leader is not post-abortive, but wants to lead post-abortion support groups, he/she must be paired with a leader who is post-abortive. If a group leader has not experienced miscarriage, but wants to lead miscarriage support groups, she must be paired with a leader who has experienced miscarriage.



Group Leader

Leads the Healing Tide post-abortion support group or miscarriage support group in cooperation with the co-leader and facilitates discussion of the Bible study utilized in a weekly group or weekend retreat.



Co-Leader

Facilitator-in-training who observes, learns from, and assists the group facilitator through the weekly group or weekend retreat.



Group Support

Supports a Healing Tide group participant by listening, encouraging, and praying for the participant on a consistent basis.



Participant/Trainee

Observes group dynamics and learns from the leader and co-leader as the first step in training for Healing Tide leadership. No commitment is made by either the volunteer or Care Net until after the group has ended, at which time both parties will evaluate whether to continue the training process.

Training Requirement:

- Attends Healing Tide Basic Training (4 hours).
- Attends Group Leader Training with director.
- Begins as a participant/trainee and becomes a co-leader of a group before being selected as a group leader.
- Attends annual Healing Tide team meetings and training events to meet continuing education credits.

Men's Programs

Impact Events



Impact Event Teaching Leader

Leads impact events attended by male clients and men from local area churches.

Time Commitment: Able to lead two 8-hour Saturday seminars per year.

Training Requirement:

- Care Net 101 Introductory Seminar
- Observe impact event, learn presentation, present to Men's Programs coordinator



Impact Event Coordinator

Plans impact events for the Men's Programs coordinator. Works with the host church and recruits volunteers and provides what the church may not be able to supply.

Directs volunteers on set-up, take-down and clean-up of the event space; directs caterers on Saturday morning breakfasts and lunches; coordinates volunteers to provide beverage and meals. Coordinator will recruit, train, and thank volunteers who have helped to make the event a success, including volunteers provided by the host church.

1-2 Saturday
eight-hour
seminars
per year



Impact Event Support Volunteer

Supports volunteers during impact events. Facilitates helpers assisting with set-up, clean-up, and take-down at event location. Assists hospitality/caterers who provide meals (breakfast and lunch) and beverage service for the event.

Training Required:

- Care Net 101 Introductory Seminar
- OJT with Men's Programs coordinator or event coordinator

Men's Interest Groups

Interest Group Leader

Varies



Organizes and establishes an activity hosted by men's group in his home church that is available to provide ongoing discipleship to male clients of the center. The activity can be anything that guys like to do (e.g., golf, sports, fishing, motorcycles, car club, cooking, barbecue, etc.). The interest group attends the impact event and promotes their activity to the Care Net clients attending. As the client gets involved, the group leader ensures ongoing discipleship for the client.

Behind-the-Scenes Support

Spiritual Support

Prayer Coordinator

As needed



Communicates prayer requests and prayer focus reports via email prayer chains.

Training Requirement:

- Care Net 101 Introductory Seminar
 - Training on email system and prayer chain
-

Prayer Partner

There are four different ways you can be a part of our prayer team. You may choose one or any combination of the following:

As the
Lord leads



- Monthly prayer newsletters via email to provide information on general prayer needs for all our centers.
- Prayer requests for our individual centers and programs. You will receive 8-10 emails per month.
- Text notifications to your cell phone when immediate prayer is needed for a client being seen at one of our centers who is planning to have an abortion. The text simply reads, "NOT THIS ONE," protecting the confidentiality of the client while rallying prayer support for this woman and her unborn child.
- Join your local center for their monthly day of intercessory prayer and/or commit to praying for a particular steering committee or special event.

Apply online by visiting: carenetsps.org/prayer-partner

No training required.

Church Liaison

Church liaisons serve as the key communication link between Care Net of Puget Sound and their church family and pastors by making Care Net news and needs known through church bulletin announcements and more.

Quarterly newsletters are emailed to our liaisons informing them of volunteer opportunities, baby bottle campaigns and upcoming events that may be of interest to their church body.

Event-driven



A church liaison could also serve as an important link for a member of the church who needs help or knows of someone who needs help during a crisis pregnancy or healing from a past abortion experience.

Apply online by visiting carenetsps.org/church-liaisons.

2-year commitment (preferred) and as your church family participates in events

Training Required:

- Care Net 101 Introductory Seminar
 - Special instruction by development coordinator.
-

Office Support

IT Volunteer

As needed



Assists with the computer operations of Care Net of Puget Sound serving on the IT committee and/or providing support to their community center. Skills in computer hardware, software, networking, and/or security are needed. IT volunteers might also help at special events or community presentations.

Training Required

- Care Net 101 Introductory Seminar
 - Interview by IT team members to discover skills and determine role on the team
 - Team meetings for planning and coordinating
-

Administrative Volunteer

As needed



Administrative volunteers help at the Tacoma administrative office in a variety of roles. Some available jobs include:

- **Center Orders/Copy Work:** Make copies and fill center form orders.
- **Manual Assembly:** Assists with the production and assembly of ministry manuals.
- **Mailings:** Assists with receipt mailings and thank-you note mailings.
- **Database Maintenance:** Assists with certain database updates.
- **Hospitality:** Assists with food and beverage service for volunteer trainings and staff meetings.
- **Delivery Driver:** Assists with delivery of center orders and items to and from storage, delivery of donations between centers or to other organizations.

Facilities

Maintenance

Depending on your availability



Works on a variety of “handyman” projects as they arise. They might also help with specific projects such as painting, flooring, moving, refinishing, etc. Volunteers who serve as electricians and plumbers must be licensed and bonded and must provide their information to the finance office for required vendor files.

Cleaning

Depending on your availability



Assists the center in keeping the facility clean (dusting, vacuuming, trash removal, bathroom and kitchen cleaning).

Special Events

Public Relations/Development

Depending
on your
availability



Assists the development director by visiting area churches promoting the ministry work of Care Net of Puget Sound

Training Required:

- Care Net 101 Introductory Seminar
 - Training with development director and/or church relations director
-

Special Events Volunteer

Special events volunteers assist the development coordinator. Volunteers can serve as committee members and/or event helpers. Some available jobs are, but not necessarily limited to, the following:

Varies by
event



- **Sanctity of Human Life Sunday:** Assist with phone calls, packet assembly (church and speaker).
- **Baby Bottle Drives:** Assist with preparing baby bottles for pick up, and emptying and cleaning bottles following the campaign.
- **Banquet or Hope Dinners/Desserts:** Help committee in planning various aspects of the event. Prepare venue on event night with decorations, registration, and set-up and/or take-down.
- **Golf Tournament:** Help on pre-tournament committees with planning and executing various aspects of the event. Help with decorations, registration, and other key components of the event.

Training Required: On-the-job with the development coordinator or committee member.

Marketing

Marketing volunteers are needed in a variety of areas: client marketing, social media, SEO strategies, Google Ad Word campaigns, website management, photography, and video production.

Event-driven



Training Required:

- Professional experience is required in the area where member desires to volunteer.
- Care Net 101 Introductory Seminar
- One-on-one with the communications director

Advisory Councils

Medical Advisory Council

Ongoing as
needed



Physicians, PAs, NPs, RNs and those in medical clinic administrative leadership provide help and support to the medical clinic services of Care Net of Puget Sound. Medical Advisory Council members promote the ministry work of Care Net in their communities and circle of influence and will refer patients in their care to Care Net's program services. They also provide advisory support in best practices and, for applicable professional services, referrals for clients in Care Net of Puget Sound's care.

Legal Advisory Council

Ongoing as
needed



Lawyers are needed in a variety of specialties to provide support and advice to Care Net of Puget Sound as needed. Members of the council promote the work of Care Net in their communities and circle of influence.

Training Required:

- Professional experience is required in the area where member desires to serve.
- Care Net 101 Introductory Seminar
- One-on-one with the executive director

Application Process

All Care Net of Puget Sound volunteers progress through an application process. Volunteers serving in direct client/program services will have a greater screening and training process.

Apply to volunteer in 1 of 3 ways:

1. Complete a volunteer interest survey at carenets.org/volunteer.
2. Email getinvolved@carenets.org to let us know how you wish to serve.
3. Call 253-383-6033 (Tacoma administration office).

Application is provided electronically unless specifically requested in print form.

Review ministry statements and complete application.

Once your application is received, the administration office will request references from the people you listed and perform the required background checks.

Your application will be forwarded to the center/program/support area you designate.

You will be contacted about upcoming trainings as required by the area in which you desire to volunteer.

Center/Program Contact Information

Pregnancy Center Services

Bellevue Mobile	Melodie Kieswether	425-837-3643	mkieswether@carenetps.org
Federal Way Center	Kris Foster	253-941-2664	kfoster@carenetps.org
Gig Harbor Center	Moriah Burns	253-858-5585	mburns@carenetps.org
Kenmore Center	Cindy Dahl	425-398-5820	cdahl@carenetps.org
Lakewood Center	Dana Davenport	253-984-6222	ddavenport@carenetps.org
Puyallup Center	Kim Sandberg	253-770-8697	ksandberg@carenetps.org
Tacoma Center		253-383-2988	tacoma@carenetps.org
King County Mobile	Grace Mignoli	206-926-7860	gmignoli@carenetps.org

Programs

Healing Tide (post-abortion support)	Tracey Olsen	253-267-8938	tolsen@carenetps.org
Healing Tide (pregnancy & infant loss support)	Janet Caldon	253-272-1818	kbilco@carenetps.org
Smart Programs	Jai Lynch	253-336-5956	smartprograms@carenetps.org
Men's Programs	Daniel Metcalf	425-440-3364	dmetcalf@carenetps.org

Administration

Volunteer Admissions	Kerry Cady	253-267-7150	kcady@carenetps.org
Director of Operations	Ingrid Crosbie	253-235-4675	icrosbie@carenetps.org
Director of Education	Dawn Darby	253-534-8851	ddarby@carenetps.org
Development Coordinator	Regan Schnetz	253-655-2541	development@carenetps.org
Communications Director	Amelia Graham	253-336-5787	agraham@carenetps.org

Employment

Interested in serving on staff with Care Net?

Scan the QR code below to view current openings or visit carenetps.org/employment.

