

Work alongside group home residents and staff to prepare a home-cooked meal.

Lend an ear,  
Extend a hand,  
Share a smile!



## what

Help One Child's Supper Clubs are designed to encourage and support foster and at-risk youth, as well as their accompanying staff members, in group homes throughout the Peninsula and South Bay. Built around the joint undertaking of planning and preparing a meal, the program focuses on building relationships and supporting young people in need as they develop life skills.

Volunteer teams are made up of 3-6 people from one or multiple churches. Each home has a designated volunteer lead who is responsible for attending every time the program meets. Each group home is different, varying by the number as well as the gender of the adolescent residents; the facilities we serve include homes for girls, homes for boys, co-ed homes, and homes for pregnant and/or parenting teens.

## who

## when

Each group home has a set time and schedule, meeting either weekly or bi-weekly, as determined by the group home and Supper Club volunteers. Volunteer participation varies by individual availability; you can work with the volunteer lead to be a consistent presence, or jump in as your schedule allows.

We serve locations all around the Peninsula, including facilities in San Mateo, San Jose, Santa Clara, Mountain View, Menlo Park and Pacifica. With over 30 group homes in the Peninsula and South Bay, there are plenty of homes interested in the program that are just waiting for volunteers!

## where

## how

Volunteer leads take on the greatest time commitment, overseeing the volunteers to make sure that there is enough support for each meeting. The menu is typically decided with the youth prior to the meeting, after which the volunteer lead submits a grocery list to the group home. Volunteer teams are responsible for the overall execution of the meal and for creating fun, supportive relationships with the teens in the home.

## CONTACT US!

Whether you have a small group looking to start your own location, or are interested in serving at an existing location, we would love to get you plugged in! Please contact Nancy Pickard, our Supper Club Program Manager, to find out how you can get started.