Virtual and Remote Volunteer Opportunities
with local United Ways and Other Organizations

Volunteer Service	Project Name	Project Description	Link to Project Example or Resource
Remote	Kits	Kits of materials designed for specific populations are easy to assemble at home. Create hygiene kits for individuals who are homeless or in transition, financial literacy kits for kids, first responder, nurse appreciation, or first aid kits, backpacks for kids in foster care, and more.	https://uwci.galaxydigital.com/need/detail/?need_id=512112
Remote	Activity Kits	Volunteers can create activity kits for families in need to keep them busy while practicing social distancing. Kits may include crossword puzzles, word searches, coloring books or any other activity along with crayons or pens. Volunteers are encouraged to be thoughtful and creative as they assemble their kit.	https://uwci.galaxydigital.com/need/detail/?need_id=511901
Remote	Financial Literacy Kits	Volunteers can assemble Financial Literacy Kits to teach children the value of money and importance of saving.	https://uwsl.my.salesforce.com/sfc/p/#E0000000aafq/a/0L000000CvPo/A1OA5B6h4.giCwmaM9_cPCy7JRRjqdujiHfiHtwABNo
Remote	First Responder Comfort Kit	Volunteers can show their appreication for first responders by assembling First Responder Kits.	https://uwsl.my.salesforce.com/sfc/p/#E0000000aafq/a/0L000000CvPy/gOlrnIOJ.MpTdBvYRSnJfCKNfKbNnZWTYmRyQg6_G.U
Remote	First-Aid Kit	Volunteers can help families feel prepared for an emergency by assembling First-Aid Kits	https://uwsl.my.salesforce.com/sfc/p/#E0000000aafq/a/0L000000CvPZ/pytKOgp66tsJEddJteEknZhQLkOEM98zX8uG3Qb8.60
Remote	Backpacks for Kids in Foster Care	Volunteers can assemble backpacks for kids making a transition to foster care. These backpacks will provide them with the support and love they need at this time	https://uwsl.my.salesforce.com/sfc/p/#E0000000aafq/a/0L000000CvPj/49vy7cZaZcoJQ5JOa.4aYmPF4cQWEXV6.0qIxOBLmXc
Remote	Blessing Bottles	Volunteers can create Blessings Bottles by placing a variety of iitems into a water bottle, such as a pair of socks, a toothbrush and travel size toothpaste, gum and/or any other items of interest.	https://uwsl.my.salesforce.com/sfc/p/#E0000000aafq/a/0L000000CvPk/vRNv4pGS09aa2O4NRiXTb2U6MTa3ISgDYQeNZuLjapM

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Remote	Book-in-a-Bag	Volunteers can decorate a paper lunch bag that holds a child friendly book, reading tips for parents and more. Volunteers will bring a book to life by decorating the lucky bag with our favorite characters and words of inspiration.	https://vsuw.org/get-involved/volunteer/book-in-a-bag
Remote	Diaper Packing	Volunteers can pack diapers in gallon ziploc bags for families in need.	https://uwci.galaxydigital.com/need/detail/?need_id=511905
Remote	African-American and Hispanic Hair Care Kits	African-American and Hispanic hair care items are frequently overlooked when toiletry items are donated. Volunteers can assemble these hair care kits using items from this Amazon Wish List and donate to a local shelter or United Way.	https://uwnefl.galaxydigital.com/need/detail/?need_id=508951
Remote	Animal Shelter Blankets	Volunteers can create no-sew blankets to provide comfort to animals in shelter.	https://uwsl.my.salesforce.com/sfc/p/#E0000000aafq/a/0L000000CvPP/UVSvkX9o5FvNnRADljE.zJQQBvDpwtShxK10ZhPdTaA
Remote	Happiness Jars for Seniors	Volunteers can create happiness jars that will be delivered to seniors in isolation. They can simply write notes of encouragement on small slips of paper which are then placed in a mason jar. Completed jars can be delivered to a local United Way for delivery.	https://www.pinterest.com/pegfitzpatrick/happiness-jar-project/
Remote	Hospital Busy Bags	Volunteers can fill gallon Ziploc bags or a tote with items that will keep a child busy as they're sitting in a hospital waiting room. Bags should be gender neutral but age specific. It's also important to connect with a hospital before shipping or delivery bags to ensure they'll accept them.	https://www.hasbro.com/common/documents/7751EB3039E24EF2BC164FF0CDC1A268/61DCAD14519849DCBCD59DD91B852409.pdf
Remote	Summer Heat Relief Kits	Volunteers can assembly Summer Heat Relief Kits for those experiencing homelessness during the warmer months. Kits include sunglasses, sunscreen, water and other essential items.	https://vsuw.org/get-involved/volunteer/summer-heat-relief-kits
Remote	COVID-19 Emergency Relief Box	Volunteers can assemble Emergency Relief Boxes packed with non-perishable goods which are donated to individuals and families in need.	https://uwsl.my.salesforce.com/sfc/p/#E0000000aafq/a/0L000000CvPK/I5M9wKnx6EmNmeffdXBfrkC_ZU98noZ3bhn.BYszeoA

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Remote	Shoebox Project	Volunteers can assemble personal care and basic need items to the most vulnerable residents.	http://www.volunteersanantonio.org/_landing/covid-19-community-service-opportunities/
Remote	Encouragement Bookmarks	Make and donate bookmarks with words and designs that will encourage young readers.	https://vsuw.org/get-involved/volunteer/encouragement-bookmarks
Remote	Nurse Appreciation Kit	Volunteers can show their appreciation for nurses on the frontline by assembling Nurse Appreciation Kits.	https://uwsl.my.salesforce.com/sfc/p/#E0000000aafq/a/0L000000CvPU/uygpBd5uSSQp7TZLAajPal7yuRoKdZQE829pFly6CTs
Remote	Owl Banks	Volunteers can create owl banks that will help teach children the basics of saving. They can be donated to free meal sites to accompany a meal children are receiving or local family shelters.	https://assest-vsuw-webite.s3-us-west-2.amazonaws.com/files/Owl_Bank_Engagement_Flyer_Final.pdf
Remote	Plastic Bag Mat for Homeless	Volunteers can create mats for the homeless by repurposing plastic grocery bags. This is an eco-friendly project for families to complete together.	https://vickiehowell.com/plarn/
Remote	Repurposed T-Shirts	Volunteers can use this time to sort through clothing, specifically t-shirts, that can be donated. T-shirts can easily be created into reusable bags which can be donated along with children's books or health and hygiene products for those in need	https://assest-vsuw-webite.s3-us-west-2.amazonaws.com/files/Dog-Toy-Flyer-2.pdf
Remote	Rock It with Kindness	Children and adults alike can paint rocks with positive messages and leave them along walking trails, in parks, etc. for others to find.	https://modpodgerocksblog.com/rock-painting-ideas/
Remote	Senior Welcome Bags	Senior Care Bags are assembled packages of items which seniors may find useful to make their daily life easier. Volunteers can assemble care packages which include toiletry items, jar openers, non-slip socks, sugar-free candy, tea and other items. Completed care packages can be donated to local nursing homes or United Way.	https://uwnefl.galaxydigital.com/need/detail/?need_id=509091

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Remote	Smile Signs	Volunteers can spread cheer around their neighbhorhood by creating Smile Signs which are placed in a neighbor's front yard.	https://www.ksnblocal4.com/content/news/Local-business-sells-yard-signs-to-make-neighbors-smile-569775731.html
Remote	Trash Bag Bundle	Volunteers can bundle trash bags for individuals in need. This activity will help an organization remain stocked when families visit.	https://uwci.galaxydigital.com/need/detail/?need_id=511904
Remote	T-shirt Dog Toys	Volunteers can repurpose an old t-shirt by creating a dog that to be distributed at local animal shelters.	https://assest-vsuw-webite.s3-us-west-2.amazonaws.com/files/Dog-Toy-Flyer-2.pdf
Remote	Community Clean-Up/Plogging	Volunteers can help keep neighborhoods clean. Whether a volunteer is "plogging" alone or with others (at a safe distance), they can make a difference by spending a few hours picking up trash (with washable or disposable gloves on) in a neglected area.	https://uwsl.my.salesforce.com/sfc/p/#E0000000aafq/a/0L000000CvPQ/QAsHkI.pmgzybfmBCRtWM4zuWHxPGaNRMPA091cyKHs
Remote	Health and Hygiene Donation	Collect health and hygiene items such as toothpaste, hand sanitizer, body wash, toilet paper and other items. Coordinate with your local United Way to identify organizations in need.	https://uwci.galaxydigital.com/need/detail/?need_id=512112
Remote	COVID-19 In-Kind Supplies Needed	Volunteers can provide individuals in need with in-kind donations. Examples include diapers, hygiene items, food, computer equipment and more.	https://unitedwaydenver.org/wp-content/uploads/2020/03/List-of-Nonprofits-Needing-Supplies-COVID19-Relief-Mile-High-United-Way.pdf
Remote	Household supplies for Refugee & Asylee Families	Volunteers can help provide household supplies for refugee, asylee and immigrant families who are experiencing financial uncertainty now.	https://volunteer.uwkc.org/need/detail/?need_id=508901
Remote	Housing Wish List	Volunteers can assemble kits/care packages for families in need. Kits include emergency items, kitchen items, cleaning supplies, hygiene items, and more	http://www.horizonhouse.cc/wishlist/
Remote	Meal Delivery	Volunteers can support non-profit partners with their meal delivery service by dropping food off at the homes of isolated seniors.	

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Remote	Non-Perishables Donation	Food pantries are restocking their pantries for those in need. Coordinate with your local United Way to identify food pantries seeking donations.	
Remote	Family Food Box	Gather non-perishable ingredients for one of your favorite recipes and put them in a box with the recipe and an encouraging note to go to a family in need.	https://assest-vsuw-webite.s3-us-west-2.amazonaws.com/files/Share_the_Love_Flyer.pdf
Remote	Teaching Kids about Budgeting	Volunteers can create Owl banks to help teach children the basics of saving. They can be donated to free meal sites to accompany a meal children are receiving or local family shelters.	https://assest-vsuw-webite.s3-us-west-2.amazonaws.com/files/Owl_Bank_Engagement_Flyer_Final.pdf
Remote	Make Masks and Gowns	Volunteers can make masks to allow healthcare workers, nursing home residents and everyday citizens to protect themselves and others, and make gowns to help refurbish supplies at hospitals.	https://www.volunteermtc.org/need/detail/?need_id=509593
Remote	Soldiers Angels	Volunteers can write notes of gratitude to service members, post 9/11 wounded veterans and military families.	http://www.volunteersanantonio.org/_landing/covid-19-community-service-opportunities/
Remote	Cards for Seniors	Volunteers can create homemade cards which can be donated to seniors, paired with a meal delivery, or shared with a neighbor in need.	https://uwsl.my.salesforce.com/sfc/p/#E0000000aafq/a/0L000000CvPL/bs.wMkU_P_v18ZhjNI_Iw32P4u3wggH9f.KsPXCD9Rg
Remote	Positive Cards for kids	Volunteers can make cards that are delivered to families who receive dinner through a curbside meal program	http://unitedwaymc.galaxydigital.com/need/detail/?need_id=511915
Remote	Love for the Elderly	Volunteers can write notes of encouragement to isolated seniors across the globe.	
Remote	UW Civic Leader	Volunteers can find their polling place, learn what is on the ballot, make a plan to vote, and share their civic engagement pride.	https://www.unitedway.org/get-involved/take-action/civic-engagement/vote-united
Remote	COVID-19 Volunteer Groups	Volunteers can sign up to support a United Way on projects that will require a small group to support on short notice.	https://www.unitedwevolunteer.org/need/detail/?need_id=509099
Remote	Covid-19 Volunteer on Call	Volunteers can sign-up to be on call to support as needed during the pandemic.	https://www.handsonrva.org/opportunity/a0C1J00000IoH4bUAF

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Remote	Locker Poster	Make inspirational posters to hang inside student lockers to start their day off on a positive note when school is back in session.	United Way of Central Maryland
Remote	Power Pack	Volunteers can assemble nutritious Power Packs for children. Gallon-size plastic bags will include snack items like granola bars, fruit cups and crackers along with a note of encouragement.	https://www.uwpc.org/featured-projects
Remote	Senior Bags	Volunteers can assemble Senior Bags which include items like Barilla pasta microwavable meals, cans of soup, tuna/cracker go lunches, microwavable rice and pasta dishes, breakfast protein shakes, pudding cups, breakfast bars, snacks, jam, etc. All non-perishable.	United Way Halton & Hamilton
Remote	Period Promise Menstrual Hygiene Kits	Create menstrual hygiene kits to be shared with agencies serving those in need of period products	United Way Halton & Hamilton
Virtual	211 Call Center	Volunteers answer Virtual calls at home from people calling 211 for food and other resource assistance.	https://volunteer.unitedwaydenver.org/event/173815-211-Call-Center-Virtual-Volunteer-Opportunities-GENERAL-SUPPORT
Virtual	211 Promotion	211 is a free, confidential referral and information helpline and website for individuals in need. United Way will provide materials to encourage volunteers to promote and post on their social media platforms to spread awareness of this service during this challenging time.	http://211.org/
Virtual	Calling Homebound Seniors	Volunteers can conduct safety well-checks to isolated seniors	http://unitedwaymc.galaxydigital.com/need/detail/?need_id=508061
Virtual	Kindness Calls	Volunteers make Virtual calls to homebound seniors and other vulnerable populations. United Way pairs volunteers with people in need of reminders and comfort during this time of isolation, and provides instruction.	http://unitedwaymc.galaxydigital.com/need/detail/?need_id=508061
Virtual	Virtual Bank	Volunteers can be part of a Virtual bank to connect individuals with critical resources during this uncertain time.	https://volunteer.uwkc.org/need/detail/?need_id=511186

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Virtual	Virtual Buddies	Student volunteers can call isolated seniors to check-in and provide support	https://uwci.org/Virtual-buddies-connecting-students-and-seniors-during-covid-19/
Virtual	Disaster Dispatcher	Volunteers can support fire departments, fire/police dispatch or emergency managemement by making Virtual calls to activate disaster responders. Volunteers can also send notification text messages among other duties.	http://www.volunteeryourtime.org/need/detail/?need_id=511287
Virtual	Career Readiness	High school and college age students can submit questions regarding professional development/career readiness to an online platform which is then shared with working professionals. Volunteers will have a designated period to respond to questions which are then shared with students. All users will remain anonymous on the platform.	
Virtual	Engaged Citizen	Make sure you are registered to vote! Find your polling place and what is on the ballot, make a plan to vote, and share your civic engagement pride. Get started here: https://www.unitedway.org/get-involved/take-action/civic-engagement/vote-united	https://www.unitedway.org/get-involved/take-action/civic-engagement/vote-united
Virtual	Engagement Volunteer	Volunteers can support the American Red Cross or other non-profit organizations in wellness check-ins with volunteers on the ground.	https://unitedwayofeastcentraliowa.galaxydigital.com/need/detail/?need_id=514178
Virtual	Gift Cards Donation	Volunteers can help people keep their jobs by purchasing gift cards to local small businesses. Gift cards can be donated to local United Ways who will share with individuals in need after businesses reopen.	
Virtual	Support United Way Covid-19 Response and Recovery Fund	United Ways across the country have set up a Covid-19 community response and recovery funds to help communities during this pandemic. Consider donating to your local United Way's fund or to United Way Worldwide's fund here:	https://www.unitedway.org/recovery/covid19

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Virtual	Random Acts of Kindness	During this uncertain time, individuals are encouraged to perform a random act of kindness and post about it on social media. Through this effort, United Way hopes to spread positivity and lift people's spirit.	
Virtual	Thank a Health Care Worker Video	Now more than ever, healthcare workers are putting themselves in high risk situations to help us, our families, and our communities. Volunteers can create brief videos thanking these individuals which will be shared through our healthcare and public health partners.	
Virtual	Virtual STEM Demo	Volunteers can record themselves demonstrating a simple science experiment for children to watch. Materials used will be common household products so that children may try the experiments at home on their own. Volunteers should ask fun, thought provoking questions that children can answer after the experiment. An answer key will be provided by United Way Worldwide	https://volunteer.unitedwayinc.org/aem/corp/need/?doc_id=5884&need_id=508930&key=12d3eaa03b02752bc12d809665fe8ab0
Virtual	Read Aloud	Volunteers can help children develop literacy skills and a love of reading by participating in a virtual Read Aloud. Volunteers make their own videos to share with local United Ways, who will pass them on to elementary schools and youth serving organizations.	https://uwci.galaxydigital.com/virtual-storytime/
Virtual	Vello	Vello is an innovative, 1:1 tutoring program from United Way that matches tutor teams with local classrooms for guided reading support. With the recent transition to students learning from home, Vello is still able to mobilize passionate professionals to tutor students in reading through a safe and secure digital setting. Together, students and tutors read e-books using simple screen sharing and audio.	http://www.vello.org/
Virtual	Teach a Topic	Many organizations are seeking individuals who can share expertise on a variety of topics to support those seeking employment, to keep isolated seniors engaged, to help children see career paths or learn about a subject. Volunteers can record a brief video sharing information or can work with United Way to teach a virtual class.	

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Virtual	Virtual Book Drive	Volunteers can order news books online from local bookstores which will then be donated to local United Ways to share with children in need.	
Virtual	Virtual Skills-Based Volunteering	Volunteers will identify specific skills they would be willing to share and United Way will connect the volunteer to an organization in need of this skill. Volunteers will work with the organization to discuss the challenge, brainstorm, and work to provide a solution.	
Virtual	Virtual Internship	Volunteers can engage high school or college age students by creating virtual internship opportunities.	
Virtual	Virtual Tutor	Volunteers can serve as virtual tutors and mentors for students between K and 12th grade who need support during this uncertain time.	
Virtual	Virtual VITA	Volunteers can support a virtual VITA program while in-person VITA sites are closed.	https://www.yourunitedway.org/tax/vita/virtual-vita/
Virtual	Virtual Refugee and Immigration Services	Volunteers can work with refugees and immigrants to improve their English speaking, reading and writing, review the 100 civics questions, and to check-in, among other responsibilities.	https://volunteer.unitedwaygmwc.org/need/detail/?need_id=512097
Virtual	Digital Technology Coaching	As libraries are transitioning to online programs, classes and workshops, they are seeking volunteers who can help bring these programs into people's homes. Coaching would be for teachers and students.	http://volunteer.uwri.org/need/detail/?need_id=512648
Virtual	Translation	Volunteers fluent in a particular language can offer their services to communities in need.	https://www.unitedwaymerced.org/language-care
Virtual	Fundraising Strategist and Manager	Volunteers can help reach out to donors and supporters who are willing to be part of an online fundraiser tha they create.	https://www.stlvolunteer.org/opportunity/a0C0L00000cXPloUAG
Virtual	Grant Writer	Volunteers can assist in identifying funding resources and developing and writing grant proposals that communicate a non-profits mission and programs to potential funders.	http://volunteer.uwri.org/need/detail/?need_id=237514

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Virtual	Career Fair	Volunteers can record videos of themselves discussing their career path, details about their job, teaching a topic or describing a particular skill-set that is needed for a job. Videos will be compiled and used for a virtual career fair to be shared with non-profit partners. This project can also occur live via Zoom or Skype.	
Virtual	Case Manager	Volunteer Case managers can work with individual families on navigating resources and educational programs.	https://www.rheaunitedway.org/
Virtual	Mock Interview and Resume Review	Volunteers can assist job seekers in need through practice interviews. Volunteers will ask real interview questions and provide feedback for improvement and will also review resumes and cover letters. Volunteers can also provide guidance on how to dress for an in-person or online interview as well as other tips for success.	https://docs.google.com/forms/d/e/1FAIpQLSefZoHqUhlDYW2ClykOh-rheUAjYRb0ixo1q8ohbzDJl4GMyw/viewform
Virtual	Musician	Volunteers can record themselves playing a musical instrument which will be sent to residents at their local memory care facilities, including hospice, to share their talent with those who need it most.	http://rhvc.galaxydigital.com/need/detail/?need_id=178119
Virtual	Homework Helper	Volunteers can offer homework help online through their local public library	https://www.dclibrary.org/research/homework
Virtual	Nonprofit Consulting	Volunteers will identify specific skills they would be willing to share and United Way will connect the volunteer to an organization in need of this skill. Volunteers will work with the organization to discuss the challenge, brainstorm, and work to provide a solution.	
Virtual	Help an Immigrant	Volunteers can work remotely with recent immigrants to improve their English speaking, reading and writing skills, and review 100 civics questions.	https://volunteer.unitedwaygmwc.org/need/detail/?need_id=512097
Virtual	Professional Skills Training	Professional Skills, also known as soft skills, are critical to success in careers and in college. Volunteers can assist with instruction in valuable skills such as communications, problem solving, critical thinking, planning, responsibility, flexibility, teamwork and leadership	http://rhvc.galaxydigital.com/need/detail/?need_id=124355

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Virtual	Peer/Family Support Groups	Volunteers can provide support to those living with mental illness or those caring for someone with mental illness during this unusual time.	https://vcstory.galaxydigital.com/need/detail/?need_id=509515
Virtual	Kids Cooking	Volunteers can demonstrate nutrtious meals that kids can make while at home.	https://www.youtube.com/playlist?list=PLzrcsLpeHEt5auAUewLXTjoNQfcqtQavu
Virtual	Language Classes	Volunteers can assist with virtual langague education by supporting curriculum development, online learning instruction, remote mentorship and tutoring of students.	https://www.uwhampshire.org/covid-19-opportunities/2020/3/17/ili
Virtual	Write a Note	This project is a virtual volunteer activity that allows individuals to write a note online to a middle school student. This is ideal for any remote employees who might not be able to engage in other volunteer activities. United Way will vet and print out the notes and have them delivered to a shool or youth serving organization.	https://www.volunteermtc.org/need/detail/?need_id=510992
Virtual	Virtual Pen Pal	Volunteers can write a letter, poem, or create a drawing to send to someone in need.	https://volunteer.unitedwaydenver.org/event/173788-Virtual-Volunteerism-Virtual-Pen-Pal
Virtual	Virtual Group Card Making	Volunteers can gather virtually for a video conference call to learn more about a local United Way, the difference that is being made during the pandemic, and ways in which volunteers can give back. The call will end with writing virtual letters of encouragement.	https://volunteer.unitedwaydenver.org/event/173927-Virtual-Group-Volunteer-Opporutnity
Virtual	Healthcare Heroes	Volunteers can show their appreciation for healthcare workers by writing a note of encouragement online.	https://secure.unitedwaygmwc.org/community/comm/SurveyNE.jsp?SurveyKeyHex=5F6F5A3D6165343351317E3E

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Virtual	Home and Neighborhood Advocacy	Volunteers can print and place a flyer from United Way providing information on 211, a free, confidential referral and information helpline and website for individuals in need, in outdoor public spaces in their community. They can also share information digitally in hopes of spreading awareness of this service.	
Virtual	Digital Advocate	Change begins with engaged citizens who voice their priorities and concerns to local, state and federal policymakers. Read about the public policy issues on which United Way focuses. https://www.unitedway.org/our-impact/work/public-policy Tell Congress to pass Coronavirus Relief for those most in need.	https://www.unitedway.org/get-involved/take-action/call-senate-now-coronavirus
Virtual	Talent Show	Volunteers can submit short videos of themselves, family or friends showcasing their talent! Entries can include singing, dancing, pet tricks, comedy and more. Videos submissions will be edited to create a talent show DVD that local nursing homes can play for their residents.	United Way of Roanoke Valley
Virtual	Career Day	Volunteers can record videos to show their typical workdays and path to getting there. Videos to be shared with students in the local school district.	United Way of Metropolitan Dallas
Virtual	Virtual Route Delivery	Volunteers receive a "route" of multiple clients that normally receive meals daily and have a chance to tell VNA Meals on Wheels of any current needs. Volunteers are able to make these calls to provide information and create a connection for those in need.	United Way of Metropolitan Dallas
Virtual	Mental Health Awareness Video	Help raise awareness for mental health by creating a video on behalf of your workplace!	United Way Halton & Hamilton
Virtual	Panel Speaker	Skilled and passionate volunteers to lead or be a panel speaker on a webinar series for frontline staff supporting familes during COVID-19.	United Way Bay Area