

Overnight Volunteers



Overview

Overnight volunteers are asked to arrive at Alpha House around 8:30pm. This is typically a time of transition for our families. Activity volunteers may be leaving and parents will be putting children to bed, beginning their chores, and preparing for the next day. The two primary responsibilities of the overnight volunteer are to assist parents and staff with making sack lunches for the following day and to be available to help in case of an emergency during the night. There is always a staff member on duty who will assist you throughout the evening and in the event of an emergency. After lunches are made, please feel free to hang out in the common areas and chat with parents before going to bed.

Overnight volunteers spend the night in a private room equipped with a comfortable twin bed, phone, alarm clock, and small television. You do not need to bring any bedding with you. Alpha House has plenty of sheets, blankets, and pillows. However, you are welcome to bring linen or a sleeping bag from home if you would like. There is a restroom located near the overnight volunteer room. However, Alpha House does not have shower facilities for volunteers. Typically, overnight volunteers leave around 7am (earlier if needed). Please let the evening staff know if you need a wake up call in the morning.

Thank you for your time, energy, and service to Alpha House families. Know that you made a difference even while sleeping!

Volunteer Responsibilities

- Please sign-in at the front desk and make a nametag.
- Check in with the Evening Host or staff member and let them know if this is your first time volunteering at Alpha House.
- Offer assistance/back-up to parents as needed (i.e. by reading, talking, holding children while parents get other children ready for bed).
- After children are in bed at 9:00 p.m., help staff set lunch food out for parents to prepare lunches for the next day. Lunch foods are located in the kitchen refrigerator and pantry.
- Parents typically make lunches for themselves and their children. However, please be willing to assist a parent in making several lunches, but only if the parent asks.
- Be available to retrieve food items from the kitchen.
- Hang out in the common areas and provide an open ear if a parent wants to talk. Feel free to read the paper or a magazine. Be yourself and relax.
- You may go to bed anytime after 10 pm. The staff will assist you with your overnight bedroom. If you need to leave in the morning before 7 a.m., please feel free to do so.
- If there is an overnight emergency, a staff member will wake you and ask you to staff the front desk while they handle the problem. If necessary, other shelter staff will be called to assist.

Questions, concerns, ideas? Please don't hesitate to speak with a staff member, your Congregation Coordinator, or contact Heidi Beck, IHN Volunteer Coordinator!