



Family Center is a year-round emergency shelter that serves nine families in San Rafael. Opened by Homeward Bound of Marin in 1974, the center includes on-site staff, food assistance, help with job and housing search, and wraparound services to support families as they move from crisis to stability.

Volunteer Opportunity:

Make a Meal for Families -- We're looking for volunteer teams (i.e., school or service groups, teams of friends or colleagues) to provide an evening meal on Wednesdays for 20 people, including five or more children. There is a regular Wednesday night house meeting and parents have limited time to cook, so a home-cooked meal from volunteers is a big help!

What we need:

- 1 protein dish (chicken, beef, turkey, fish – around 7 lbs. total)
- 1 vegetable side dish (i.e., grilled vegetables, green bean casserole, sauteed carrots)
- 1 comfort food dish (i.e., macaroni & cheese, mashed potatoes, pasta salad) **OR 2 vegetable dishes and omit the comfort food**
- Salad greens with simple dressing
- Two dozen cookies or light dessert
- 1 gallon juice or milk

How it works:

- Meals must be made off-site (i.e., your home or school kitchen)
- Drop off at the Family Center between 1:30 and 4:30 p.m. on Wednesday
- If you'd like to set the table and serve, arrive later around 6 p.m. to prepare for dinner to be served about 7 p.m.

Your work will support parents and children working to create lasting positive change and break the cycle of poverty. Thank you for your interest in getting involved with this vital safety net program!

For details, contact Andrea Rey, Volunteer Coordinator, at arey@hbofm.org or 415-382-3363, ext. 212. Visit www.hbofm.org to learn more.

**Family Center -
430 Grand Ave., San Rafael, CA 94901**

