



Become a
**GREEN
THUMB**
Volunteer

Take a Break in the Dirt

Call 412-369-HOPE(4673) or email
lisa@hopegrows.net
for further information
and training dates.



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Gardening in the DIRT with a Child becomes REST for a family! 'Take A Break in the Dirt' and become a 'Green Thumb' volunteer

What is 'Take a Break in the Dirt'?

'Take a Break in the Dirt' is a volunteer respite care program provided through Hope Grows.

What is respite?

Respite is "temporary relief for family caregivers from the ongoing responsibility of caring for an individual of any age with special needs" (Tipler, 2010).

How does respite work with the program, 'Take a Break in the Dirt'?

The volunteer spends 2-4 hours once a week for 6 different scheduled times with a child with a disability to give the family caregiver (parent's) the gift of time.

Where will I volunteer?

The programming for the 'Take a Break in the Dirt' location for each season will be held in different locations. Check our website or contact us for the details. The volunteer will travel to the location of the garden.

Who will I be spending time with?

The children involved with the program may include but not limited to autism, mental and physical disabilities, developmental and intellectual disabilities, and other neurological impairments.

As a volunteer, what will I do?

You will be involved with demonstrating and working side by side with the child(ren) in the adaptive gardening program, helping the child with successful growing and achieving a 'green thumb'. Ratio of volunteer to child is 1:1 or 1:2.

Do I need experience with gardening?

No gardening experience is necessary. An interest for being in nature and digging in the dirt is required and the interest in planting seeds so that hope can grow for families and their children.

Who volunteers for the 'Take a Break in the Dirt'?

Volunteers are adults over the age of 18 along with college students who are interested in making a difference in the life of a child and their family.

How do I become a 'Green Thumb' volunteer?

A prospective volunteer requires no prior experience with children with disabilities. Volunteer must be over the age of 18, complete a screening/interview process, reference checks, background clearances, CPR training, and volunteer training. Hope Grows pays for costs for clearances and training materials.