

# Frank D. Lanterman Regional Center

## KYRC Koch-Young Resource Center

### Get Involved

The Koch-Young Resource Center relies on a strong base of volunteer leadership and support to effectively serve the needs of our clients, families and community. We have many volunteer opportunities for individuals with disabilities, their families and local community members.

### What can I do to help?

#### **Family Support**

- Start a play group
- Become a trained Sibshops facilitator
- Bring refreshments for a support group
- Become a support group facilitator
- Organize/assist at a social event for children, teens or adults with special needs
- Become a Peer Support Partner
- Help with Welcome Calls

#### **Resource and Information Packets**

- Help assemble resource and information packets
- Make copies of flyers and resource materials

#### **Workshops and Conferences**

- Volunteer at a workshop (i.e. registration, check-in, set up, clean up, etc.)
- “Staff a booth” at one of our public awareness events

#### **Library**

- Volunteer to reshelve books
- Volunteer to read at a children’s story time
- Read and review a book or video

### How to Become a Volunteer

If you’re interested in becoming involved with Lanterman and the Resource Center, and sharing your time and talent, contact our Human Resources department at [hr@lanterman.org](mailto:hr@lanterman.org) or [213.252.4926](tel:213.252.4926).

*Your time spent volunteering makes a difference in the lives of people with special needs.*