

Why volunteer at the Fairfield PAL program?

Why should you volunteer at PAL? Because our program is uniquely structured to address the needs of Fairfield youth and it can make **YOU** healthier!

Volunteering at PAL

- Provides an **invaluable service to the community** – no matter what you do as a volunteer, you make the program and our community stronger.
- Offers **personal and professional enrichment** – in fact, some volunteers can even enroll at Solano College and receive academic credit!
- Is good for your health and happiness! Those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer!

Volunteer Activities:

- Lead workshops and classes—students have requested workshops on photography, skin care, poetry, bead making, drama, dance, DJ classes, microwave cooking, web design, college financial aid, and more!
- **Provide one-on-one and group tutoring Mondays-Thursdays between 3pm-7pm (we need help with algebra, Spanish and Geometry!)**
- Assist staff with advanced program planning; soliciting for donations, help maintain a scholarship and financial aid binder, facility maintenance and more!
- Coach and referee basketball teams at the 2 on 2 Tuesdays or 3 on 3 Thursdays games
- Coach outdoor soccer

Volunteers play a very important role at the Fairfield Police Activities League. To ensure that everyone gets as much support as possible, the following steps are required for anyone wishing to volunteer at PAL.

1. Please complete a volunteer application (including the supplemental questionnaire) and the standard city program waiver. *These forms may be downloaded from our website—but may only be returned at the monthly volunteer screening on the second Wednesday of each month from 4-7pm.*
2. Please complete a City of Fairfield fingerprint check at the Fairfield Police Department.
3. Attend a 1 hour volunteer welcome orientation at the center and schedule a shift of your choosing.

Important Dates and Details

The Fairfield Police Department, along with the PAL Volunteer Committee conducts volunteering screenings the second Wednesday of each month from 4pm – 7pm at the Fairfield Community Center. After we receive clearance from the Department of Justice, we will contact you to find out how you would like to proceed.

Thank you for your interest! We cannot wait to work with you!