

OPPORTUNITIES MENU

Inspiring girls to be strong, smart, and bold

Prepared by:

SHELBY THAYER

VOLUNTEER COORDINATOR

VOLUNTEER@GIRLSINCOMAHA.ORG

VOLUNTEERING AT GIRLS INC.

Start a sports club, run a workshop, challenge our girls to a hula hooping competition, play Just Dance, build rockets...



...the opportunities for volunteers are endless here at Girls Inc. of Omaha! For individual volunteers we offer a variety of different volunteering opportunities that will fit with your schedule. Below are some examples:



Homework Room: 3:30 PM – 6 PM

One-on-One Tutoring: 4 PM – 6 PM

Reading and Literacy: 3:30 PM – 6 PM

Programming Assistance: 5 PM – 6 PM

Dinner Assistance: 6 PM – 7 PM

Housekeeping/Organization: 10 AM – 7 PM

Mentoring Department: Possible hours provided upon request

ENGAGING GIRLS THROUGH STEM

Did you know 89% of Girls Inc. girls find science or math to be interesting? In fact, some of our girls even find that their science and math classes in school are too easy! That's where we come in. Girls Inc. of Omaha is dedicated to letting our girls explore the vast and ever-changing world of STEM (Science, Technology, Engineering, and Math). With activities like building rockets, growing fresh lettuce in our aquaponics lab, and programming robots to go through obstacle courses we make sure our girls are never bored and always inspired.



GET INVOLVED

Are you a biology major? Computer science enthusiast? Work for an engineering firm and want to inspire our girls? Girls Inc. of Omaha engages our girls in STEM programming regularly and has a variety of programming lessons and clubs that can use volunteers.

Contact Shelby Thayer, volunteer coordinator, at volunteer@girlsincomaha.org to discuss coming and aiding with our current programs OR if you would like to come in as an organization and create your own program.

INSPIRING OUR GIRLS TO BE STRONG

As part of our mission, we at Girls Inc. focus on engaging our girls through healthy living curriculum and athletic opportunities so our girls can put the strong in strong, smart, and bold.



SPORTS AND NUTRITION VOLUNTEER OPPORTUNITIES

- Help coach one of our teams
- Run your own sports club
- Join us for programming and get crushed by our girls in kickball
- Make a healthy yogurt parfait in our teaching kitchen
- Do a yoga workshop
- Harvest eggs from our chicken coop and teach our girls how to make an egg white omelet
- Play Just Dance on the projector until you can't feel your legs anymore



VOLUNTEERING AS A GROUP

If your organization, service learning group, or group of friends are looking for an opportunity to give back to the community while having (sometimes too much) fun then Girls Inc. of Omaha is here for you!

GROUP IDEAS

Girls Inc. of Omaha currently partners with several different organizations around the Metro, including Omaha Girls Rock, Mutual of Omaha, the African Cultural Connection, and more! Use your group's skills and professional experience to teach our girls and have fun!

- Teach a skill or lead a craft
- Be a reading buddy and come help our girls develop their literacy in our library
- Help our teens learn how to make a rockin' resume
- Organize closets and enjoy some peace a quiet
- Teach a group cooking class and help our girls learn about the food groups
- Clean out garden beds and enjoy the sunshine (and get a chance to meet our chickens!)
- Come up with your own idea! We are always happy to hear about what you, our volunteers, want to do for our members



PROGRAM PARTNERS

Represent your organization and inspire our members.

Here at Girls Inc. we have program partners for a variety of age groups and who offer an assortment of different programming opportunities for our members! If your organization would like to come lead a weekly program please contact:

MS. EMILY MWAJA
DIRECTOR OF PROGRAMS
EMWAJA@GIRLSINCOMAHA.ORG
(402) 457-4676

MENTORING

Play a valuable role in one of our member's lives.

Our mentors provide guidance, support, and FUN experiences for our girls outside of our Girls Inc. facilities. Play laser tag, see a play at the Rose Theatre, watch your favorite TV show together-there are endless possibilities when it comes to connecting with your mentee! If you are looking for an opportunity to connect with a girl one-on-one please contact:

MS. LAURA BONNETT
MENTORING COORDINATOR
MENTORING@GIRLSINCOMAHA.ORG
(402) 457-4676 EXT. 1110

INTERNSHIPS

Give our members meaningful, professional experience.

Would you consider providing an internship or externship opportunity for one (or more) of our members at your workplace? Our Eureka! girls are seeking summer placements to develop professional skills and to learn more about their career interested, especially in the field of STEM.

MS. EMILY WILSON
EUREKA! COORDINATOR
EUREKA@GIRLSINCOMAHA.ORG
(402) 457-4676 EXT. 1217

OTHER WAYS TO GET INVOLVED

Not enough time in your hectic schedule to volunteer or mentor?
That's okay!



Girls Inc. of Omaha has other ways you can help us inspire girls to be strong, smart, and bold.

girlFRIENDS Guild

girlFRIENDS is a volunteer guild dedicated to supporting Girls Inc. of Omaha in their efforts to inspire all girls to be strong, smart and bold, through fundraising, friendraising, and advocacy.

JOIN: <https://girlsincomaha.org/membership/>
FB: <https://www.facebook.com/groups/56946137518/>
Email: girlfriends@girlsincomaha.org

Donations

Whether it's a donation of yarn to our craft room, board games for a rainy day, or a monetary donation for programming and opportunities for our girls, every donation is cherished and appreciated by our staff, our girls, and our community.

Please visit <https://girlsincomaha.org/donate/> to view our organization's wish list or make a monetary donation.