



Building Healthier  
*Communities*

2031C Hospital Drive  
Sedro Woolley, WA 98284

## VOLUNTEER OPPORTUNITY

United General District 304 (District 304) is a public hospital district in Skagit County, Washington with a goal of building healthier communities through six pillars of health and wellbeing: Active Living, Community & Professional Education, Engaged Youth & Communities, Healthy Eating, Thriving Children & Families, and Stewarding Assets & Opportunities.

Located in scenic Sedro-Woolley, District 304 is a dynamic organization with an extensive history of connecting people and communities with best-practice health promotion and prevention programming. Our programs, staff, and volunteers seek to uphold our core values of compassion, collaboration, innovation, equity, and excellence. Learn more about how we are building healthier communities at [www.UnitedGeneral.org](http://www.UnitedGeneral.org).

Volunteers play a unique and important role in delivering quality services and programs to the community. District 304 is committed to providing safe, attainable, and meaningful positions for all volunteers. We value having a diverse group of volunteers related to experiences with grief as well as gender, age, race/ethnicity, sexual orientation, and education.

**Position Title: Volunteer – Rooted: Grieving & Growing Together program (bereavement)**

### Position Overview:

Volunteers offer support for children, teens, and adults who are grieving a death or loss. In alignment with the principles of the program and under the direction of a District 304 staff member, Volunteers foster a safe space for children and teens to grieve and be in community with other grievers. By offering activities, guiding conversations, and being present with grievers, volunteers allow kids and families to move through their unique grief journey and healing process.

Most volunteers have personal experiences with loss and desire to give back; due to the sensitive nature of this peer support, it is recommended that individuals wait at least one year after the death of a loved one or another significant loss before volunteering.

### Primary location:

- Heartwood House, located at 2136 SR 20, Sedro-Woolley, WA 98284 and owned by United General District 304.
- Occasionally, other facilities in the community may be used for Rooted programming to accommodate group sizes or other considerations.

### Time Commitment:

- We ask facilitators to make at least a three-month commitment to help create safety and continuity for the children and families being served.
- Programs meet with youth and families seasonally on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month for 90 minutes, plus additional time for setup and cleanup. The minimum time commitment to serve as a facilitator is approximately four to eight hours per month.
- Other program support roles may be available, with time commitment and scheduling mutually developed and agreed upon.

### **Responsibilities and Duties:**

- Complete volunteer training, application, and program orientation. The three-hour training is held at least once per year and is free to people interested in volunteering. Completion of the training does not guarantee a volunteer role.
- Keep commitments (agreed upon volunteer duties/tasks) or communicate changes with District 304 staff in a timely manner.
- Uphold the vision, mission, and policies of Rooted and United General District 304.

### **Qualifications:**

- Must be at least 18 years old
- Current CPR, AED, and First Aid certified within 6 months of start date preferred (possibility of in-house training available)
- Able to pass a criminal background check

### **Volunteer Settings and Conditions:**

- General office environment, program settings, and community functions
- Standard volunteering hours generally occur between 5pm - 8pm with additional volunteer meetings outside these hours.
- Volunteering with children may be physically active, including climbing stairs, sitting on the floor, playing actively, and navigating outdoor spaces/uneven ground

**For questions**, contact Grace Weinrich at [Rooted@UnitedGeneral.org](mailto:Rooted@UnitedGeneral.org) or 360-420-9390.

### **TO APPLY:**

Please visit our website [www.unitedgeneral.org](http://www.unitedgeneral.org) for a volunteer application form located under Contact Us/Join Our Team. Or you can locate the form by clicking the link [here](#). Return your application to [hr@unitedgeneral.org](mailto:hr@unitedgeneral.org).

We look forward to hearing from you!

*The above statements are intended to describe the general nature and level of service being performed by persons with this volunteer position. They are not intended to be an exhaustive list of all associated responsibilities, skills, efforts, or conditions. United General District 304, reserves the right to change, amend, add, delete, and otherwise assign any and all duties, responsibilities, and position titles as it deems necessary to meet the needs of the business.*