



Serving Maine Township Youth  
and their families

**Get involved.  
Make a difference.**

## MAINE COMMUNITY YOUTH ASSISTANCE FOUNDATION

### VOLUNTEER OPPORTUNITIES

*Help with specific tasks, underwrite a program, sponsor an event, be an active contributor or work behind the scenes. If you care about making a difference in our community around issues important to youth, let us know how you can help. Choose from...*

#### ***Social Norms Marketing Campaign***

Create or design posters with positive social norms messages for youth  
Distribute posters to community businesses and/or hang posters in schools  
Facilitate or take notes at youth focus groups or lunchroom surveys  
Create or conduct school staff or parent surveys

#### ***Public Relations Campaign***

Become an ambassador -- speak to local civic groups about MCYAF  
Develop marketing tools and ideas  
Distribute literature at school and community events on as needed basis

#### ***Quarterly Newsletter***

Write a feature article or guest essay  
Design and format newsletter  
Deliver newsletters to various locations in community  
Print newsletters as an in-kind service

#### ***Parents as Partners***

Assist at middle and high school events - distribute literature, speak to Parent-Teacher Organizations, etc. on behalf of MCYAF  
Man booths at community events such as Taste of Des Plaines/Park Ridge

#### ***Teen Involvement—Do you know a teen who can volunteer time & talent?***

Serve on planning committees for youth input with MCYAF  
Plan teen activities and events  
Create posters aimed at teens for social norms marketing campaign  
Create and manage a blog and/or Facebook page

#### ***Fundraising***

Conduct mailings, solicit donations, track donations, plan fundraising events

#### ***Other***

Computer maintenance (hardware/software), troubleshooting, system backups  
Administrative help: 2-3 hours twice per month  
Short-term action or help

**You CAN make a difference!** Call or email MCYAF Director Margaret Polovchak at (847) 858-7090 or [margaret@mcyaf.com](mailto:margaret@mcyaf.com) with your area of interest.

**Alcohol, Drug and Tobacco Free Youth**