



# CONTACT Altoona

**LISTENING TO BLAIR COUNTY SINCE 1982**

## **BECOME A CONTACT ALTOONA VOLUNTEER TODAY!**

Becoming a CONTACT Altoona volunteer allows you to develop into much more than just yourself; it allows you to become someone's saving grace, a call of hope when they need it most. As a CONTACT Altoona volunteer, you can be the extra arm of support for those in need by helping them navigate the seasons of life, together.

*"The true foundation of Blair County: CONTACT Altoona Volunteers."*

### **Make A Call**

- **Brighten Someone's Day**
- **Provide Reassurance**
- **Be a Medication Reminder**

### **Answer A Call**

- **On Our Anonymous Helpline**
- **Ease Fear, Anxiety, or Grief**
- **Be A Light In The Dark**

## **Become a CONTACT Altoona Volunteer Today and Be A Call of Hope**

Emergencies and specific challenges can arise at any moment. With flexible scheduling and the ease and safety of working from your home, as well as provided in-depth training, your work as a CONTACT Altoona volunteer is never interrupted for you to continue helping those in need. Interested in becoming a CONTACT Altoona volunteer? Call (814) 946-0531 today to get started!

### **CONTACT Altoona Administrative Offices**

2729 Eighth Avenue • Altoona, PA 16602

**Administrative Offices:** 814-946-0531

**Fax:** 814-946-4573 • **Helpline:** 814-946-9050

**PA211:** Dial 2-1-1 • **[www.contactaltoona.com](http://www.contactaltoona.com)**

**[contactoffice@contactaltoona.com](mailto:contactoffice@contactaltoona.com)** • Find us on 

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## **VOLUNTEER OPPORTUNITIES**

CONTACT Altoona's Reassurance and Helpline Programs are staffed solely by volunteers of all ages, skill and education level.

Free, in-depth training is provided to all volunteers prior to answering the call of Blair County residents in need.

### **Qualifications:**

- Must be at least 18 years of age at time of application
- Have a minimum of high-school education or equivalency
- Successful completion of the Initial Training Program
- Successful completion of phone room apprenticeship
- Have not utilized the services of CONTACT Altoona within the past year

### **Essential Skills:**

1. Demonstration of non-judgmental, active listening skills
2. Adherence to the philosophy, policies, and procedures of CONTACT Altoona
3. Expectations
4. Maintain complete confidentiality and anonymity
5. Maintain use of non-judgmental attitude through active listening
6. Volunteer at least 8 hours per month on the Helpline
7. Commit to at least 1 year of volunteer service
8. Commit to continuing education, equaling four in-service events per year

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