



8905 Fairview Road, Suite 300
 Silver Spring, MD 20910
www.seconline.org

VOLUNTEER OPPORTUNITIES

Position	Duties	Time Requirements	Qualifications
Skills Instructor	<ul style="list-style-type: none"> Instruct a class of adults with developmental disabilities in learning professional skills, life skills, or hobbies <ul style="list-style-type: none"> -Professional dress and etiquette -Stress Management -Technology- using apps -Finance- simple budgeting -Cooking -Music/art -Dance 	<p>M-F Between 9am-3pm</p> <p>Class sessions are up to 1 hour long</p> <p>Classes can be held at our Silver Spring location or on-site at your business so we may learn about your work.</p>	<p>Comfortable with presenting and public speaking</p> <p>Ability to relate your knowledge to adults with disabilities</p> <p>Patience, adaptability</p> <p>No teaching experience needed</p>
Speaker Series (Professional Experience)	<ul style="list-style-type: none"> Present insight about your occupation to a small group of job seekers If possible—provide a workplace experience (shadowing, job trails) exploring your line of work 	<p>M-F Between 9am-3pm</p> <p>Sessions are up to 1.5 hours</p> <p>Our Office or yours</p>	<p>Comfortable with presenting and public speaking</p> <p>Able to relate knowledge to adults with IDD</p> <p>Patience, adaptability</p>
Mentor (Job, Financial, or Health)	<ul style="list-style-type: none"> Will be matched with an adult with disabilities who needs supports in the area you wish to mentor (job, finance, health, community engagement) Monthly check-ins with the mentee 	<p>Monthly check-ins with the mentee (In person, phone, facetime, etc.)</p> <p>Flexible</p>	<p>Ability to relate to an adult with IDD</p> <p>Patience, adaptability</p>
Agency Support	<ul style="list-style-type: none"> Videographer for specific projects Photographer for SEEC events Translator (priority: Spanish & ASL) Event/Fundraising Crew 	<p>As needed basis</p> <p>Schedule varies</p>	<p>Experience in the position of interest preferred</p> <p>Confidentiality</p>
Quality Advisory Council Member	<ul style="list-style-type: none"> Helps ensure that people receiving supports from SEEC are living lives of their own choosing and working towards their goals and dreams. 	<p>Quarterly meetings</p> <p>Site visits</p>	<p>Confidentiality</p> <p>Desire to be a positive force for change</p>
Human Rights Standing Committee Member	<ul style="list-style-type: none"> Ensure that policies, programs and activities of SEEC are consistent with the rights and dignities of the people SEEC supports Promoting innovative, quality support services 	<p>Quarterly meetings</p> <p>Staff led</p>	<p>Confidentiality</p> <p>Passionate about the rights of people with intellectual and developmental disabilities</p>

	<ul style="list-style-type: none">• Viewing complaints of human rights violations and actions taken to correct and/or remedy such violations		
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SEEC is a Student Service Learning (SSL) Approved Organization