Thank you for your interest in volunteer opportunities with the Children’s Advocacy Center of North and Northwest Cook County! While we are unable to provide direct client opportunities due to the nature of our work, there are a variety of ways to support the families that we serve. Please note that our limited resources are allocated to direct client care, so we are unable to provide financial support for volunteer projects. If projects are completed off-site, volunteers are responsible for delivery to CAC. Volunteer opportunities are subject to change.

For availability, questions, or to sign up, please contact Taylor Jacob at tjacob@cachelps.org.

**No-Sew Tie Blankets**
We want all children who come to CAC to feel safe and secure, so we provide comfort items like blankets and stuffed animals for them to hold during the forensic interview and take home with them. Volunteers can create blankets off-site or at our Streamwood location.

**Birthday in a Box Kits**
In the midst of a family crisis, it can be challenging to celebrate milestones like birthdays. Volunteers can help by creating kits that include nonperishable, gender-neutral supplies needed for a birthday party such as boxed cake mix, cupcake liners, frosting, plates, utensils, cups, tablecloth, gift wrap and decorations. Boxes can be prepared off-site or at our Streamwood location.

**Theraplay© Kits**
Our therapists work with families to strengthen the bond between caregivers and children. One way we do this is through Theraplay©, a type of therapy focused on building and enhancing attachment, self-esteem, trust, and joy. Volunteers can create kits by placing instructions (found [here](#)) and the necessary materials in a ziplock bag so that families can continue using Theraplay© at home. Kits can be created off-site or at our Streamwood location.

**Calming Sensory Items**
Children and family members may experience difficult emotions during their time with us. We provide a variety of sensory items intended to calm them, such as “calm down bottles”, stress balls, and worry stones. These items can be made individually or packaged into boxes. Volunteers can make items off-site or at our Streamwood location.

**Onsite Volunteering**
Occasionally, we can accommodate groups of volunteers at our Hoffman Estates location to help with general upkeep of the facilities. Tasks may include cleaning and organizing toys, filing, cleaning, or painting.

**Fundraising**
We are happy to partner with individual volunteers or organizations that are interested in hosting a fundraiser to benefit CAC. From lemonade stands to office contests, the options are endless when it comes to hosting a fundraiser. We can provide a toolkit to help you plan and host a successful fundraiser.
Tie Blankets

1. Line up the 2 pieces of fabric evenly.
2. Trim any excess fabric.
3. Cut out 5 inch squares from each of the four corners
4. Cut fringe on all four sides of the blanket
   a. Lay a yard-stick across the fabric, 5 inches from the edge
   b. Every inch, cut from the edge to the yard stick through both layers of fabric to create strips that are 1"x5"
5. Tie the fabric together into double knots around all 4 edges
6. Pull each side the blanket from the corners to stretch it out.
7. Fold the blanket and tie a ribbon around it.
8. Write an uplifting note to the child who will receive the blanket.
Worry Stones

1. Pull off a small amount of 2-3 colors of clay.
2. Push the clay together to form a ball.
3. Roll and twist the clay in your hand to make a 'snake'.
4. Either take your 'snake' and smoosh it together or coil it.
5. Roll it into a ball.
6. Press your thumb into the ball until you have an indentation that you can rub your thumb in.
7. Bake at 230 degrees for 30 minutes.
Calm Down Bottles

1. Use goo gone and a paper towel to remove the water bottle label.

2. Empty ½ inch of water to make room for the glue and glitter.

3. Fill the water bottle with ½ bottle of clear glue. Make sure to pour the glue straight down, being careful not to let the glue hit the sides of the bottle.

4. Choose your glitter and add approx. 1 tablespoon into the bottle. You may add 2 colors if you would like!

5. Shake continuously for about 2 minutes to fully incorporate the glue, water, and glitter.
Stress Balls

1. Roll out playdough into a long, thin line or small, pebble-like pieces
2. Stretch balloon as wide as possible and stuff playdough inside
3. Press the filled balloon to get as much air out as possible and tie it off with a knot
Calm Down Boxes

Place calming items in a plain box with lid. Items may include:

- Worry Stones
- Positive Affirmation Cards
- Breathing Exercise Cards- laminated and held together with a binder ring
- Calm Down Bottles
- Essential Oil Cotton Ball
- Stress Balls
- Coloring Pages
- Yoga Poses
- Coloring Supplies
- Meditation Exercises
- Slime ingredients
- Journals
- List of happy music