



Teen Volunteers (Ages 14-17) Onsite

There are many wonderful ways for teen volunteers to support the families of Ronald McDonald House both onsite and offsite and fulfill school service requirements.



Meal Team (Groups)

Groups of up to 10 with adult supervision are invited to provide a meal for our guests. Groups are responsible for purchasing the food to prepare onsite, serving the meal buffet-style, and finishing with a kitchen cleanup. Dinner, breakfast, and brunch opportunities available! Sign up on the website.

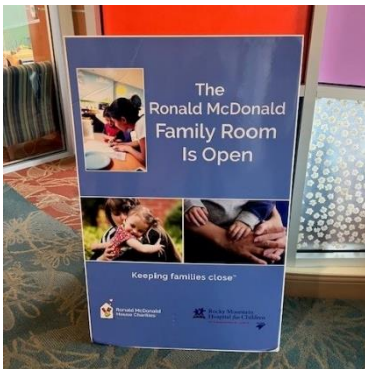
Meal Helper (Individuals)

Assist our Culinary Managers with meal prep from 12-3:30pm or meal service from 5:30-7:30pm when needed. Days vary. Great teamwork skills and familiarity with health and safety kitchen standards desired.



Family Room Volunteer (Ages 15+)

Volunteer in our Family Room located inside the Rocky Mountain Hospital for Children. Family Room volunteers serve as a host welcoming and orienting families to room amenities and ensure a comfortable sanctuary inside the hospital. This position requires a one-year commitment of at least two shifts per month, with flexible scheduling month to month. It is a wonderful way to serve not only RMHC families, but also any family receiving pediatric care.



Family Ambassador Duo with Parent or Guardian

Family Ambassadors volunteer at the house and assist with guest family needs, answering phones and doors, accepting donations, giving tours, and other tasks around the house. This position requires an accompanying parent or guardian and a 6-month commitment of at least two shifts per month, with a set recurring schedule. Spots are limited.



Contact the Volunteer Manager with questions or to be connected with the appropriate program coordinator.

Vanessa Stahler: vstahler@rmhc-denver.org or (720) 382-7221



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Snack Bags

Healthy snacks are vital for families spending long days at the hospital. Use Ziploc or cellophane bags to assemble individually wrapped, store-bought, and shelf-stable snacks. The bags can be decorated, plain, or list what's inside. Alternatively, individually wrapped snacks can also be decorated with fun, personalized, or seasonal wrapping to stock our lobby.



Activity Bags or Craft Kits

Activities can be enjoyed by all whether at the hospital or in the house. You can use any type of bag or container to assemble coloring books, colored pencils, stickers, crosswords, puzzles, fidget toys, and more for children or adults. You can also create craft kits for all ages. Include all necessary supplies and easy instructions. Please no loose glitter, paint, or permanent glue.



Wish List Drives

Hosting a wish list drive not only provides much-needed items for our guest families, but also helps spread awareness of our organization for future support. Visit the website for our current list.

Social Media Ambassador

Create a Facebook, Instagram or TikTok post that shows why you support RMHC-Denver and how your followers can get involved. Tag us @rmhc_denver and share our mission, our wish list, or our website, and help raise awareness for our cause!



Completed projects and donations can be delivered to the front desk between 9am-9pm seven days a week. Thank you!

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(303) 832-2667

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