

Volunteer at SOS

Be a Listener, Counselor and Advocate... Help Sexual Violence Survivors in their Recovery

Volunteers with SOS Sexual Violence Services make a profound difference in the lives of others by listening, supporting, and advocating for survivors of sexual violence.

What Do SOS Volunteers Do?

Volunteers play a vital role at SOS by:

- Answering the 24-hour crisis line on nights and weekends;
- Providing information, support, and advocacy for victims, survivors, their families, friends and other concerned persons;
- Conducting medical outreach at Regions, St. Joseph's and St. John's Hospitals, providing crisis support and medical advocacy;
- Co-facilitating support group meetings (must have completed at least one year of volunteer experience on the crisis hotline).

Volunteer Requirements

- Volunteer for 2 - 4 call shifts per month, nights and weekends;
- Make a one-year commitment to the crisis line.

Can You Do This?

Sexual violence is a traumatic experience. The issues and emotions involved can be challenging for volunteers, but the help you provide can be incredibly gratifying.

Can you do this? Yes, you can!

To support you as an SOS volunteer we provide:

- 45 - 50 hours of initial training;
- Instructional materials;
- 8 hours of continuing education yearly;
- Ongoing supervision and support;
- Additional training for support group facilitation;

SOS Sexual Violence Services

SOS Sexual Violence Services provides free, confidential services to sexual violence victims, survivors, their families, friends and other concerned persons.

651.266.1000
answered 24/7

www.sosramsey.org