

Why not contact Vita House and arrange to have a chat with Margaret or Mary.

Vita House, Abbey Street, Roscommon.

Telephone 090 6625898

E-mail:

vitahouse@eircom.net

Your Time is
Your Greatest
Gift

“Generosity is a quality of spirit.

It is rejoicing in the good fortune of others even when you have nothing to celebrate yourself.”

“It is an attitude of mind, which means that you are happy to give without expecting in return”

“The rewards for generosity are great, for all that you give from an open heart are returned to you multiplied.”

Would you like to become a
Volunteer at Vita House

VOLUNTEERS

Vita House
Family Centre



Telephone/Fax: 090 6625898
E-mail: vitahouse@eircom.net
Web: www.vitahouse.org

YOU TOO CAN MAKE
A DIFFERENCE

MISSION STATEMENT

“Vita House is to be a welcoming place that contributes to the dignity of every person, enabling us all to discover our true potential by responding to each other’s needs in partnership with families and community.”

Vita House offers a wide range of family enrichment programmes and support services, psychotherapy and counselling, family mediation, relaxation programmes and hosts many seminars and workshops on a variety of topics.

Volunteers of Vita House are ordinary people who vary in age, experience, training and education but who are willing to be open to the challenge of commitment, training and self-development together with the common bond of helping others.

VOLUNTEERS

Volunteers facilitate many courses in Vita House including the following:

- **PARENTING (0-6YRS)**
- **(4-11YRS) & TEENS**
- **PARENT ASSERTIVENESS**
- **SELF-DEVELOPMENT**
- **ASSERTIVENESS**
- **COMMUNICATION**
- **STRESS MANAGEMENT**
- **SUPPORT GROUPS FOR BEREAVED & SUICIDE BEREAVED**
- **SEPARATED GROUP**
- **CANCER SUPPORT**
- **RAINBOWS & PRISM**

Volunteers also help in many other ways e.g. the development and management of services, programme planning, brochure distribution, office work, hospitality and outreach services.

MORE INFORMATION....

The main rewards people get from Volunteering at Vita House are:

- (1) the satisfaction of seeing the results
- (2) the feeling of doing good
- (3) the experience of making new friendships
- (4) having a sense of belonging.

Reasons why people volunteer:

- (1) to bring about change
- (2) because they were asked
- (3) to give time to others
- (4) to show compassion to others
- (5) to learn to say “yes”

Training: We are all varied in experience and education. Ongoing training is offered in specific areas that builds on and enhances this experience.

Share your gifts & see them multiply

