

# Volunteer Opportunities

## Weekdays throughout the year:



**The Adult Day Program** (ages 21+) meets Monday - Wednesdays for yoga, games, bingo, crafts and other activities along with community outings planned throughout the month. Volunteers assist participants with the activities, and help with feeding (as the volunteer is comfortable). Church groups and high school or college organizations are invited to plan field trips or special classes for our Adult Program to enjoy, such as trips to museums or sporting events, or classes focused on art or music.

Contact: [adult@eastersealshouston.org](mailto:adult@eastersealshouston.org)



**Parents Night Out** provides respite care on one Friday per month to families of children, teens and young adults with all types of disabilities. Volunteers provide supervision and assistance with all activities. Preregistration required.

Contact: Sadie McWhorter, [SMcWhorter@eastersealshouston.org](mailto:SMcWhorter@eastersealshouston.org)



**The Ready to Achieve Mentoring Program (RAMP)** is a career-focused program for youth with disabilities involved with or at-risk of becoming involved with the juvenile justice system. Volunteers serve as mentors to the youth, on mock interview day and internships during and after school at various locations. Must be 21+ to be a RAMP mentor.

**Mock Interview Day(s)** are held at two locations (two days) each spring, typically in April. You do not need to be a RAMP mentor to volunteer for Mock Interview Day.

Contact: Yvonne Kelly, 832-851-0315, [YKelly@eastersealshouston.org](mailto:YKelly@eastersealshouston.org)

## Saturdays throughout the year:



**The Adult Bowling Program** uses adaptive equipment to help people with disabilities bowl. Volunteers assist with ramps and games.

Contact: Donald LeMoine, 713-838-9050 x310, [dlemoine@eastersealshouston.org](mailto:dlemoine@eastersealshouston.org)



**Saturday Family Day Out** provides respite care to families of children with disabilities and their siblings. Volunteers provide the children with one-on-one attention and assist with activities at various locations including Montgomery County.

Contact (Houston): Sadie McWhorter, [SMcWhorter@eastersealshouston.org](mailto:SMcWhorter@eastersealshouston.org)

Contact (Montgomery Co.): Andi Fry, 713-838-9098 x313, [AFry@eastersealshouston.org](mailto:AFry@eastersealshouston.org)

## Summer & weekend camps:



**Camp Buckaroo** is a summer day-camp for children with disabilities and their siblings. Volunteers provide the children with one-on-one attention and assist with activities.

2026 Summer Sessions: Monday-Friday, 9:00AM-12:00PM

Shepherd of the Heart (Pearland): June 8th-12th, 2026

The Woodlands Methodist Church (The Woodlands): July 6th-10th, 2026

St. John the Divine (Houston): July 13th-17th, 2026

Sugar Creek Baptist Church (Sugar Land): July 20th-24th, 2026



Camp Smiles

**Camp Smiles** is a summer overnight camp for children with cerebral palsy or similar neurological disorders. Volunteers assist with feeding, bathing and toileting, and assist with all camp activities.

Dates: June 27th-July 3rd, 2026

Location: Camp For All in Burton, TX (Mandatory Orientation in Houston)



**Camp MOST** is a weekend retreat for Camp Smiles graduates ages 14-21. The retreat focuses on socialization and being confident in who you are.

Dates: February 6th-8th, 2026

Location: Camp For All in Burton, TX (Mandatory Orientation in Houston)

**You MUST apply online to volunteer at camps.**

Contact: Lynn Neef, (832) 840-7849, [LNeef@eastersealshouston.org](mailto:LNeef@eastersealshouston.org)