



It's National Volunteering Week! We are celebrating your kindness and compassion for women experiencing homelessness and are grateful for your unwavering support and dedication to The Sophia Way. Your commitment to our cause has been nothing short of inspiring, and it's truly heartwarming to witness the impact of your generosity on the lives of women experiencing homelessness in our community.

In 2023, you provided 38,421 meals and donated 6,993 volunteering hours!

Your passion and commitment have fueled the incredible growth of The Sophia Way's volunteer program over the last four years, allowing us to better serve women and provide them with shelter, safety, and stability.

💙 You create a welcoming environment at Helen's Place and Sophia's Place, where women find hope, healing, and stability. ❤️ You provide nourishing meals that offer sustenance and comfort. 🟡 You help keep items organized and accessible at the donation center - items that ensure our shelters have everything needed to provide women with dignity of choice in clothing, food, and hygiene items.

Whether you've been with us for years or recently joined our volunteer family, your contributions are deeply valued and appreciated. Thank you for your ongoing support. Here's to many more moments of hope, healing, and positive change in the lives of the women you help us serve.



You are the heart of The Sophia Way, and we cannot do our work without you!

Volunteers Share!

“ Joyce Arnold

I started attending Support Network meetings in 2012 and began volunteering in Sophia's Place kitchen in 2016. I really enjoy meeting the women there. I find joy in serving them lunch and spending time with them! I hope they feel comfortable with me, knowing I am a 'constant friend' in their lives.



“ Toni Marquez

As a retired schoolteacher, I've redirected my energy into volunteering. I feel a sense of accomplishment and happiness, knowing that my efforts help women in need. During my shifts at the Donation Center, I take on the personal challenge of inventorying all received donations. Join me and the fun crew at the Donation Center. You'll enjoy helping with tasks that require your willing hands!

“ Bina Viswanath

Volunteering at the shelter fills me with a sense of purpose and fulfillment. Whether helping set up the tables for a warm meal or talking with the women, I aim to foster a sense of community and solidarity. Witnessing the resilience and strength of these women motivates me to help make a positive difference in their lives.



“ Mary Anne D'Ambrosio

I volunteer to help those experiencing homelessness in our community. I want women to feel supported and cared for and enjoy chatting with them. They appreciate our time, which means so much. Over time, many have become friends and we look forward to seeing each other.

“ Cory Scalone

Volunteering gives me a sense of meaning and appreciation, both given and received. It breaks my heart that some women have financial or health issues and need a helping hand. I hope to make even a small difference in someone's life. What I enjoy most are the people I volunteer with, and Megan Duncan [Community Engagement Coordinator at The Sophia Way] makes it enjoyable with her humor and positivity!

Mahika Bansal

Mahika harnesses her passion for giving back to the community and teaches art at Sophia's Place to support women in expressing their emotions in a safe space. [Watch the video](#)



Interested in learning about volunteering opportunities?

Visit [our website](#) or email [Megan Duncan](#), Community Engagement Coordinator

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