

Elysium Centre

HOLISTIC HEALING & CONSCIOUS LIVING

CALL TO ACTION: VOLUNTEER

SUPPORT THE COMMUNITIES AFFECTED BY THE FIRES

VOLUNTEER SERVICES & SCHEDULE

1. Therapy and Emotional Support Services

Licensed professionals are leading free sessions for children, families, and adults to provide emotional support and tools for resilience.

- **Adults:** Mondays, Wednesdays, Saturdays
 - 6:00 PM – 7:00 PM
- **Children, Adolescents, and Families:**
 - Fridays: 6:00 PM – 7:00 PM
 - Saturdays: 12:00 PM – 2:00 PM
- **Where:** Elysium Centre, Community Room A

2. Community Clean-Up Events

Join us to help clean and restore areas impacted by the fires. Gloves, trash bags, and tools will be provided.

- **Dates:**
 - Saturday, January 18: 9:00 AM – 12:00 PM
 - Sunday, January 19: 9:00 AM – 12:00 PM
 - Saturday, January 25: 1:00 PM – 4:00 PM
- **Where:** Meet at Palisades Park Entrance

3. Food and Supply Delivery Services

Help deliver groceries, hygiene kits, and other essential supplies to families in need.

- **Delivery Times:**
 - Tuesdays and Thursdays: 4:00 PM – 7:00 PM
 - Saturdays: 10:00 AM – 1:00 PM
- **Volunteer Drivers Needed:** Sign up for available slots.

4. Pet Sitting and Animal Care

Assist families who need temporary care for pets displaced during the fires.

- **When:** Ongoing throughout January, flexible shifts.
- **Details:** Provide temporary pet sitting, walks, and transport to shelters or vet appointments.

5. Childcare and Educational Support

Help care for children while parents attend therapy sessions or manage recovery efforts.

- **Dates and Times:**
 - Mondays, Wednesdays, Fridays: 5:30 PM – 7:30 PM
 - Saturdays: 11:30 AM – 2:30 PM
- **Where:** Elysium Centre, Family Support Room

HOW YOU CAN HELP

1. Volunteer Your Expertise

We are seeking professionals who can offer their time and skills to help families and individuals in need:

- **Mental Health Professionals** to provide emotional support.
- **Legal Advisors** to assist with insurance and recovery paperwork.
- **Financial Counselors** to guide budgeting and recovery plans.
- **Educators and Childcare Providers** to support displaced families and children.

2. Donate Essential Goods

Many families are in immediate need of basic items. We are currently accepting donations of:

- Blankets and bedding
- Clothing (all sizes)
- Non-perishable food items
- Hygiene products (toothbrushes, soap, shampoo, etc.)
- Baby supplies (diapers, formula, baby food)
- Pet supplies (food, collars, leashes, bedding)
- School supplies for children

3. Monetary Donations

If you're unable to volunteer or donate goods, financial contributions are also greatly appreciated. These funds will go directly toward providing housing, counseling, and essential resources to those in need.

GET INVOLVED TODAY

Your support can make a world of difference. To sign up as a volunteer or arrange a donation, please contact us:

- **Email:** elysiumcentrecares@gmail.com
- **Call or Text:** 310-478-5433

Together, we can help our community heal, rebuild, and find hope again.

Thank you for your kindness and generosity.