

FOR IMMEDIATE RELEASE

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Transitions Family Violence Services
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Volunteer Training at local domestic violence agency beginning in September

Hampton, VA – Volunteering for [Transitions Family Violence Services](http://www.transitionsfvs.org) in Hampton, VA, will not only change your life, but it will help change the lives of children and adults who have been affected by family violence.

Your time, talents, and caring help are needed to help someone regain their self-esteem and independence. We need you and other caring, dedicated volunteers to commit eight or more hours of your time monthly in order to provide information, advocacy, and support to our clients. We can train you to work on the Hotline, in the emergency shelter, as a mentor, as a community educator, or with one of our many children's programs.

We also have three new programs at Transitions – P.A.W.S. (Pets Are Worth Saving) for animal lovers; SPEAK Up (Students Prepared, Educated, Aware, and Knowledgeable about Domestic Violence) for teens ages 15 – 18; and Men for Violence Prevention (MVP) targeting men of all ages united in declaring their support for an end to violence against women and children.

The next intensive volunteer training for the community will begin in September. Please register with Michelle Harkey by calling 757-728-0025 or emailing mharkey@transitionsfvs.org For more information, visit our website at <http://www.transitionsfvs.org>