

Volunteer Training at local domestic violence agency beginning Feb. 25th

Hampton, VA – Volunteering for [Transitions Family Violence Services](#) 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.

Our FREE intensive volunteer training for the community will begin on Saturday, February 25th, and will end on Thursday, March 9th. It is a total of 24 hours of training that will help you understand not only the devastating effects of family violence, but will assist you in better understanding people in your day to day life.

For more information and to sign up please call Michelle Harkey at 757-728-0025 or leave a message at 757-687-7267. You can also email mharkey@transitionsfvs.org or visit our website at <http://www.transitionsfvs.org>