

Do you have two hours a week to support a parent with a newborn?

Would you like to be part of a team that works together to promote the parent-child relationship and reduce social isolation?



Lauren & Mark Rubin Visiting Moms® is looking for new volunteers in Boston!

We are putting together a team of volunteers to primarily serve parents who have a history of trauma and who are experiencing difficult life circumstances. Challenges that parents may be facing include parenting alone, being homeless or marginally housed, being unemployed, living on a very low income, or experiencing citizenship issues.

Requirements for Volunteers

- Capacity for empathy, self-reflection, and listening
- Eagerness for personal growth
- Flexibility
- Ability to work well in groups
- Must be a Boston resident and able to travel to and from Dorchester, Roxbury, and Mattapan with own car or on public transit
- Three references and both CORI and SORI approval.
- One year commitment, 2 hours each week

Lauren & Mark Rubin Visiting Moms® matches experienced mothers with new parents who would benefit from a supportive connection. The *Rubin Visiting Moms* volunteer, who receives training and ongoing supervision from JF&CS staff, visits the parent of a newborn once a week until the baby's first birthday. By focusing on early parental support, and emphasizing developing and strengthening capacities, *Rubin Visiting Moms* helps parents adjust to parenting and build healthy relationships with their babies.

Interested in volunteering? Visit www.jfcsboston.org/volunteer and fill out our volunteer registration form to begin the process. For more information, please contact Volunteer Services at volunteers@jfcsboston.org or 781-693-5007.

Lauren & Mark Rubin Visiting Moms® is a program of the Center for Early Relationship Support® (CERS) of Jewish Family & Children's Service.