



# **HAVE A HEART TO HELP?**

**COMMUNITY ALTERNATIVES, INC.**

Community Alternatives, Inc. has been a leading provider of Vocational, Residential and Day Support Services for more than 35 years to individuals in our community with intellectual disabilities.



**WE  
NEED**



**VOLUNTEERS**

We have opportunities to match your interests and time commitment! Come serve as a companion, help with daily activities or with trips in the community or special events. Bring your creative energy to engage, motivate, and inspire individuals to be the best they can be, while enjoying a life like yours and mine. We also have opportunities for home repairs, landscaping, grocery shopping, office work and more. Your help can make a big difference!

**CONTACT US AT (757) 468-7000 EXT. 2625**

**[WWW.COMALT.ORG](http://WWW.COMALT.ORG)**

## Volunteer Requirements

1. Volunteers must be 18 years old, or must volunteer with an accompanying adult
2. A CAI Volunteer application along with references must be submitted and approved along with a successful interview with the Director of Volunteer Services
3. Applicants who pass the initial screening are subject to finger printing, background checks, drug Screening and Tuberculosis (PPD) Screening
4. After the above application process has been successfully completed, every volunteer must attend an initial 8 hours of Volunteer Orientation training as well as any annual updates as required by licensing regulation

## General Information

A list of available Volunteer Positions may be requested at any time. See contact information below.

We welcome anyone to apply for a volunteer position, including senior citizens, military personnel and / or their spouses, college students, and members of civic or faith groups.

Employees of CAI may volunteer as long as the volunteer work is separate and different from their regular paid work.

## Contact Information

Need more information? Would you like an application packet? Have questions? Need to enroll in a class?  
Please call or send an e-mail anytime!

Lora Rose, Director

[lrose@comalt.org](mailto:lrose@comalt.org)

Office Phone: (757) 468-7000 ext. 2625

Ashley Pike, Executive Assistant

[ashley.pike@comalt.org](mailto:ashley.pike@comalt.org)

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## **COMMUNITY ALTERNATIVES, INC.**

**863 Glenrock Road, Suite 200  
Norfolk, VA 23502**

**Corporate Office Hours of Operation:**

**Monday – Friday**

**8 am – 5 pm**