



# Virtual Volunteering

Make a difference in someone's life,  
without even leaving your home or office!

Founded in 1981, Penn-Mar Human Services supports people with intellectual and developmental disabilities. We believe that everyone - regardless of circumstance - has the right to live a life of their choosing.

The Penn-Mar team will work with your company to develop fun and rewarding virtual team building experiences in a safe environment. Virtual Volunteering provides a unique opportunity to get to know the people we support while advancing your organization's culture. These opportunities are perfect for everyone's social distancing needs!

*Have your team join us for one of our fun and educational programs:*

## **Discover Your Personal Genius**

Have a hobby or interest that you want to share? This is a fun, hands on group that allows the women and men we support to explore new and exciting experiences!

## **Book Club**

Enjoy reading aloud and discussing books? We have the crew for you! Take turns reading, get your team to get into character for a group read and enjoy a lively discussion.

## **Small Creative Businesses**

Our entrepreneurs are looking to connect with those who can guide them through development of networking, education, promotion, and sales opportunities. Help direct these creatives to take the next step!

## **Lunch Time Escape**

Love traveling and talking about your adventures? Are your families and friends sick of hearing about your travels? Here's your opportunity to share photos of you floating in the Arabian sea, or tell stories about when you nearly got attacked by macaques in Borneo . . . the people we support want to hear it all!

## **Career of the Week**

Your first interview, that first job, how you started your career, or what you love about your current position - we are interested in learning about what you do!

## **Health and Wellness**

Here's a fun and social way of getting in your workout! Have a routine you want to share, simple yoga moves to demonstrate, or just want dance it out? This is a great way to break up the day, get your body moving, and make friends along the way.



**To learn more, contact Tina Chan Sweeney**  
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