









## Children's Hospital Colorado Engagement Opportunities

Blanket making party – Host a blanket making party at your office and let your employees bond over making blankets for patients at Children's Colorado. Fees apply to cover the costs of the supplies.

Cuddle Buddies – Build "cuddle buddies" (similar to Build-A-Bear) for the patients at Children's Colorado. They come in all shapes and sizes - bears, unicorns, penguins, frogs and more. You can even make a fun competition out of it for a team building event! Fees apply to cover the costs of the supplies.

Customized craft party (Anschutz) – Various companies host craft parties in the main atrium of Children's Colorado, where patients and families can create their own craft! These allow up to 12 volunteers and can be set up quarterly.

Family Resource Center (Anschutz) – Small groups (up to 7 volunteers) can serve breakfast to our parents and families M-F at 8:30am in the Family Resource Center. Companies can also provide resources such as board games, movies, toiletry kits, books, magazines, pre-packaged foods, etc.

Volunteer in the community – We attend events throughout the Denver Metro area and are always in need of volunteers to help staff our booths and hand out educational materials along with fun giveaways! Examples: The National Western Stock Show (January), Cheyenne Frontier Days (July), Pumpkin Festival at Botanical Gardens (October) and many more!

Adopt a Family – Groups can "Adopt a Family" from Children's Colorado that are in need over the holiday season and provide them with important items. The generosity of this gift is felt where it counts the most, in the heart of a child.

**Snow Pile (Anschutz)** – Patient families select gifts for their loved ones. We need volunteers to staff toy tables and help the families shop for the perfect gift.

**Blood Drive** – 30 minutes of your time can mean a lifetime to a child in need! One blood donation can help save or enhance up to five children's lives.













## **Center for Cancer and Blood Disorders Teen Support Program:**

Look Good Feel Better – The goal of Look Good Feel Better (LGFB) is to offer peer to peer support to teens while teaching them cosmetic techniques to help them cope with appearance-related side effects from chemotherapy and radiation treatments. Companies can put together kits for the program including items such as lip balm, moisturizer, makeup, sunscreen, etc. A full list of items for the kits will be provided upon request.

## **Education Opportunities**

Educational Seminars ("Lunch & Learns") – These cover a wide range of topics and we can customize a seminar for your employees based on their interests.

Children's 101, Heart Health, Sleep Issues, Sick Kids 101, Concussion 101, Teen Driver Safety, Kids and Technology, Discipline/Dealing with Defiance, Stress Management, Teen Topics, Depression, Mental Health, Body Image, Stress Management for Kids, Vaccines/Immunizations, Newborn Baby Care, Bullying/Cyber Bullying, Sports Medicine, Work-Life Balance, Asthma, Allergies, Celiac, Hydration, Dental Health, Tummy Troubles, Tonsils, Health Myths, Keeping Kids Active, Nutrition, Cooking Demos: Heart Healthy Cooking, Meal Planning on a Budget, Gluten free Cooking, Vaping, Autism, Potty Training Workshop, Innovation.

**Content** – We can provide monthly content for your internal newsletters, website, or employee e-mails promoting health and parenting resources on any of the topics listed above and more.

Please contact Brittany Schilling for more information about these opportunities: Brittany.schilling@childrenscolorado.org

