



Help is always welcome!

BECOME SOMEONE'S CHAMPION.

This volunteer packet will walk you through our volunteer opportunities and help you decide which program or volunteer position that you have a passion for.

We look forward to working with you soon!

FLORIDA KEYS HEALTHY START COALITION SERVING ALL OF MONROE COUNTY FROM THREE PROGRAM OFFICES



Gato Historic Building

1100 Simonton St. Rm. 1

Key West, FL 33040

Administrative Office

3121 Northside Dr. Ste. 102

Key West, FL 33040

Within Coral Isles Church

90001 Overseas Hwy.

Tavernier, FL 33070

305-293-8424



www.KeysHealthyStart.org



POSSIBLE VOLUNTEER OPPORTUNITIES

Coordinating events

Administrative Duties

Assisting with play groups

Leading support groups

Photographer

Board Member

Coalition Member

Picking up or dropping off
item donations

Involvement in Keys to
Hope for families
experiencing loss

Involvement in the
Breastfeeding/Doula
Programs

Host a community drive for
essential items for babies

Partner with businesses to
host fundraising events

Involvement in the
Breastfeeding-Friendly
Workplace Initiative

THANK YOU FOR YOUR INTEREST IN VOLUNTEERING WITH US!

Volunteers are a vital part of the Coalition! With your help, we are steps closer to achieving our mission of uniting people and resources to improve the health and well-being of pregnant women, children and their families in Monroe County.

I hope that you find your time with us is rewarding and positive. This volunteer packet outlines the structure of our organization and the various programs you can choose to get involved with.

If you have any questions, let's talk about it. We want to find the volunteer position that you'll find most rewarding. Once again, thank you and welcome.

With Gratitude,

Arianna Nesbitt
Chief Executive Officer

 ceo@keyshealthystart.org

 305-293-8424

 KeysHealthyStart.org

  [flkeyshealthystart](https://www.instagram.com/flkeyshealthystart) 

FKHSC is a 501(c)3 community based organization. The Coalition seeks to be fiscally transparent and in doing so, makes our financial records easily available and accessible. We hold and maintain the Platinum Seal of Transparency on Guidestar, showcasing the progress and results we're making toward our mission.



Florida Keys Healthy Start Coalition is a 501©(3) non-profit organization,
Federal EIN number 65-0051482.

A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll free 800-435-7352 within the state. Registration does not imply endorsement, approval, or recommendation by the state.

FLORIDA KEYS HEALTHY START COALITION



MISSION

The Florida Keys Healthy Start Coalition unites people and resources to improve the health and well-being of pregnant women, young children and their families in Monroe County.

VISION

A community working together to provide access to quality of care and resources for all pregnant women, infants, young children and their families in Monroe County.

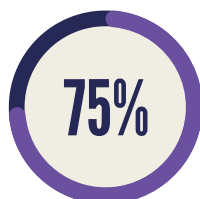
GOALS & OBJECTIVES

1. To assure that the existing barriers to maternal and infant health care within the Florida Keys are minimized.
2. To promote and protect the health and well-being of all pregnant women, children, and their families within the Coalition's area.
3. To establish partnerships that promote coordinated community-based care for pregnant women, children and their families.
4. To provide education, outreach, and advocacy on topics relating to maternal child health and parenting.

IMPACT TO COMMUNITY

Since 1992, the Florida Keys Healthy Start Coalition has grown into a trusted partner with both our families and our community. By helping to create the best possible start in life for our youngest citizens, we create a starting point for a continuum of health and well-being for our community's next generation, which positively impacts all of us. We welcome members of the community to help us achieve our mission.

Many families in the Keys are without a nearby extended family. As the saying goes, "It takes a village to raise a child." However, there are many families disconnected from their neighbors, communities, and other parents and families in Monroe Country. As a volunteer, you can make a difference in the lives of families who are in need of additional support.



Providing assistance to over 75% of pregnant women in the Florida Keys.

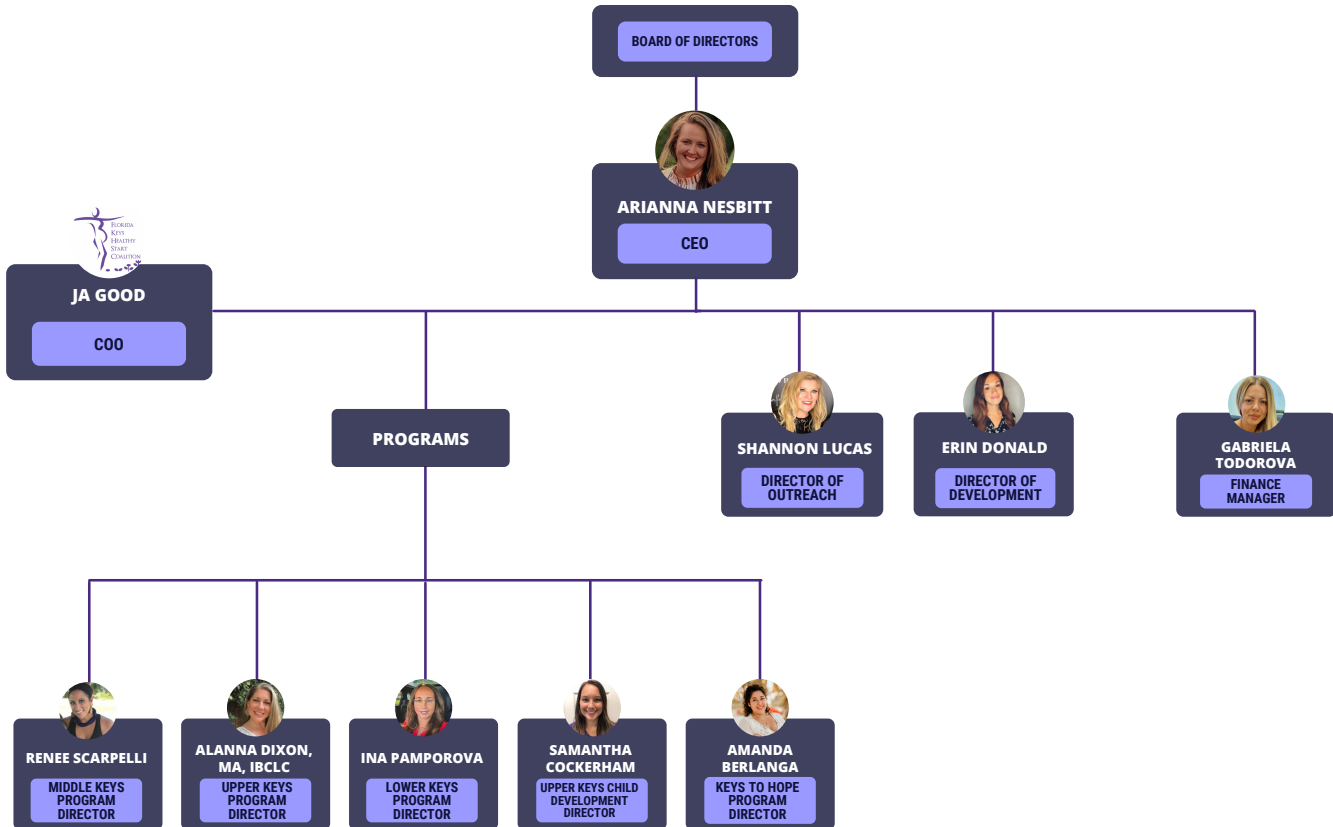


Providing assistance to an average of 700 babies born per year in the Florida Keys.

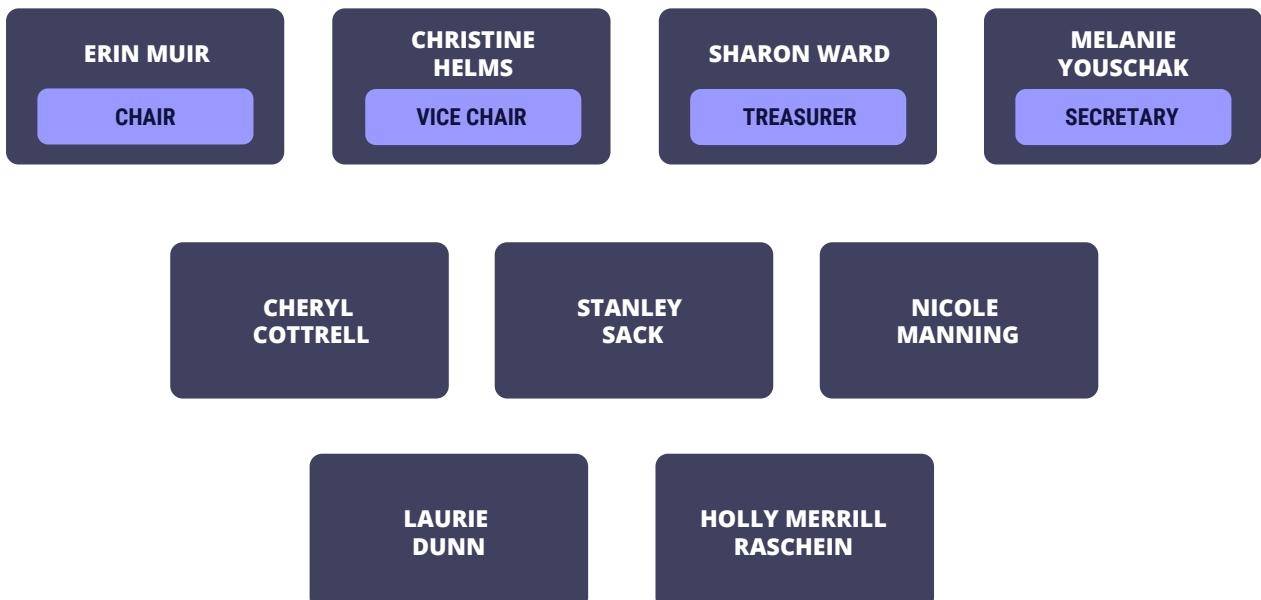
FLORIDA KEYS HEALTHY START COALITION



WHO WE ARE OUR TALENTED STAFF



OUR DEDICATED VOLUNTEER BOARD OF DIRECTORS 2021 - 2022





OUR PROGRAMS

To meet the needs of families as they grow, the agency has expanded from our flagship Healthy Start Program to having six core programs.

Healthy Start

1

provides multilingual risk intervention services to pregnant women, children birth to three years of age and their families through the Monroe County Health Department. Individual services are free of charge and include: care coordination, assistance accessing prenatal care and transportation to service providers, nutritional and breastfeeding education and support, and parent education. Also included are home-visits, stress-management, parenting skills, smoking cessation counseling, childbirth education, baby-spacing information, and help accessing financial assistance for pregnancy and infant care costs. These services are vital to ensuring babies are born into our community fully developed and to prepared families.

Healthy Babies

2

addresses the health and well-being of mom and baby during pregnancy and the first few months of life. Through subsidized prenatal medical care, supportive mental health services, transportation to vital medical appointments, childbirth education, and lactation support services we are able to ensure babies are born healthy to prepared parents. We are expanding this program to include labor and postpartum doula support, which has been proven to reduce the cost of prenatal care and birth as well as improving birth outcomes and reducing incidence of PMAD challenges after babies are born.

Keys to Growing Kids

3

facilitates family health and education workshops, developmental playgroups, and parent support groups. We host several Tot Time and Wiggles & Giggles early educational playgroups each month throughout the Florida Keys. Wiggles & Giggles is geared at children 1-4 & siblings ready to jump, tumble, run, dance, and have fun. Tot Time playgroups are for parents, caregivers, and children to enjoy crafts, games, snacks, stories, music, guest speakers, field trips, and more. Activities are adaptable, so any children ages 0-5 are welcome to attend with their parent/caregiver, and siblings always welcome! Parents and caregivers have the opportunity to meet new friends with young children, ask questions of other parents and professionals, and spend quality time with their little ones.

FLORIDA KEYS HEALTHY START COALITION

OUR PROGRAMS



To meet the needs of families as they grow, the agency has expanded from our flagship Healthy Start Program to having six core programs.

4

Keys to Kids' Safety

helps parents and caregivers to provide a safe environment to raise their children through the provision of education, support, and safety supplies. We address vehicle and bike safety, safe sleep practices, water and pool safety, and home environment and poison safety. We conduct safety events with car seat inspection and installation, provide education to community members and, in some cases, provide low-cost car seats, bicycle helmets, cribs, and other necessary safety equipment to parents, caregivers, and agency personnel. Our staff empower and educate underserved populations to keep their children safe. This holistic approach fosters a developing child's sense of safety, security, improving their physical and mental well-being.

5

Keys to Supporting Families

addresses client assistance and nutrition support with essential baby supplies such as diapers, strollers, formula, and baby food. Through provision of items/supplies we are able to teach families about their proper use and allow their finite resources to be used to cover other costs and needs. We are working to add Adopt A Grandparent (intergenerational mentorship) and Parent Coaching programs.

6

Keys to Hope

provides support to parents and families who have experienced the loss of a pregnancy, baby, or child. This program is comprised of trained community liaisons, licensed mental health professionals, and families who have been through this experience and are dedicated to being there for other families.

Is there a specific program that resonates with you?

As a volunteer, you have the choice to volunteer for one or many of our events and activities and help our Keys families. We invite you to participate in various programs and events from Key West, FL to Key Largo, FL. Together, we will continue to grow and launch new projects. We are grateful for all you do to help the residents of Monroe County and for helping the Coalition serve our littlest ones.

VOLUNTEER APPLICATION



To apply for a volunteer position, please complete all questions.

Volunteer Name :

Check if volunteer is under the age of 18 Check if you need a letter listing volunteer hours

Volunteer E-Mail :

Parent/Legal Guardian E-Mail if volunteer is under 18

Address :

Volunteer Phone :

Parent/Legal Guardian Phone if volunteer is under 18

Emergency Contact :

First Name :

Last Name : Relationship Phone Number

Volunteer Position :

Desired volunteer position :

Second volunteer position :

Special skills & interests :

SOME VOLUNTEER POSITIONS REQUIRE A BACKGROUND CHECK.
BACKGROUND CHECKS ARE \$20.00 AND MAY BE PAID TO THE
FLORIDA KEYS HEALTHY START COALITION.

VOLUNTEER WAIVER & RELEASE



If volunteer is under age 18, a parent/legal guardian must sign.

RELEASE OF LIABILITY

In consideration for volunteering with the Florida Keys Healthy Start Coalition's activities and programs, including any activities incidental to such participation ("Volunteer Activities"), the undersigned Volunteer or Parent/Legal Guardian of Volunteer (if Volunteer is under age 18) (hereinafter referred to as "I", "me", or "my") releases and agrees not to sue the Florida Keys Healthy Start Coalition or its officers, directors, employees, sub-contractors, sponsors, agents and affiliates from all present and future claims that may be made by me, my family, estate, heirs, or assigns for property damage, personal injury, economic loss, or wrongful death arising as a result of my participating in the Volunteer Activities where, whenever, or however the same may occur.

I understand and agree that the Coalition is not responsible for any injury or property damage arising out of the Volunteer Activities, even if caused by their ordinary negligence or otherwise.

I understand that participation in the Volunteer Activities involves certain risks, including, but not limited to serious injury or death. I am voluntarily participating in the Volunteer Activities with knowledge of the danger involved and I agree to accept all risks of participation.

I also agree to indemnify and hold harmless the Coalition for all claims arising out of my participation in the Volunteer Activities.

I understand that this document is intended to be as broad and inclusive as permitted by the laws of the state in which the Volunteer Activities take place and agree that if any portion of this Agreement is invalid, the remainder will continue in full legal force and effect.

I also acknowledge that the Coalition has not arranged and do not carry any insurance of any kind for my benefit or that of Volunteer (if under 18), my parents, guardians, trustees, heirs, executors, administrators, successors and assigns. I represent that, to my knowledge, I am in good health and suffer no physical impairment that would or should prevent my participation in Volunteer Activities.

I also understand that this document is a contract which grants certain rights to and eliminates the liability of the Coalition.

Volunteer Signature :

Parent/Legal Guardian Signature (if volunteer is under age 18) :

Date :