About LSA Family Health Service

LSA Family Health Service, founded by the Little Sisters of the Assumption, strengthens and empowers vulnerable families and children by meeting their basic needs for food, healthcare, education and a safe home, in the belief that affirming families in their own dignity improves the entire community.

Our programs offer a special focus on families and young children, with a proven track record of improving family health and well-being. Through home visits, on-site services, support groups, classes and more, we help the most vulnerable move past barriers to well-being and toward a more promising future.

Learn more at littlesistersfamily.org/volunteer
An Essential Impact

Volunteers offer vital support to nearly every program at the agency, and make a significant contribution to the families we serve. We count on volunteers to bring their unique skills and healing kindness to families to encourage growth and stability, improve health, and to help children reach their full potential. The agency could not function the way it does without our dedicated volunteers.

Ideally, volunteers make a six month commitment, especially if they are working directly with a client or a family.

However there are some programs that volunteers can join as they are available to do so, such as volunteering in our Food Pantry.

Other volunteer positions that may not require an ongoing commitment include one-time volunteer opportunities (i.e. direct service opportunities with LSA children; volunteering to help at our holiday parties, or assisting on a summer trip or on a special LSA project).

Please contact tgough@lsafhs.org for more information on specific opportunities available.
Volunteer Activities

Volunteers offer their skills, experience and compassion to assist the neediest families in New York City.

Some of our volunteer positions:

- Tutor/Homework Helper
- Child Care Provider
- Environmental Assistant
- The Sharing Place Thrift Shop Assistant
- Socialization Assistant
- Client Advocate
- Food Pantry Helper
- Office/Research Assistant

Have an idea on how you can apply your skills to help LSA not listed above? Email Trish Gough at tgough@lsafhs.org.
Other Ways to Engage

CORPORATE OPPORTUNITIES

LSA also offers corporate volunteering opportunities. Partnership with LSA Family Health Service is a wonderful way to align your brand with our mission and make a difference in the well-being of the East Harlem community. Your employees will experience meaningful, hands-on community service and leadership opportunities that promote team building and community presence.

To learn more about the Youth Board, contact Trish Gough at tgough@lsafhs.org.

The Junior Board - A group of energetic NYC professionals who participate in projects and activities that help LSA to serve and empower East Harlem families. To learn more about the Junior Board, contact Elizabeth Knipp at eknipp@lsafhs.org.

The Parent Committee - A group of energetic parent volunteers who are committed to help LSA strengthen its brand presence through their own fundraising efforts.

PARTICIPATE

Leadership opportunities that promote team building and experience meaningful, hands-on community service with LSA Family Health Service is a wonderful way to align your brand with our mission and make a difference in the well-being of the East Harlem community. Your employees will experience the empowerment of participating with LSA Family Health Service in efforts that advance the mission.

LSA also offers corporate volunteering opportunities.
Connect with Us

For more information about volunteering, please contact: Trish Gough, Director of Volunteer Services: tgough@lsafhs.org or (646) 672-0434.