

VOLUNTEERING



"My experience taught me a lot about Mental Health, a lot about life in general and especially a lot about myself"
- Dave UK



"The experience has enriched the theory I learned in my psychology degree as well as in my skills and confidence"- Hannah UK



"I joined the volunteer program as my first step to get working experience in mental health. It has been truly inspiring. The lifestyle experiences in Key West were invigorating. It is a fantastic and valuable experience. I really appreciated the level of support I got from management. It's my sweet memory"
- Lai Yan, Malaysia

You too can join the international & US volunteers who have been coming to The Heron since 1988. Learn about mental illness and life in the United States while providing a needed service for our residents.

The Heron is located in the city of Marathon, Florida, about 120 miles south of Miami in the heart of the Florida Keys.

As a volunteer you will live at our facilities and receive free room & board in exchange for a 40-hour week. We provide reimbursements for travel expenses. Volunteer living quarters include a private bedroom, a kitchen, bathroom, and living room shared by staff. Volunteers share office responsibilities and assist residents on practical skills such as housekeeping, budgeting, medication supervision, transportation, personal hygiene, cooking and job-hunting skills. Training is provided.

The work is interesting and challenging; volunteers must have the ability to establish trusting relationships, to handle stress, accept individual differences, and demonstrate positive coping skills. Contact us for further information heron@westcare.com



"The Heron offers an extremely rewarding & challenging volunteer program. I would highly recommend this experience!"
- Mel UK



"The residents made me feel welcome immediately - it was hard work but definitely a great year, seeing people through difficult times and moving on to greater independence. My lasting memories are of the countless day trips to the zoo, everglades or enjoying all that the Florida Keys has to offer - Michelle UK

