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# Better2gether Volunteer Opportunities

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Whether it is providing race support at the RVA Cares 5K, becoming a big PAL or volunteering professional services, your time and talent can make a difference in spreading our mission and making support services available to all families with ill children in Richmond.

## [RVA Cares 5K](#)

The first annual RVA Cares 5K will take place on April 27, 2019 to benefit Better2gether RVA, and with an expected turnout of several hundred runners and spectators, we need volunteers to help make it successful!

This timed race will take place at Gayton Elementary School, 12481 Church Road in the Short Pump area of Richmond. Packet pick up and walk-up registration will be Friday, April 26, and we need volunteers to fill positions both days. Volunteer opportunities include pre-race marketing and logistics planning, as well as race day assistance in areas such as setup, registration, refreshments, awards and more.

For more details and to volunteer, visit [www.rvacares5k.com/volunteers](http://www.rvacares5k.com/volunteers)

## [PALS2gether](#)

Despite their many doctors, medicines and hospital visits, children with medical complexities are — above all — still children. Our PALS2gether program pairs adult volunteers (big PALS) with patients and siblings (little PALS) to spend time engaging in fun activities outside the hospital setting. If you're interested in becoming a PAL, let us know.

## [General Household Assistance](#)

Caring for an ill child can be time consuming and expensive, and very often basic tasks and household needs are left by the wayside. If you or a business or organization you know is willing to donate services to assist families such as household cleaning, landscaping, home maintenance, repairs or more, please contact us today.

## [Professional services](#)

As an independent 501c3 organization, Better2gether RVA is always looking for companies or individuals willing to donate their time and professional skills in areas such as marketing, communications, graphic design, printing and more.

## [Mentors](#)

Are you a parent or caregiver of a child with medical complexity and are ready to give back? Become a mentor today!

Contact us today to discuss how you or your organization can help make a difference in the lives of the families and children we serve.