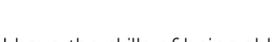


20 TABLE GRADUATES WERE SURVEYED...

1. I have long-term relationships with one or more of my Table members. (95%)



2. I now have the skill to be able to access help and ideas from other people in my community, beyond those people who were on my Table. (80%)



3. I have the skills of being able to get through problems and crises better than I used to. (85%)



4. I am currently taking classes that will help me get a better job or have a better job than I used to have before Open Table. (85%)



5. I am self-supporting at this time or am confident that I will be self-supporting in the future. (95%)



6. Overall, I now have more optimism about my future and feel like I am headed in the right direction. (100%)



7. Overall, my own spiritual journey is now more meaningful to me. (90%)



8. I would like to serve on a Table to help someone else in the future. (95%)



Study by VanDenBerg, 2015

WE ARE READY TO CHANGE LIVES. HOW DO WE GET STARTED?

- **Identify** a point person called a Mission Leader.
- **Purchase** a license. A license is \$500 for a church with less than 1,000 members, and \$1,000 with more than 1,000.
- **Complete** the online training. The Mission Leader will be matched with a Navigator, a volunteer that will help your organization launch Tables.
- **Collect** \$120 from each Table member once table members are recruited.
- **Train** table members in group dynamics, as well as how to interact with the participants.

CONTACT US

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The Open Table:

A GROUP VOLUNTEER

Opportunity





Pictured is a group of volunteers who came together around the participant to form a Table in Richmond, VA.

IMAGINE that you're a parent and you cannot afford to feed your kids. Your parents struggled to feed you, and your grandparents struggled to feed your parents. Due to the many needs surrounding your family, you and your children live with mental health challenges. Although you desperately want help and support, there are also systemic barriers that get into your way. You feel isolated and stuck in a system that seems to provide no hope of breaking out of the generational poverty you were born into.

For too many youth and families in our community, this is their day-to-day life.

What if you could join with others to pull someone out of that cycle?

THE MOVEMENT AND MISSION

Open Table's model joins one volunteer with a Table of 6-11 other volunteers to surround an individual or family who is marginalized with a network of newfound relationships and support. These volunteers, called Table members, bring their vocational and life experiences to build on the strengths of the participant once a week for approximately one year.

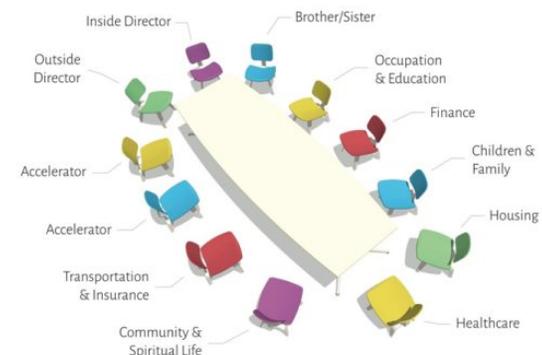
UMFS is not just for kids. We are **CHAMPIONS** for children, families, and communities.

"Open Table gives us the opportunity to share our gifts and the knowledge gleaned from simply living."

Volunteering with Open Table is different than other opportunities.

- It is a licensed model built on a Theory of Change and improved by constant research.
- It gives the participant(s) the voice and choice in how they are served.

HERE'S WHAT VOLUNTEERING IN A TABLE LOOKS LIKE.



- Each volunteer fills a role around the Table, as seen in the diagram above.
- All volunteers complete 4 online training sessions prior to working with the individual or family they will be matched with.
- Once the Table is matched with a referral, everyone meets once a week for an hour; meetings last for about a year.
- You surround the participant in unwavering relationships between meetings.

The Open Table Theory of Change Pillars:

- ☐ Relationship
- ☐ Faith and a Shared Purpose
- ☐ Safe Space
- ☐ Transformation and Reconciliation
- ☐ Local Determination and Ownership