

# Irma's Story

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*"I had the sweetest and most rewarding opportunity to work one by one with each mom in the center. Before volunteering, I visited the center and learned how HELP works, as well as their values and mission with the community.*

*As a medical doctor, I would talk a little bit about preventative medicine, normal milestones for the baby during the first year as well as general advice and regular follow up. Many of the clients found it helpful.*

*I was one of three Spanish-speaking volunteers, and I remember having a very pleasant lady who came for the first time and asked for help with the intake form. She spoke Mam, a native Guatemalan language. I felt truly enchanted for learning about her language and, at the same time, truly useful. I was more than happy to help her with the Spanish form and even took the opportunity to learn how to say hello in mam. It's Jeeka!*

*I volunteered at HELP every day Monday-Thursday, so I noticed that each day there was a different team of volunteers. Lucky for me, I met everyone. That was a true blessing. I can not think about one single day where we did not share a smile, a kind word or even a life experience. We all support one another, and at the end of my month of volunteering, I felt that I have a new big family who truly cares about me. Thank you all for making my volunteer experience at HELP a beautiful experience. I hope to visit again if I am back in Michigan."*

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