

*Develop your skills as a leader, a thinker, and an advocate  
and make a dramatic difference*

# Mary Isaak High School Fellows Program

When she saw a need, Mary Isaak didn't wait for someone else to act. In 1988, when she noticed families sleeping in their cars in downtown Petaluma, she and her friend Laure Reichek founded the Committee on the Shelterless (COTS) by setting up beds in a church basement.

COTS now serves 2,400 Sonoma County residents every year. Thanks to their hard work, and COTS' effective programs, our clients find housing at about twice the national rate.

***Do you have Mary's spirit for action and COTS' commitment to rigorous and transformative practices? If so, we want you as a Mary Isaak Fellow.***

## Committee on the Shelterless (COTS)



***COTS' Founder, Mary Isaak, 1919 to 2007***

COTS' Mary Isaak Fellows program is designed to cultivate a new generation of effective allies and advocates for people who struggle with poverty and homelessness. It is open to eight Sonoma County high school students who are:

- Inspired to make a profound and positive difference in the lives of homeless children and adults.
- Interested in continuing to work or volunteer after high school in the cause of alleviating poverty and/or homelessness.
- Eager to work on their presentation skills.
- Curious, hard-working and creative.
- Between the ages of 14 and 18.

### **What's My Commitment?**

- 8 hours of group learning/additional reading
- Minimum of 8 hours providing direct services
- Outreach, engagement and fundraising
- Set and reach a class fundraising goal
- Presentation on your research and experience

### **What will COTS provide?**

- Instruction and coaching/referrals to informational interviews
- Volunteer opportunities
- Outreach opportunities
- Documentation of students' extraordinary service for college applications and/or senior projects



### **How do I apply or get more information?**

Please contact Eileen Morris at 707-765-6530 x128 or [emorris@cots.org](mailto:emorris@cots.org)