



**Heidi
Uhlig-Johnstone**
Director of Volunteer Services

To know every day coming in to work, you will see smiling faces, meet individuals from all walks of life, and make a difference big or small in the lives of others, is very meaningful.



[HTTPS://HEMLIFE.ORG](https://helmlife.org)

(313) 882-9600

158 RIDGE ROAD, GROSSE POINTE FARMS, MI 48236

Heidi Uhlig-Johnstone is The Helm Director of Volunteer Services and has been an integral part of The Helm team for more than 10 years. Fun fact: She currently is the longest-tenured staff member and will celebrate her 11 year anniversary in June!

Heidi grew up in Cedarburg, Wisconsin (just north of Milwaukee) and earned a bachelor's degree in social work from the University of Wisconsin – Oshkosh. She began work as a social worker at the Family Care Program for Milwaukee County, but left when she was accepted into the Master of Social Work program at Wayne State University. After earning her degree, she joined The Helm as an Information and Assistance Specialist.

Heidi's background as a social worker and former I&A specialist keeps her active supporting other areas of The Helm helping determine what is most beneficial for clients.

"I have so much gratitude for The Helm staff, volunteers, supporters and participants. To know every day coming into work, you will see smiling faces, meet individuals from all walks of life and make a difference, big or small, in the lives of others, is very meaningful and rewarding.

"I have to give a special shout out to The Helm volunteers! The volunteers are amazing, dedicated and hardworking. They go above and beyond the tasks given and are truly the key to The Helm's success!

Away from The Helm, Heidi enjoys spending time with her family. "My 2-year-old son keeps me on my toes!" She loves watching the Green Bay Packers – her husband is a long-suffering Lions fan and their son is leaning toward the Packers – and being outdoors with her son.