

Volunteer Opportunities for Companies

UNITED WAY . . . TOGETHER WE CAN DO MORE

The United Way Volunteer Center is focusing on what matters in Utah County by promoting effective service and connecting community members to volunteer opportunities that will have the greatest impact

Provide Food for Utah County Families

Sort donated food at the Community Action Food Bank. Two to ten people will work one-hour shifts.

Organize and carry out a drive to collect canned food, dry goods, toilet paper, baby formula, diapers and personal hygiene items.

Community Action Services, teaches families and individuals how to manage money, solve problems and become self-sufficient. Community Action also provides emergency assistance for rent, employment, food and utilities. For more information, contact Jim at (801)373-8200 ext. 216.

Entertain People with Disabilities

Put on a musical, drama or variety program for the residents.

Other activities include: reading, singing, making crafts, frosting cookies, bowling in hallway, making holiday decorations, softball, kickball or balloon volleyball.

Utah State Developmental Center is a residential facility for people with disabilities. For more information, contact Sherilyn at (801)763-4008.

Befriend Individuals with Disabilities

Make pillow cases, birthday bags or holiday treats for patients. Record books on tape.

Utah State Hospital is a residential facility for people with mental illness and disabilities. For more information, contact Shawna at (801)344-4254.

Help Potentially Abused Children

Groups are invited to organize donation items. Volunteers are needed to interact with children attending the Center.

Beautify the grounds by mowing and edging the lawn, or cleaning the parking lot.

Host a recognition dinner for volunteers who serve potentially abused children.

The Family Support and Treatment Center provides counseling, respite and therapy for victims of domestic violence and child abuse. The 24-hour Crisis Nursery is a safe place for children whose parents are in crisis or stressful situations. For more information, contact Jill at (801)229-1181.

Beautify City Parks & Cemeteries

Adopt a flowerbed! You choose the park, the flowerbed, and even the type of flower.

Repair and paint park benches or build and donate new benches and a variety of other projects.

Rake leaves at the cemetery. Keep flowerbeds clean and presentable.

To volunteer with Provo City, call Greg at (801)852-7607. For Orem City, contact Paul at (801)724-3566. For the Provo City Cemetery, contact Cathy at (801)852-6607. For other areas in Utah County, find out about similar opportunities at your city's Parks and Recreation Department.

Help with Infants and Toddlers

Large groups are encouraged to help with yard work and window washing once a month.

Groups are invited to assist with childcare on weekday evenings while parents are in classes.

Kids on the Move is an early intervention program for infants and toddlers with disabilities or developmental delays. To help improve the quality of life for these

children and their families, contact Kathy at (801)221-9930.

Participate in Activities with RAH!

Decorate the RAH! building for an upcoming holiday or event.

Have a yard sale or other fund raiser & donate the proceeds to RAH!

Help with activities at RAH! location such as dances, music, cooking classes, etc. These activities are subject to advanced scheduling.

Recreation and Habilitation Services provides therapeutic recreation for people with disabilities. For more information, contact Cheryl at (801)374-8074.

Make a Difference in the Lives of Youth

Tutor youth and help with activities.

Share a special skill by demonstrating or teaching music, photography, dance and sports skills.

Participate in field trips and Cultural Awareness activities.

Make holiday gifts or treats.

Make quilts for twin size beds (gender-neutral patterns preferred).

Organize a monthly activity for youth at the center or help teach arts, crafts or music classes.

Volunteers can help from home, making phone calls and writing thank you notes.

Juvenile Justice Systems is a secure facility for youth under the state's jurisdiction. Smaller groups are preferred or larger groups may be divided into smaller groups. Minimum age is 21 without an adult supervisor. For more information, contact Linda at (801)491-0118.

Be Adopted by a Grandparent

Be adopted by a grandparent in your neighborhood! Read to them, help them write letters, play games or go on walks.

Provide entertainment for the residents. Perform musical programs or plays.

Help with arts and crafts, bingo and cooking classes.

Please discuss your plans with the care center to make sure you are helping in the best way. For care centers in your area, please contact the United Way Volunteer Center by dialing 2-1-1 or (801)377-6600.

Make and Donate Items

Make quilts to donate to agencies that help at-risk youth, women in crisis, children at risk, mothers with new babies, the developmentally disabled, etc.

Donate used equipment that is in good condition to benefit a non profit office or residential facility.

Collect and donate basic household items such as cleaning and laundry supplies.

Donate baby items such as disposable diapers, bibs, baby wipes, and canned formula.

Donate professional services or individual talents such as computer or clerical support, plumbing, construction, electrical, sprinkler systems, etc. to a non profit organization.

Help shovel snow, rake leaves, and other seasonal yard work for various non profit agencies.

For more information, please call or visit the United Way Volunteer Center at 2-1-1 or (801)377-6600.