

## Volunteer Opportunities for Families



### 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.*

#### ***Be Adopted by a Grandparent***

**Local care centers** are looking for individuals, families or groups to befriend residents by going on walks, reading, playing bingo or simply talking. Volunteers can also share talents by performing at local care centers for individuals who are disabled or elderly. 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.

#### ***Participate in RAH! Activities***

Families have the opportunity to interact with individuals with physical disabilities by helping with therapeutic recreational activities. **Recreation & Habilitation Services (RAH!)** activities include outdoor events, arts and crafts, sports and other opportunities. To volunteer, contact Nancy at (801)374-8074.

#### ***Yard Clean-Up***

Help with yard clean-up, painting and home improvement projects at **Neighborhood Housing Services of Provo**. To volunteer, contact Karen (801)375-5820 (especially needed in June and July.)

Groups are invited to come once a month to help with yard work, window washing and landscaping at **Kids on the Move**. To volunteer, contact Kathy at (801)221-9930.

Volunteers help maintain and beautify the city by planting flowers, weeding, raking or painting for **Provo Parks and Recreation**. To volunteer, call (801)852-7607.

#### ***Indoor Clean-Up***

Families can help deep clean the crisis nursery for the **Family Support and Treatment Center** (Jill, (801)229-1181) or **Kids on the Move** (Kathy, (801)221-9930) by washing windows, toys, furniture and walls. It is helpful if cleaning supplies can be provided by volunteers.

#### ***Provide Food for Families***

Help sort non-perishable food items at **Community Action Food Bank** which feeds low-income families and individuals. Also, families can spend family night on a scavenger hunt collecting food and hygiene items. Some ideas include baby diapers, wipes, paper hygiene items and canned or non-perishable foods. To volunteer, contact Jim at 373-8200 ext. 216.

#### ***Help with Therapeutic Riding***

Families are invited to help provide therapeutic riding assistance for individuals with disabilities at **Courage Reins**. Support them during their horseback riding lessons. To volunteer, contact Bekka at (801)756-8900.

#### ***Make and Donate Items***

Put together an activity kit of school supplies for children including items such as crayons, coloring books or small toys, as well as commercially packaged treats. Also, your family can make educational materials and games for children under twelve. Contact the **United Way Volunteer Center** by dialing 2-1-1 or (801)377-6600 for information on distributing supplies to the agencies with the greatest need.



## ***Educational Activities***

Families can read books on tape for **Project Read** (Sue, 852-7607 or) **Juvenile Justice Services** (Linda, 491-0118).

Both listening to and reading books can be a great help to students. The **Utah State Hospital** also uses books on tape for residents of the facility. Expand their library by donating! To volunteer, contact Shawna at 344-4254.