

# Volunteer Opportunities for Individuals

## 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.*



### Children

Assist in the Crisis Nursery by reading, playing games, or teaching arts and crafts at **Family Support & Treatment Center**. Volunteers must attend training, which is held every 2<sup>nd</sup> Tuesday at 4 p.m. or 6 p.m. To volunteer, contact Jill at (801)229-1181.



Be a voice in the lives of abused and neglected children through **CASA (Court Appointed Special Advocates)**. Represent them in court to help secure their right to a stable home environment. Requested age to serve is 21 or older. To volunteer, call (801)344-8516.



Help the nutritional counseling program at **Women Infants and Children (WIC)** with office work and data entry. They are also looking for volunteers to help with webpage maintenance and graphic design. For information, contact RaNae in Provo at (801)851-7319 or Janice in Orem at (801)851-7343.



Serve with pre-school age children and their families at **Migrant Head Start**. Volunteers can read English books to children one on one, and teach them the alphabet, play with the children. For more information, contact Una at (801)754-0700.



Tend children at **Kids on the Move** on Tuesday and Wednesday evenings. To volunteer, contact Kathy at (801)221-9930.



### Elderly

Be adopted by a grandparent living in a local Care Center. For locations near you, contact the **United Way Volunteer Center** by dialing 2-1-1 or (801)377-6600.

### Disabilities

Serve in a variety of ways at the **Recreation and Habilitation Services (RAH!)** such as cooking, music, foreign and sign language, art, gardening, first aid, reading, fitness, dancing, etc. to people with disabilities. These activities need to be coordinated. Volunteers can also help with filing, answering phones, and other office duties. To volunteer, contact Nancy at (801)374-8074.

Provide support for families with disabled children by playing games, watching movies and making crafts at **Friday Kids Respite** on Friday nights from 6 to 9:15 p.m. To volunteer, contact Amy at (801)494-9837.

Assist adults with disabilities in learning new skills and participate with activities at the agency and in the community at **Tri Connections**. Minimum age is 18. To volunteer, contact Dave Hennessey at (801)343-3900.

Give back to the community. Health care providers, physical therapists and dentists can volunteer their services at the **Community Health Connect**. To volunteer, call (801)818-3015.

Visit terminally ill patients in their homes and provide respite for caregivers through **Intermountain Health Care Palliative Care**. Run errands for, read to, or help write letters for or talk with the individuals. Training is provided. To volunteer, call Louise (801)426-1817.

Volunteers are always welcome to assist individuals with disabilities in cleaning, painting, repairs and other home maintenance that they may have difficulty doing alone at the **Central Utah Center for Independent Living**. Minimum age is 16. To volunteer, contact Marie, Margaret or Marco at (801)373-5044.



## ***Literacy/Education***

Promote literacy by tutoring adult students in basic reading and writing skills in English or Spanish at **Project Read**. To volunteer, contact Sue Bartlett at (801)852-6654.

### **Mountainland Regional Learning Center**

Tutor and motivate adult students ages 16 to 90. Tutors must be at least 19 years old. For more information, contact Kip at (801)863-7620.

Tutor and motivate students of all ages through **East Shore High**. Assist individuals to obtain their high school diploma. Volunteers should have a high school diploma or equivalent. To volunteer, contact Ashley at (801)227-2440.

Educate new parents through **Welcome Baby**. Teach them about infant development, health, safety and community resources during monthly visits. Training is provided. A one-year commitment is desired. To volunteer, call Barbara at (801)691-5304.

Tutors are needed at **Juvenile Justice Services** to help youth who are behind in grade levels in math and reading. Volunteers should be at least 21 and are needed in the afternoons and evenings. For more information, contact Linda at (801)491-0118.

## ***Outdoor Opportunities***

Beautify our community's park and recreation areas. To volunteer call (801)852-7607 (Provo); (801)724-3566 (Orem); or Pleasant Grove Ranger District Office, (801)342-5255.

## ***Mentor***

You can make a positive difference in the life of a youth at **Safety Net Mentor** ages 6 to 18. Mentors must be at least 21 years or older who will share fun and educational experiences through a one-on-one relationship for 1 to 2 hours a week. To volunteer, contact Karla at (801)374-7637.

Mentor children by assisting with homework, going on field trips and planning activities through the **Boys & Girls Club** after-school program. To volunteer, call at (801)371-6242 or visit [www.bcutah.com](http://www.bcutah.com).

## ***Crisis***

Be a member of the Disaster Relief Team at **American Red Cross** or serve with the Armed Forces Emergency Services (AFES). Contact Jessica at (801)373-8580 to find out more. Volunteers can also donate blood at the Orem blood bank or serve cookies to donors. To sign up, contact the Blood Bank at (801)221-7626.

Volunteer with **Utah County Crisis Line**. Prevent suicide and loneliness by answering hotline calls. Provide a listening ear or talk about serious problems. Training is provided. A four-month commitment desired. To volunteer, contact (801)361-8691.

Work with women in the **Center for Women and Children in Crisis** by helping with household duties, rules, and daily living or, be a member of the **Rape Crisis Team** and provide support for rape victims and their families. Both English and Spanish speaking volunteers are needed, and volunteers will receive training. To volunteer, contact Carrie at (801)356-2511. or visit this website [www.cwcic.org](http://www.cwcic.org).