

# Volunteer Opportunities for Women Groups



## 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.*

### **Hold a Baby Shower**

Invite your group to bring items for a baby shower. Prepare games and refreshments to go along with the theme of the shower. After the shower, donate the items from the baby shower to an agency such as **Family Support and Treatment Center** (Jill, (801)229-1181), **Welcome Baby** (Barbara, (801)374-8108), **Center for Women and Children in Crisis** (Mindy, (801)356-2511).

Hold a scavenger hunt or a race to collect new hygiene items including toothbrushes, toothpaste, soap, deodorant, full-sized shampoo and conditioner, brushes and combs. These items can make a difference in the lives of many individuals in our community. Some agencies that could use these items include **Community Action** (Becky, (801)373-8200), **Alpine House** (JaNae, (801)373-9042), **Juvenile Justice Services** (Linda, (801)491-0118), **Mountainland Head Start** (Una, (801)375-7981), **Family Support and Treatment Center** (Jill, (801)229-1181), **Center for Women and Children in Crisis** (Mindy, (801)356-2511).

### **Teach others to save lives**

**American Red Cross** invites young adults and adults to become an instructor for CPR and First Aid courses. Please contact Ed at (801)373-8580 for more information.

### **Teach a Sewing Class**

Teach sewing techniques and help your group make items such as doll clothes and blankets for baby dolls to be used in classrooms.

Provide dolls of different races or nationalities and clothing for children to play with at **Mountainland Head Start** (Una, (801)375-7981).

Create dress-up clothing for children. Super hero capes are great! Donate these items to agencies such as **Mountainland Head Start** (Una, (801)375-7981).

Make and donate twin-sized neutral quilts. Hold a quilting show to demonstrate the talent found within the group. Agencies to donate to include **Alpine House** (JaNae, (801)373-9042), **Juvenile Justice** (Linda, 491-0118), **Center for Women and Children in Crisis** (Mindy, (801)356-2511), **Mountainland Head Start** Una, (801)375-7981), **Family Support and Treatment Center** (Jill, (801)229-1181).

Learn to crochet! Crochet the edges of baby burp rags. These items can be donated to **Welcome Baby** (Barbara, (801)374-8108), **Family Support and Treatment Center** (Jill, (801)229-1181).

### **Celebrate the Holidays**

Help organizations decorate for special events such as Christmas, Valentine's Day, Easter, Halloween, etc. Items to make and donate include table decorations, door decorations, ornaments, etc. Agencies to contact for more information include **Alpine House** (Katie, (801)373-9042), **Kids on the Move** (Kathy, (801)221-9930), **Recreation and Habilitation Services** (Nancy, (801)374-8074).



## ***Assemble Kits***

Make holiday and birthday bags for patients at the **Utah State Hospital** (Shawna, (801)344-4254).

Donate bookmarks (purchased or made by a group), stationery for youth to write letters (plain or decorated by a group) and cards for all occasions (bought or created by a group with rubber stamping or on the computer). Contact **Juvenile Justice Services** (Linda, (801)491-0118) for more details.

Cut, color and laminate folder games for the **Mountainland Head Start** (Una, (801)375-7981), or cover paperback books, magazines, etc. for the **Provo City Library** (Cheryl, (801)852-7651).

Assemble educational kits which could include paper, safety scissors, crayons, colored pencils, erasers, pencils, rulers, etc. These kits can be used at **Family Support and Treatment Center** (Jill, (801)229-1181) and **Mountainland Head Start** (Una, (801)375-7981).

## ***Off-Site Activities***

Visit a care center and be adopted-by-a-grandparent. Contact **United Way** at (801)374-8108 for a list of care centers in your neighborhood.

Sort food at the **Community Action Food Bank** (Krysta, (801)373-8200 ext 247).

## ***Miscellaneous***

Have a storytelling party! Read books on tapes. Donate the book and the tape to agencies to help foster the love of reading. Agencies include the **Utah State Hospital** (Shawna, (801)344-4254), **Mountainland Head Start** (Una, (801)375-7981), **Juvenile Justice Services**, (Linda, (801)491-0118), and a variety of care centers.

Hold a carnival and invite the youth in your area to come. Have games such as Tic Tac Toe, Hoola Hoop Toss, Bean Bag Throw, Hi/Low Game, Bowling, Pint Pong Ball Toss, Bobbing for Apples, Face Painting and a Craft Booth. Make popcorn for a treat.

## ***Develop Your Woodworking Skills***

Build stacking block toys for children. A good dimension would be 1"x1". Groups can sand the blocks and paint them. Groups can also try their hand at creating hand toys for children. Wood toys can be donated to agencies such as **Family Support and Treatment Center** (Jill, (801)229-1181), **Mountainland Head Start** (Una, (801)375-7981).