

## Young Adult Group Opportunities



### 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.*

*These suggestions are an excellent opportunity for church groups, school clubs or families that want to get involved in helping a nonprofit organization in your area. Please call the agency contacts a few weeks in advance to schedule visits and to see what opportunities are currently available. In addition, visit our Web site at [www.unitedwayuc.org](http://www.unitedwayuc.org), or call 211 for additional monthly opportunities.*

### ***Indoor Clean up***

Volunteers are invited to help with washing windows, cleaning blinds, chairs and tables, and disinfecting toys and equipment. Volunteers may also assist with yard work and repair. For more information, contact **Kids on the Move** (Kathy, (801)221-9930) or **Family Support and Treatment Center** (Jill, (801)229-1181).

### ***Beautify our Community***

Groups are encouraged to assist the **Provo City Cemetery** in raking 45 acres of land to prepare the grounds for winter. Tools will be provided for all volunteers. For more information, contact Cathy at (801)852-6607.

### ***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 (801)373-8580 for more information.

### ***Make Dinner or Host a Game Night***

**Alpine House** is a transitional home for individuals with mental illness. Small groups are encouraged to cook dinners, desserts, play games and teach art and crafts, such as watercoloring, drawing and painting. Other activities include yard work, outdoor painting, renovation, remodeling and electrical work. For more information, call JaNae at (801)885-5982.

### ***Care for the Elderly***

Local nursing homes are looking for individuals, families or groups to befriend residents at local care centers for individuals who are disabled or elderly. Some like going on walks, reading, playing bingo, listening to musical performances or just talking. Please discuss your plans with the nursing homes to make sure you are helping in the best way. For nursing homes in your area, please contact the United Way Volunteer Center at 211 or (801)377-6600.

### ***Serve Individuals with Disabilities***

Volunteers are invited to visit people with disabilities in local care centers. Some activities include making arts and crafts, reading books, playing games, singing or styling their hair. Local care centers include the **Trinity Mission Health and Rehab of Provo** (Shauna, (801)373-2630), **Utah State Developmental Center** (Sherilyn, (801)763-4008), **Provo Care Center** (Rocio, (801)373-8771), and **Mesa Vista** (Summer, (801)225-9292).



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

Make and donate holiday or birthday bags for local agencies. For more information on ideas on supplies and treats that may be included contact one of these local agencies. **Utah State Hospital** (Shawna, (801)344-4254), **Juvenile Justice Services** (Linda, (801)491-0881), or **Alpine House** (JaNae, (801)373-9042).

Organize a scavenger hunt and collect food, hygiene or school and art supplies. Nonprofit agencies that will benefit are **House of Hope** (801)373-6562, **Center for Women and Children in Crisis** (801)356-2511, **Community Action Services** (801)377-8200 and **Mountainland Head Start** (801)375-7951. Please call ahead for ideas.

Help teachers at **Mountainland Head Start** by taking home projects to color, cut out and laminate. For more information, contact Una at (801)375-7981.