

Volunteer Opportunities for Youth

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.



Homeless/ Low-Income

Collect toothpaste, napkins, hand soap, diapers, toilet paper, paper towels, or canned and dried food or help sort food into boxes for families in our community for the **Community Action Food Bank**. For more information, contact at Jim at (801)373-8200, ext 216. (minimum age: 12)

Help **The Food and Care Coalition** make or donate sack lunches for homeless and low-income families and individuals. For more information, contact Nancy Wilis at (801)373-1825. (minimum age: 12)

Help on Saturday build days with **Habitat for Humanity**. No previous building experience is required! Volunteers can help with coordination, snacks, morning devotionals, safety talks, or last minute supply runs. For more information, contact Kena at (801)344-8527. (minimum age: 14 to be on site, 16 to build)

Tutor Students

Be a tutor for elementary age children who are falling behind in their reading level. For more information, contact your **local elementary school** to volunteer. (minimum age: 16)

Tutor adult English and Spanish speaking students in basic reading and writing skills at **Project Read**. Volunteers work one-on-one with students twice a week for an hour and a half. A six-month commitment is requested to ensure students' progress. For more information, contact Sue Bartlett at (801)852-6654 or go to www.project-read.com. (minimum age: 16)

Children

Care for children at the **Family Support and Treatment Center** crisis nursery for parents seeking respite. A three-hour shift is requested each week. Training is provided. For more information, contact Jill at (801)229-1181. (minimum age: 16 without adult supervision).

Tend children and siblings (ages 0-3) with disabilities at **Kids on the Move** while parents are in classes or support groups. For more information, contact Kathy at (801)221-9930. (minimum age: 16)

Make a difference for youth in our community at the **Boys and Girls Club**. Assist with homework, reading, gym time and activities for children ages 6-14. For more information, call (801)371-6242, or go to www.bgc Utah.org. (minimum age: 18)

Disabilities

Assist people with disabilities in therapeutic horseback riding lessons at **Courage Reigns** with activities such as caring for horses, special events, photography and volunteer recruitment. For more information, contact Judy at (801)756-8900. (minimum age: 12)

Play games, read, provide entertainment or help with Wednesday night activities for individuals with disabilities at the **Utah State Developmental Center**. For more information, contact Sherilyn at (801)763-4008. (minimum age: 16)

Teach music, art, language and cooking classes, or help with activities and field trips for people with disabilities at **Recreation and Habilitation Services (RAH!)**. For more information, contact Nancy at (801)374-8074. (minimum age: 14)



Maintenance and Cleaning

Enjoy the outdoors while cleaning around the office building or doing yard work for **Community Action**. For more information, call (801)373-8200. (minimum age: 12)

Help with yard work and window washing for **Kids on the Move**—an agency that provides services for disabled infants and toddlers and their families. For more information, contact Kathy at (801)221-9930. (minimum age: 12)

Help with landscaping, or paint the interior or exterior of the building at **Recreation and Habilitation Services (RAH!)**. For more information, contact Nancy at (801)374-8074. (minimum age: 12)

Help with gardening and ground work at the **Utah State Developmental Center**. For more information, contact Sherilyn at (801)763-4008. (minimum age: 12)

Elderly/ Homebound

Spend at least one hour each week visiting an elderly person by visiting, reading, writing letters or playing games with the residents. For a list of **care centers** in your area, contact the United Way Volunteer Center by dialing 2-1-1 or (801)377-6600. (minimum age: 12)

Become certified to act in disaster situations by taking a Disaster Preparedness Course at the **American Red Cross**. In addition, you can also get trained on how to present at Health & Safety Fairs. For more information, contact Katrina at (801)373-8580. (minimum age: 14)

Clerical

The **Parent Education Resource Center** is looking for volunteers to help with various clerical duties and with mending educational materials. For more information, contact Myrna Harbauth at (801)229-7390. (minimum age: 16 without adult supervision)

Miscellaneous

Volunteer at the **SCERA** by handing out programs, ushering, cashiering, providing concessions, or providing technical support. For more information, contact Linda at (801)225-2569. (minimum age: 12)

Work once a week at your **local library**. Help with shelving and mending books, or with the children's reading program and story hour. For more information contact your local library.

Participate with set up, fund raising, and distribution at an event such as **Walk America** or the **March of Dimes**. For more information, call 914-997-4488. (minimum age: 16)

Volunteers can staff the gift shop, file records and help with variety of other tasks at the **American Fork Hospital**. Volunteers must fill out an application and attend an orientation. For more information, contact the hospital volunteer coordinator at (801)855-3506.