

how to make the most of your volunteer experience:

- While at your volunteer project and afterward, talk with your family and friends about the experience.
- Have fun! Enjoy meeting new people and doing new things.
- Keep a volunteering journal. If you are volunteering with friends, take turns writing about the experience.
- Create a calendar to plan your volunteer activities.
- Be proud of what you have accomplished.
- Encourage your family and friends to volunteer with you.

Haven't found what you're looking for?

Don't worry — the activities in this guide only represent a sampling of what is out there in the community. New volunteer opportunities come up often, and you may want to check The Olympian newspaper; the Olympia, Lacey or Tumwater parks and recreation departments; or the Volunteer Center of Lewis, Mason and Thurston Counties to learn about more volunteer opportunities for youth. Another idea is to call organizations you are interested in directly and ask if they have any volunteer opportunities available — many do, and will be glad you called!



TOGETHER!

2009-2010



youth volunteer resource guide

how to use this guide:

This Volunteer Resource Guide, co-created by local teens, can tell you about some of the great opportunities out there and help you get connected with them! To use this guide:

- Look in the Table of Contents and select an area that interests you. Then, flip through the activities in that section and choose a few that sound interesting to you.
- Call the organizations you like and talk to the volunteer directors! Ask about their volunteer activities. Get information about the time, place, age, and skill requirements, safety considerations, transportation and appropriate dress.
- Decide which organization best suits you and let the volunteer director there know you're ready to volunteer.

Teens speak out about volunteering:

"I wanna be part of the solution, not the problem. [Volunteering] gives me an opportunity to learn and make a positive difference in our communities.

- Ross C.

"I think volunteering is an amazing way to give back to those who need our help. It is a very liberating experience to give back!

- Carlene M.

"I continue to volunteer to 'pay it forward' to my community because I love where I live."

- Caitee B.

Being outdoors continued ...

Harvest Helper

Garden-Raised Bounty (GRuB)
711 State Ave. NE, Olympia 98506
www.goodgrub.org

Harvest vegetables for low-income families and do other garden projects.

(360) 753-5522

Send email directly from website.

Earth Helper

YMCA Earth Service Corps
510 Franklin St. S.E. Olympia 98501
www.southsoundymca.org

Develop leadership skills and learn about the environment through projects that benefit the community. Open to teens age 14-19.

(360) 357-6609

I am interested in ... the arts



Theater Volunteer

Harlequin Productions
202 4th Ave. E, Olympia 98501
www.harlequinproductions.org

Help with theater productions by ushering, taking tickets, painting, helping with wardrobe and prop management, and doing office tasks.

Must be 18+ for some opportunities.
Kate Fox, Volunteer Director
(360) 786-0151
volunteers@harlequinproductions.org

I am interested in ... health/sexuality topics

Teen Council

Planned Parenthood of Olympia
402 Legion Way SE #201 Olympia
www.plannedparenthood.org

Teen Council is a group of high school students who provide presentations on health and sexuality issues in schools and serve as resources for their peers.

For teens entering 10th–12th grades.
Jodi Bernstein, Community Educator
(360) 754-1556
jodi.bernstein@ppww.org

GLBTQQ Speakers' Bureau

Stonewall Youth
P.O. Box 7383, Olympia 98507
www.stonewallyouth.org

Stonewall Youth is a safe, supportive environment for GLBTQQ (gay, lesbian, bisexual, transgendered, queer and questioning) youth. Volunteer on the Speakers' Bureau or support local community events.

Katrina, Volunteer Coordinator
(360) 705-2738
event@stonewallyouth.org

Literacy/education continued ...

Youth Mentor

Evergreen Villages Community Center
505 Division St. NW, Olympia 98501
www.thurstontogogether.org

High-school-age youth are needed to mentor younger kids, assist with reading and homework during the school year, and do fun activities. Must be a good role model and enjoy working with children.

Brenda Jones, Program Manager
(360) 943-4680

Community Space Helper

Free School Community
c/o Multi Cultural Outreach Media
PO Box 6086 Olympia 98507
www.freeschoolunity.org

Help organize classes for the Free School, or share a skill by teaching one!

(360) 561-1447

I am interested in ... being outdoors

Park Volunteer

City of Olympia, Parks, Arts & Rec.
222Columbia St. NW Olympia 98501
www.ci.olympia.wa.us/parks

Become a member of the Volunteers in Parks team—come spend a Saturday morning helping beautify a local park. Other volunteer opportunities include helping with camps and special events.

Not every week; times vary.
Todd Smith, Volunteer Coordinator
(360) 753-8365

Tutor/Game Leader

Boys & Girls Clubs
Lacey/Tumwater/Rochester branches
www.bgctc.org

Help younger kids with their homework or help lead games and activities.

Lacey, Ask for Shellica or Mike
(360) 438-6811
Tumwater, Ask for Jesse
(360) 570-8888
Rochester
(360) 273-9175

High School Big Brother/Sister

Big Brothers/Big Sisters
3434 Martin Way E Ste. 3, Olympia
98506
www.thurstonbbbs.org

Be a positive role model and share your skills by being a Big Brother or Big Sister to an elementary school student.

One-hour-per-week commitment.
(360) 943-0409

Small Projects Helper

Left Foot Organics
11122 Case Rd. SW Bldg. L Olympia
98512
www.leftfootorganics.org

Left Foot Organics is a vocational horticultural therapy program for people with developmental disabilities. Help with small construction projects; some construction skills needed.

4 hours/week commitment.
(360) 754-1849

Top 10 Reasons to Volunteer:

1. Gain work experience in areas that interest you.
2. Boost your self-esteem by helping others!
3. Help make our community a better, stronger place.
4. Enhance your college applications.
5. Meet new people; make friends and build references!
6. Gain new skills and develop talents.
7. Spread positive energy and hope.
8. Fulfill your school's community service requirements.
9. Experience growth—you will learn about yourself and others.
10. **It's fun!**

(Adapted from the United Way of Massachusetts Bay Youth Volunteer Guide)

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I am interested in ... helping animals

Howl-In Helper

Wolf Haven International
3111 Offut Lake Rd., Tenino 98589
www.wolfhaven.org

At Wolf Haven, rescued captive wolves receive a lifetime of compassionate care. Wolf Haven needs volunteers to help at the Wolf Sanctuary, including Tour Guides and Office Assistants.

Summer weekday help needed most. Cindy Irwin, Volunteer Coordinator (360) 264-4695 ext. 222
cirwin@wolfhaven.org

Kennel Helper

Thurston County Animal Shelter
3120 Martin Way E., Olympia 98516
www.jointanimalservices.org

Help animals in need by assisting with their daily care, helping in the office, and/or helping take pictures of pets to help promote and find homes for them!

4 hours/month, 6-month commitment. Come to an orientation session to apply; times are listed online.

Chandra, Volunteer Coordinator
(360) 352-2510 ext. 1009
volunteer@jointanimalservices.org

Horse Helper

The Spotlight Foundation
2000 Friendly Grove NE, Olympia 98506
www.thespotlightfoundation.org

Help with the care of rescued horses who are part of a therapy program for children and adults; horse experience preferred.

2 hours/week commitment.
(360) 888-5395



I want to ... work with people

Also see *Literacy/Education and Food/Supplies* sections for more ideas

Hospitality Volunteer

Providence St. Peter Hospital
413 Lilly Rd. NE, Olympia 98506
www.providence.org/swsa/volunteers

Greet hospital visitors, deliver flowers and escort patients to various departments.

Needed 4 hours/day, 8 a.m.— 7 p.m.
Volunteer Services
(360) 493-7480

Fundraising Helper

Partners in Prevention Education
203 4th Ave. E, Olympia 98502
www.youthchangeagents.org

Help end youth homelessness and violence by volunteering with fundraising and other projects.

Rosalinda Noriega
(360) 357-4472
rosalindan@youthchangeagents.org

I am interested in ... literacy/education

Also see *Work with People* section for more ideas

Student Helper

ROOF Community Services
10140 Hwy 12, SW Rochester 98579
www.roofcommunityservices.org

ROOF (Rochester Organization of Families) provides services to families in the Rochester area. Be a reading tutor for younger kids, help with arts and crafts, do light office work, or help at the ROOF food bank.

Kellie McNelly, Volunteer Director
(360) 273-6375

After-School Mentor

Tumwater Old Town Center
215 2nd Ave. SW, Tumwater 98512
www.ci.tumwater.wa.us

Tumwater Old Town Center serves seniors and youth. Volunteers are needed to mentor kids in grades 3-6 by helping with homework and doing interactive activities.

Charlie Groth, Youth Coordinator
(360) 754-4160 ext. 264
cgroth@ci.tumwater.wa.us

Program Aide/Mentor

TOGETHER!
221 College St. NE, Olympia 98506

Under the direction of the Program Manager, provide homework help/tutoring or help with craft projects and recreational activities (board games, pingpong, outdoor sports and games) for school-age youth.

Age 15 or older
Monday - Friday, 3:30 - 5:00pm
Jill Kawulok, Program Director
(360)493-2230 ext. 18
jkawulok@thurstontogogether.org



Book Van/Reading Helper

South Sound Reading Foundation
305 College St. NE, Lacey 98516
www.readingfoundation.org

Travel with the Book Van to community events to distribute books to low-income children, dress up in a Booker T. Bear costume, help with a book drive and/or read to kids. Application process required for some activities.

(360) 412-4585
read2me@nthurston.k12.wa.gov

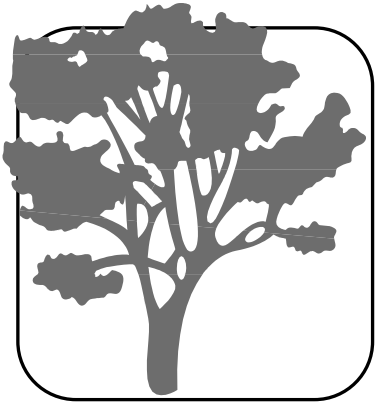
Museum Helper

Hands On Children's Museum
106 11th Ave. SW Olympia 98501
www.hocm.org

The Hand On Children's Museum seeks volunteers to help with special events such as birthday parties, office work, and exhibit maintenance, and with the popular Sand in the city annual festival.

Addie Rocchio, Volunteer Coordinator
(360) 956-0818 ext. 113

Food/personal supplies continued...



Harvest/Produce Helper

The Gleaners Coalition
402 Washington St. NE, Olympia
98501

(Located behind Furniture Works)
www.gleanerscoalition.org

Help alleviate hunger and malnutrition by increasing the availability and use of fresh local produce. Volunteers help gather food and bring produce home.

(360) 705-0193

I am interested in ... media outreach

Youth Media-Maker

TCTV
440 Yaeger Way SW, Olympia 98502
www.tctv.net

Thurston Community Television is a membership organization that provides public, educational and government-access television in greater Thurston County, Washington

Must be between 16 and 24.
(360) 956-3100
rkam@tctv.net

Outreach Team

Fern Haven Center
5721 Libby Rd. NE, Olympia 98506
www.fernhavencenter.org

Fern Haven Center provides workshops, trainings and events on peace, human potential and creativity. Outreach/marketing volunteers are needed to help raise awareness of Fern Haven's unique programs.

rod@fernhavencenter.com

I want to ... spread random kindness

Random Kindness Volunteer

Random Acts of Kindness
www.actsofkindness.org

Spread kindness throughout our community at local events! Visit the website to view local listings.



Working with people continued ...

Capitol Tour Guide

WA Capitol Tour Program
210 11th Ave. SW, Olympia 98504
www.ga.wa.gov/visitor/volunteer.htm

Give tours of the Capitol and help at the information desk. Enjoy working in a historical setting and teaching people about our state's history.

Pattie Williams
(360) 902-8880

Youth Help Line

Crisis Clinic Resource Network
3857 Martin Way E, Olympia 98506
www.crisis-clinic.org

Answer the youth help line and provide a listening ear and referrals to teens in need. Training provided.

Age 15+; weekly phone shift.
Maia Bruce, Teen Coordinator
(360) 586-2888 ext. 108

I am interested in ...

alcohol, tobacco and drug prevention

Teen Coalition Member

TOGETHER!
P.O. Box 5329, Lacey 98509-5329
www.thurstontogogether.org

Join Students Protesting Lies About Tobacco (SPLAT!) to raise awareness about tobacco issues through activities around the community.

Must be high-school age.
Jesse Youckton, Youth Coordinator
(360) 493-2230 ext. 17
jyouckton@thurstontogogether.org

Youth Representative

Communities That Care®/TOGETHER!
P.O. Box 5329, Lacey 98509-5329
www.thurstontogogether.org

Communities That Care® works for a healthy environment for young people in Thurston County. Youth are needed to help with media campaigns and recruiting other youth.

Jim Cooper, Program Director
(360) 493-2230 ext. 23
jcooper@thurstontogogether.org

Article Clipper/Office Assistant

Mothers Against Drunk Driving (MADD)
1800 72nd Ave. S 180, Kent 98032
www.madd.org/nw

MADD helps victims of drunken driving and their families and advocates to end drunken driving. Clip articles and help in the office.

(888) 364-MADD (6233)
pacificnw.region@madd.org

Community Volunteer

American Cancer Society
1313 Broadway #100, Tacoma
98402
www.cancer.org

American Cancer Society offers a variety of volunteer opportunities, including Daffodil Days, Relay For Life, summer camps and more.

Contact Tacoma office for local info.
(253) 272-5767

I am interested in ... office skills

Office Assistant

United Communities AIDS Network
147 Rogers St. NW, Olympia 98502
www.ucan-wa.org

United Communities AIDS Network provides services and support to those affected by HIV/AIDS. Volunteers are needed to help with office work and answering phones.

Must be 18+ for some opportunities.
(360) 352-2375

Office/Activity Assistant

Providence Maternal Child Health
3432 SouthBay Rd. NE, Olympia 98506
www.providence.org

Providence Maternal Child Health provides support to young and low-income mothers. Volunteers are needed to help with light office work and sorting and organizing baby clothing. Volunteers also can assist with group activities.

Mary Brown
(360) 493-4724



I am interested in ... helping seniors

Activity Helper

Providence Mother Joseph Care Center
305 College St. NE, Lacey 98516
www.providence.org

Help seniors in a long-term care facility with activities and games, reading books aloud, or playing piano.

Must be 14+ or with an adult.
(360) 493-4900

Senior Friend/Helper

Senior Services for South Sound
222 Columbia St. NW, Olympia 98501
www.southsoundseniors.org

Assist at weekend events, deliver hot meals to homebound seniors, or “adopt a grandparent” by visiting and befriending a senior.

Eileen McKenzie-Sullivan, Executive Director; (360) 586-6181

I am interested in ... helping people get food and personal supplies

Homeless Backpacks Helper

c/o Homeless Backpacks Inc.
www.homelessbackpacks.org

Homeless Backpacks provides food to homeless, hungry and at-risk students in Thurston County. Volunteers help sort and pack food, hold food drives and special events, maintain office and yard, etc.

Janet Bryant, Volunteer Coordinator
(360) 789-0158
janetlbryant@msn.com

Food Co-op Volunteer

Olympia Food Co-op
Locations in east and west Olympia
www.olympiafood.coop

Learn about retailing and cooperative businesses through short- or long-term volunteering with the Olympia Food Co-op.

Must be 16+ or with an adult.
Connie Bunyer, Volunteer Coordinator
(360) 956-3870

Personal Supplies Bank Volunteer

The Other Bank/YWCA
220 Union Ave. SE, Olympia 98501
www.ywcaofolympia.org

The Other Bank provides free personal hygiene supplies and cleaning products to low-income people. Volunteers are needed to stock products, fill orders and clean.

A weekly commitment is desired.
(360) 352-0593

Food Bank Helper (Rainier)

c/o Rainier Historical Society
207 Centre St. SE, Rainier 98576
www.rainierhistoricalsociety.org

The Rainier Historical Society runs a Food Bank and Thrift Store, and needs volunteer help sorting and shelving items at both places.

Joyce, Volunteer Coordinator
(360) 446-2342; postmaster@rainierhistoricalsociety.org

Food Bank Helper (Olympia)

Thurston County Food Bank
220 Thurston St. NE, Olympia 98501
www.thurstoncountyfoodbank.org

The Thurston County Food Bank serves over 22,000 hungry families each year. Volunteers are needed to sort and distribute food. Some standing/lifting.

Needed Mon., Wed. & Fri.
Volunteer Manager
(360) 352-8597 ext. 103
volunteers@thurstoncountyfoodbank.org

Community Kitchen Helper

Bread and Roses
1009 4th Ave. E., Olympia 98506
www.breadandrosesolympia.org

Bread and Roses provides food and shelter to homeless and low-income people in the Olympia area. Volunteers are needed to help prepare and serve meals.

Lunch and dinner served Mon.-Sat.
(360) 754-4085