

# Youth Volunteer Resource Guide

2011-2012 edition



Brought to you by **TOGETHER!**

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!

## How 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 volunteer for school credits and karma.”*

- Ryan M.

# 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

## **Tour Guide**

Wolf Haven International  
3111 Offutt 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 guide/education volunteers and office assistants.

Cindy Irwin, Volunteer Coordinator  
(360) 264-4695, ext. 222  
cirwin@wolfhaven.org

## **HeartStrides Volunteer**

HeartStrides Therapeutic Riding & Horsemanship  
3500 85th Lane SW; Olympia, 98512  
www.heartstrides.info

HeartStrides focuses on people's empowerment through the horse and human relationship. Volunteers are needed March-December to assist in therapeutic riding classes as side walkers and leaders, and year-round to help with everyday stable maintenance and care.

Jodie Sturdevant, Volunteer Coordinator  
(360) 866-7706  
jodeo2000@yahoo.com;  
heartstrides@gmail.com

## **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 and/or taking pictures of pets to help promote and find homes for them!

Min 4 hours/month, 6-month commitment. Make a reservation for an orientation session to apply; times are listed online.

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

## **Rescue and Rehab Helper**

For Heaven's Sake Animal Rescue & Rehabilitation  
PO Box 12417; Olympia, 98508  
www.fhswildliferehab.org

Assist in the care and rehabilitation of rescued wildlife along with helping around the facility. Good attitude and kind spirit, and the ability to lift 25 pounds, required. Age 18 or older, or with parental release; short application process. Commitment period to be discussed. Biggest need is in spring and summer.

Claudia Supensky, fhsarr@gmail.com

# I want to ... work with people

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

## **Capitol Tour Guide**

WA Capitol Tour Program  
416 Sid Snyder Ave SE; Olympia, 98504  
www.des.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.

Richard Emde, Volunteer Coordinator; (360) 902-8887; richardemde@des.wa.gov

## Work with people continued ...



### **Hospitality Volunteer**

Providence St. Peter Hospital  
413 Lilly Rd. NE; Olympia, 98506  
[www2.providence.org/southwest-Washington/  
community/volunteers/pages/st-peter-hospital-  
volunteers.aspx](http://www2.providence.org/southwest-Washington/community/volunteers/pages/st-peter-hospital-volunteers.aspx)

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

Minimum 7-month commitment; 1 4-hr shift/week

Volunteer Services

(360) 493-7482, Mon-Fri 8 a.m. - 7 p.m.

### **Youth Help Line/Crisis Line**

Crisis Clinic of Thurston & Mason Counties  
P.O. Box 13453; Olympia, 98508  
[www.crisis-clinic.org](http://www.crisis-clinic.org)

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

Age 15+; biweekly 5-8 p.m. phone shift.

Sarah Jordan-Welch, Program Assistant  
(360) 586-2888, ext. 110

### **Fundraising Helper**

Partners in Prevention Education  
317 4th Ave. E, 4th Floor; Olympia, 98502  
[www.youthchangeagents.org](http://www.youthchangeagents.org)

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

Rosalinda Noriega  
(360) 357-4472  
[rosalinda@youthchangeagents.org](mailto:rosalinda@youthchangeagents.org)

## I am interested in ... alcohol, tobacco and drug prevention

### **Teen Prevention Team Member TOGETHER!**

418 Carpenter Rd. SE Ste 203; Lacey, 98503  
[www.thurstontogogether.org](http://www.thurstontogogether.org)

Join other teens in the Students Protesting Lies About Tobacco (SPLAT!) coalition who are “promoting healthy lives by helping and informing all who are affected by tobacco.”

Meagan Darrow, Program Manager  
(360) 493-2230, ext. 17  
[mdarrow@thurstontogogether.org](mailto:mdarrow@thurstontogogether.org)

### **Teen Prevention Team Member TOGETHER!**

418 Carpenter Rd. SE Ste 203; Lacey, 98503  
[www.thurstontogogether.org](http://www.thurstontogogether.org)

Join other teens in the South Sound Youth Collaborative (SSYC) who are “collaborating to create change by listening up, speaking out & cleaning up, to inspire healthy youth and communities.”

Evan Welkin, Program Manager  
(360) 493-2230, ext. 23  
[ewelkin@thurstontogogether.org](mailto:ewelkin@thurstontogogether.org)

## Prevention work continued ...

### **Article Clipper/Office Assistant**

Mothers Against Drunk Driving (MADD)  
P.O. Box 3936; Silverdale, 98383  
[www.maddwashington.com](http://www.maddwashington.com)

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

Marsha Master  
(360) 692-4623  
[maddmaster@msn.com](mailto:maddmaster@msn.com)

### **Community Volunteer**

American Cancer Society  
1313 Broadway #100; Tacoma, 98402  
[www.cancer.org](http://www.cancer.org)

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

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

## I am interested in ... helping seniors

### **Senior Friend/Helper**

Senior Services for South Sound  
222 Columbia St. NW; Olympia, 98501  
[www.southsoundseniors.org](http://www.southsoundseniors.org)

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

Ann Monro, Volunteer Coordinator  
(360) 586-6181, ext. 108

### **Adopt a Yard**

Catholic Community Services  
129 Decatur St NW; Olympia, 98502  
[www.ccsww.org](http://www.ccsww.org)

Volunteer Chore Services helps low-income seniors and disabled adults stay living in their own homes. Volunteers help with housework, yardwork, minor household repairs, shopping, communication, monitoring and/or firewood delivery.

Must be 16+ or have parental consent.

Barbara Trendall, Program Coordinator  
(360) 586-2915 ext. 1 or (855) 827-6803



### **Activity Helper**

Providence Mother Joseph Care Center  
3333 Ensign RD NE; Olympia, 98506  
[www.providence.org](http://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. Some training required.

Penny Hyers  
(360) 493-4634

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

## **Homeless Backpacks Helper**

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.

Volunteer Coordinator  
(360) 789-0158

## **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.  
Alejandro Rugarcia, Volunteer Coordinator  
(360) 956-3870  
alejandror@olympiafood.coop

## **Personal Supplies Bank Volunteer**

YWCA – Other Bank  
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. Administrative work.

Weekly commitment desired, Mon./Tues.

Bree Lafreniere  
(360) 352-0593  
blafreniere@ywcaofolympia.org

## **Food Center Helper**

Rainier Emergency Food Center  
11318 Vail Cutoff Rd. SE; Rainier, 98576  
www.rainierfoodbank.weebly.com

The Rainier Emergency Food Center needs help sorting and shelving items at the facility.

Nancy Decker, Director  
(360) 446-2517  
nancyd98576@comcast.net

## **Food Bank Helper (Olympia)**

Thurston County Food Bank  
220 Thurston Ave. 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 required.

Needed Monday, Wednesday & Friday.

Volunteer Manager  
(360) 352-8597, ext. 103  
volunteers@thurstoncountyfoodbank.org

## **Community Kitchen Helper**

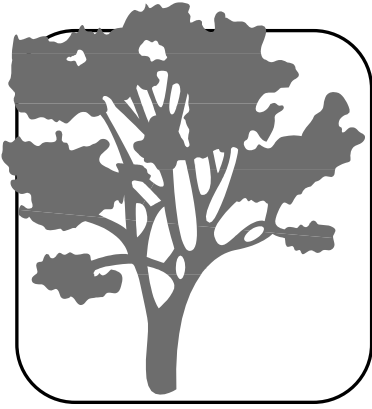
Bread and Roses  
1009 4th Ave. E.; Olympia, 98506  
www.breadandrosesolympia.org

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 Monday-Saturday.

(360) 754-4085

## Food/personal supplies continued ...



### **Cinderella's Helper**

Cinderella's Closet  
South Sound Shopping Center; Lacey, 98503  
<http://ccn.yefsite.com>

Help students find the perfect gown and accessories. Work with gown inventory and keep the shop looking great.

Laura Kenyon, Volunteer Coordinator  
(360) 550-5336  
[maryann.srnp@comcast.net](mailto:maryann.srnp@comcast.net)

## I am interested in ... office skills

### **Volunteer**

United Communities AIDS Network  
317 4th Ave E., 4th Floor; Olympia, 98501  
[www.ucan-wa.org](http://www.ucan-wa.org)

United Communities AIDS Network provides services and support to those affected by HIV/AIDS. Check the website for many different volunteer opportunities.

Must be 18+ for some opportunities.

(360) 352-2375

## I want to ... spread random kindness

### **Random Kindness Volunteer**

Random Acts of Kindness  
[www.actsofkindness.org](http://www.actsofkindness.org)

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



# 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](http://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](http://www.ci.tumwater.wa.us)

Tumwater Old Town Center serves seniors and youth. Volunteers are needed to mentor kids in grades 3-12 by helping with homework and doing interactive activities.

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

## **After-School Program Mentor TOGETHER!**

Multiple sites in Olympia and Lacey  
[www.thurstontgether.org](http://www.thurstontgether.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 Director  
(360) 943-4680  
[bjones@thurstontgether.org](mailto:bjones@thurstontgether.org)

## **Museum Helper**

Hands On Children's Museum  
106 11th Ave. SW; Olympia, 98501  
[www.hocm.org](http://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 in August.

Addie Rocchio, Volunteer Coordinator  
(360) 956-0818, ext. 113  
[volunteers@hocm.org](mailto:volunteers@hocm.org)

## **Book Van/Reading Helper**

South Sound Reading Foundation  
305 College St. NE; Lacey, 98516  
[www.readingfoundation.org/southsound](http://www.readingfoundation.org/southsound)

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. An application process is required for some activities.

(360) 412-4585  
[read2me@nthurston.k12.wa.us](mailto:read2me@nthurston.k12.wa.us)

# Literacy/education continued ...

## High School Big Brother/Sister

Big Brothers/Big Sisters of Southwest WA  
1802 Black Lk Blvd SW, Ste 102;  
Olympia, 98512  
[www.swwabigs.org](http://www.swwabigs.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

## Tutor/Game Leader

Boys & Girls Clubs of Thurston County  
Lacey/Tumwater/Rochester branches  
[www.bgctc.org](http://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: Ask for Christine

(360) 273-9397

## Community Space Helper

Freeschool Community, c/o Multicultural Outreach Media  
PO Box 6086; Olympia, 98507  
[www.freeschoolunity.org](http://www.freeschoolunity.org)

Help organize classes for the Freeschool Community, or share a skill by teaching one!

(360) 561-1447

# I am interested in ... health/sexuality

## Teen Council

Planned Parenthood of Olympia  
402 Legion Way SE #201; Olympia  
[www.plannedparenthood.org](http://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.

Tim McLeod, Community Educator

(360) 754-1556

[tim.mcleod@ppgnw.org](mailto:tim.mcleod@ppgnw.org)

## Speakers Bureau

Stonewall Youth  
P.O. Box 7383, Olympia 98507  
[www.stonewallyouth.org](http://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, programs, or educational opportunities.

Contact any Stonewall Youth Organizer

(360) 705-2738

[info@stonewallyouth.org](mailto:info@stonewallyouth.org)

## I am interested in ... the arts



### Theater Volunteer

Harlequin Productions  
202 4th Ave. E.; Olympia, 98501  
[www.harlequinproductions.org](http://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.

Jessie Drew, Volunteer Coordinator  
(360) 786-0151  
[volunteers@harlequinproductions.org](mailto:volunteers@harlequinproductions.org)

## I am interested in ... being outdoors

### Park Volunteer

City of Olympia; Parks, Arts & Rec.  
222 Columbia St. NW; Olympia, 98501  
[www.ci.olympia.wa.us/parks](http://www.ci.olympia.wa.us/parks)

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

Not every week; times vary.

Todd Smith, Volunteer Coordinator  
(360) 753-8365  
[tsmith@ci.olympia.wa.us](mailto:tsmith@ci.olympia.wa.us)

### Service Helper

YMCA Earth Service Corps  
510 Franklin St. SE; Olympia, 98501  
[www.southsoundymca.org](http://www.southsoundymca.org)

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

James VanEddy, Youth Development Coordinator  
(360) 357-6609, ext. 2116  
[vaneddyj@ssymca.net](mailto:vaneddyj@ssymca.net)

### Small Projects Helper

Left Foot Organics  
11122 Case Rd. SW; Olympia, 98512  
[www.leftfootorganics.org](http://www.leftfootorganics.org)

Left Foot Organics promotes inclusion and independence for people with disabilities and rural youth. Volunteers work side by side with our employees completing the daily work of the farm: tending chickens, turning compost, transplanting, weeding, harvesting plants, and/or farm maintenance chores.

Commitment of 3-5 hours per week.

(360) 754-1849  
[volunteer@leftfootorganics.org](mailto:volunteer@leftfootorganics.org)

### Volunteer

GRuB (Garden-Raised Bounty)  
2016 Elliott Ave NW; Olympia, 98502  
[www.goodgrub.org](http://www.goodgrub.org)

Harvest vegetables and build gardens for low-income families or be a guest chef in one of our youth programs all while sharing and gaining valuable skills.

(360) 753-5522  
Send email directly from website.

# 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 are only a sampling of what's out there in the community. New volunteer opportunities come up often. You may want to check The Olympian newspaper; the Olympia, Lacey or Tumwater parks and recreation departments; or VolunteerMatch.org to learn about more options for youth. Another idea is to call organizations you're interested in and ask if they have any volunteer opportunities available—many do, and will be glad you called!



Phone 360-493-2230

418 Carpenter Rd SE Ste 203

Fax 360-413-0231

Lacey, WA 98503-7905

[www.ThurstonTOGETHER.org](http://www.ThurstonTOGETHER.org) [info@ThurstonTOGETHER.org](mailto:info@ThurstonTOGETHER.org)



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