

Youth Volunteer Guide

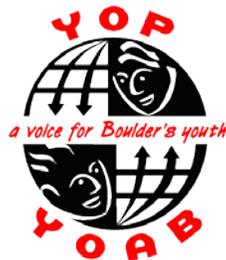
Volunteering is . . .



Fun!

Helpful!

Rewarding!



Compiled by the City of Boulder's
Youth Opportunities Program





Reasons to volunteer. . . .

- ☀ *Expand your horizons*
- ☀ *Share your time and talents with others*
- ☀ *Do something worth doing*
- ☀ *Learn new skills and gain valuable experience*
- ☀ *Build self-confidence*
- ☀ *Make new friends and have fun*
- ☀ *Make a difference*
- ☀ *Strengthen your resume*
- ☀ *Feel involved*



Things to think about. . .

- ☀ *What are your interests? Are there particular issues that you really care about?*
- ☀ *What do you like?*
- ☀ *What do you dislike?*
- ☀ *What would you like to learn about?*
- ☀ *What do you want to gain from this volunteer experience?*
- ☀ *What skills or talents would you like to share with others? What are you good at?*
- ☀ *What skills or talents would you like to acquire?*
- ☀ *What transportation would you use to get there?*
- ☀ *When would you be free to volunteer?*

“If you want to lift yourself up, lift up someone else.”
Booker T. Washington

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About the Minimum Age Categories...

The minimum age is the youngest age of volunteer the organization will accept. This booklet is organized into the following categories:

▲All Ages (begins on pg. 1) ▲Minimum Age 14 (begins on pg.5) ▲Minimum age 15 (begins on pg.6) ▲Minimum age 16 (begins on pg. 7). The “All Age” category will take volunteers as young as elementary school and as old as a senior in high school.

Volunteer Possibilities for Youth

Possibilities are listed by age categories. We try to keep this info current, but can't guarantee that all organizations need volunteers right now. Most organizations listed have more volunteer opportunities than can be listed here. Call the contact person to see what's currently available.

The City cannot recommend or endorse any of these opportunities and suggests you ask questions and do your own research before making any commitment. As always, if you feel unsafe or uncomfortable at any time you should immediately talk to a trusted adult and ask for help.



All Ages

Boulder County Head Start

2845 Wilderness Place

303.413.7075

Contact: Brenda Gochanour
bgochanour@bouldercounty.org

Head Start pre-school needs volunteers to help with child care and to read and play with children.

Boulder County Sheriff Department

5600 Flatirons Parkway
www.bouldercounty.org

303.441.1752

Contact: Jennifer Quilling
jquilling@bouldercounty.org

The Sheriff Department needs young members of the community to sit in a restorative justice circle. Must be able to speak up and participate. They meet once a month in the evening for 1-2 hours. Call for more information.

Boulder Expand Program

3198 Broadway

303.413.7216

Contact: Colleen Fitzgerald
fitzgeraldc@bouldercolorado.gov

Volunteers are needed to assist children, youth, and adults with disabilities with recreational activities, hobbies, crafts, and gift making. May have opportunities for younger folks. Please call for more information.

Boulder Public Library

1001 Arapahoe Ave.
www.boulderlibrary.org

303.441.3114

Contact: Grayson Hardman
hardmang@boulderlibrary.org

Some examples of volunteer service include children's special events, summer events, book sales, concerts, cultural events, reading projects, and many more.

Center for People With Disabilities

1675 Range St.

303.442.8662 x123

Contact: Elaine Senko
Elaine@CPWD.org

Volunteer opportunities include helping in the office, cleanup, and yard work, graphic design, marketing and fund raising. May have opportunities for younger folks. Call for more information.

Colorado Shakespeare Festival
CU – Boulder Campus (call for exact location)

303.492.1973
Contact: Amanda Giguere
amanda.giguere@colorado.edu

The Colorado Shakespeare Festival seeks volunteers throughout the year to serve as ushers, administrative assistants, and shop assistants. If you are interested in learning more about the operations of a year-round theatre company, please contact us! This is a great learning opportunity for motivated middle/high/college students.

Community Food Share

6363 Horizon Lane
Niwot, CO

303.652.3663 x202
Contact: Sue Ericson
sericson@communityfoodshare.org

Volunteers work in the Community Food Share warehouse sorting and organizing food donations or packaging food for distribution. You can also attend our “drop-in” session every Tuesday (year-round) from 3:30 – 6:30 pm. Volunteers younger than 14 must be accompanied by a parent; 15 or older may come by themselves.

Cure Organic Farm

7416 Valmont Rd.
www.cureorganicfarm@yahoo.com

303.666.6397
Contact: Anne Cure

This is a totally organic farm which grows vegetables. Cure is open to volunteers Thursdays from 9 – 12, April – October. You need to be self-motivated, energetic, and love getting your hands dirty. We also raise animals for fiber and meat.

Eco-Cycle

5030 Pearl St.

303.444.6634
Contact: Leigh Cushing
leigh@ecocycle.org

There are three primary areas for volunteers. Be a Zero Waste advocate by becoming a Block Leader in your neighborhood. Twice a year visit your neighbors to answer recycling questions and share the newest recycling news. The second option is becoming a Recycling Ranger. This person assists recyclers at the Boulder County Recycling Center. We are only doing this at the Longmont Waste Diversion Center now. This includes getting their recyclable materials from vehicle to bin and answering questions. Third, is the Special Event Coordinator which can include staffing an educational table with games at festivals and fairs, helping to sort materials and educate visitors at Zero Waste events, or to help out at special collection events.

Emergency Family Assistance Association

1575 Yarmouth Ave.
www.efaa.org

303.951.7663
Contact: Shalon Atwood
shalon@efaa.org

Volunteers can be as young as 12 if they are accompanied by an adult, but must be 16 in order to volunteer by themselves. Volunteers can help with various activities such as organizing the food pantry, weighing donations, conducting inventory, yard work, organizing drives and birthday boxes.

Family Learning Center

3164 34th St.

303.442.8979
Contact: Eric Schmidt

This agency runs an after school program and summer program at the San Juan del Centro community. Volunteers help youth with homework, reading, and computer skills.

Global Response (a program of Cultural Survival)
3546 Old Pearl Street

303.444.0306
Contact: Suzanne Benally
sbenally@cs.org

Global Response is an environmental action and education network. They help Indigenous communities around the world protect their lands, forests and rivers, and defend their rights. Young people starting at age 9 can participate in Global Response letter-writing campaigns. You can do this individually or as a class or club activity. See the Youth Action pages at www.cs.org.

Growing Gardens
1630 Hawthorne

303.443.9952
Contact: Lauren Richardson
lauren@growinggardens.org

This organization manages a variety of garden projects such as the Community Garden, the Peace Garden for Children, and the Cultiva! teen garden. Volunteers are needed year round for projects ranging from planting seeds, harvesting, tending the garden, greenhouse maintenance, and general office work.

ICEBUSTERS
951 Arapahoe Ave., Suite 10
www.Careconnectbc.org

303.443.1933 x413
Contact: Anne Smith
icebusters@careconnectbc.org

Volunteers are needed to help senior citizens and physically disabled residents in Boulder shovel their sidewalks after each snow fall.

Jewish Community Center
3800 Kalmia Ave.

303.998.1900 x102
Contact: Wendy Aronson

This cultural center needs volunteers who are able to help with occasional special events (ie. setting up chairs, serving refreshments, helping with mailings) and upkeep with the community garden.

Mary Sandoe House
1244 Gillaspie Dr.

303.494.7317 ext. 15
Contact: Theresa Kiebert
tkiebert@indra.com

This is an assisted living community for elderly people. Volunteers are needed in the Activities Department to help with crafts, games, and other forms of entertainment.

New Era Colorado
1648 Spruce St.

720.565.9317
Contact: Carrie Jackson
Carrie@NewEraColorado.org

New Era Colorado is reinventing politics for our generation through innovative social and political action. Help us reach out and get young people involved in the political process.

OpenArts
1301 Spruce St.
www.openartsboulder.org

303.444.1862
Ben Capsalis

We love teenagers! OpenArts, a non-profit visual arts organization, uses volunteers to help with our fun events including the OpenArts Fest in July, Fall artist Tour in October and various art openings at our gallery in Rembrandt Yard. We also offer children, teen, and adult art classes at Clementine Studio in Boulder. Volunteer duties may include helping artists set up booths, working in our information kiosk, assisting children during art classes and other art activities, setting up and serving at our public receptions and helping our staff with mailings and other office tasks.

Rocky Mountain Peace & Justice Center
3970 Broadway, Suite 105
www.rmpjc.org

303.444.6981 X-1
Contact: Betty Ball
rmpjc@earthlink.net

Various volunteer opportunities exist at this nonprofit organization related to peace, justice, and non-violent social change. Projects can range from creating leaflets & stuffing envelopes, to organizing rallies.

**Safehouse Progressive Alliance
for Nonviolence (SPAN)**
9th Street, near North Boulder Park
www.safehousealliance.org

303.449.8623
Contact: Nancy Chavez-Porter
Nancy@safehousealliance.org

This organization provides a safe space for women and children who have experienced domestic violence. Volunteers are needed to do regular office work, cleaning projects and possibly yard work. A 30 minute presentation about the agency is included. In addition, Peers Building Justice (PBJ) is an opportunity for high school students to meet other students, learn about social justice, stop violence in Boulder, be creative & have their voices heard by the community! PBJ is a joint program between Moving to End Sexual Assault (MESA) and Safehouse Progressive Alliance for Nonviolence (SPAN) that focuses on ending teen dating violence in our community. This program offers an opportunity for youth to explore topics of healthy relationships and teen dating violence while gaining leadership skills and an understanding of social justice.

Volunteers for Outdoor Colorado
www.voc.org

303.715.1010 x-111
Contact: Carishma Gokhale-Welch
carishma@voc.org

Volunteers for Outdoor Colorado (VOC) is a statewide, nonprofit volunteer organization whose mission is to motivate and enable citizens to be active stewards of Colorado's natural resources. VOC provides hands-on volunteer opportunities for people of all ages to help care for outdoor places and resources. Opportunities to get involved range from wildfire restoration, to trail construction and restoration, to planting trees in urban parks between April and October. This is accomplished through partnerships with state and federal agencies, and urban and county parks. Since 1984, VOC's award winning volunteer, youth and training programs have engaged more than 87,000 youth and adults in caring for Colorado's outdoors – a total donated labor value of \$17.6 million.

Women's Wilderness Institute
1501 Lee Hill Dr., Unit 16

303.938.9191
Contact: Lori Mathews
Lori@womenswilderness.org

This organization runs outdoor programs for women and girls. Volunteers are needed to help with office work, sorting outdoor gear, etc.

Minimum Age 14

Audio Information Network of Colorado

2200 Central Ave., Suite A

303.786.7777 X103

Contact: Kat Lindgren
kat@AINColorado.org

This organization provides on the air broadcast of local newspapers and other print format materials for Colorado's blind, visually impaired and print disabled. Fluent Spanish speakers are especially welcome. Volunteers will be required to pass a reading audition which is at adult reading level, and must commit for a minimum of one year. Auditions take place M-F between the hours of 11am – 2pm.

Boulder Day Nursery

1518 Spruce St.

303.442.7605

Contact: Bethany Burns

Help teachers introduce children to various activities such as crafts and play time. Engage infants by rocking, feeding, reading, etc.

Boulder Parks and Recreation Department

3198 North Broadway

303.413.7245

Contact: Mary Malley
MalleyM@bouldercolorado.gov

Volunteers work in city parks removing trash and weeds, and performing light maintenance.

Boulder Senior Services

303.441.4388

Contact: Sandy Hollingsworth
hollingsworths@bouldercolorado.gov

Volunteer with seniors! Can you carve out part of a day or weekend to do some one-time or ongoing help such as yard work, fence painting, walking dogs, window washing, reading mail, etc.? A lot of local seniors would appreciate your help. They will arrange supplies if they are needed. Younger volunteers are accepted with parent or adult supervision.

Boulder Shelter for the Homeless

4869 North Broadway

303.468.4316

Contact: Gina Barajas
gina@bouldershelter.org

You can support this organization by helping with meals, laundry, maintenance, handing out toiletries such as towels and soap, and general cleaning. Anyone under the age of 18 must be directly supervised by an adult volunteer, and any children who accompany adult volunteers must be at least 12 years old.

Colorado Therapeutic Riding Center

11968 Mineral Road, Longmont

303.652.9131

Contact: Melissa Mosley
volunteer@CTRCinc.org

Volunteers are the backbone of our program. Training is offered. Lesson volunteers serve as horse leaders or side walkers during our weekly therapeutic riding and hippotherapy sessions for children and adults with disabilities. Summer volunteers have 2 options: weekly lesson volunteering OR volunteering with our All Abilities Summer Camps. Lesson volunteers come out once a week (2 hrs/week). Camp volunteers can sign up for 1 or 2 or up to 10 weeks, with the camp week being Monday – Thursday 8:45 am – 12:30 pm (half day) or until 3pm (full day) with ten weeks to chose from throughout the summer. You can volunteer if you are 14 – 15 years old with horse experience contingent upon interview or 16 without horse experience. A teen leadership program is also available throughout the summer.

New Horizons Co-Op Preschool
1825 Upland Ave.

303.442.7434
Contact: **Isolde Stewart**

Work one-on-one and in small groups of children assisting with reading, games, and art projects. Help children develop strong social skills such as sharing and conflict resolution. Half of children are native Spanish speakers. We encourage Spanish speaking volunteers or those who want to improve their Spanish to apply.

Peers Building Justice (PBJ)
9th Street, near North Boulder Park

303.449.8623
Nancy-Chaves-Porter
Nancy@safehousealliance.org

Peers Building Justice is a youth-led collective that explores how dating and sexual violence are sustained by systems of power and control in our communities. PBJ aims to unearth community awareness of social justice issues, inspire arts-based events and projects to end oppression, build youth power, and create transformative discussions in class rooms, court rooms, and everywhere in between. If you're interested in volunteering with other high school students to end violence in your community please join us.

Rockin' Betty's Community Thrift Store
3970 N. Broadway, Suite 105
www.rmpjc.org

303.444.6981 x1
Sheri Proctor or Betty Ball
rmpjc@earthlink.net

Rockin' Betty's Community Thrift Store was just voted First Runner Up in the Colorado Daily's Best of Boulder "Thrift Store" category! We are seeking volunteers to help us continue to be THE BEST. Rockin' Betty's supports the work of the Rocky Mountain Peace and Justice Center. Volunteers help arrange merchandise in the store, and wait on customers. Training provided by Sheri Proctor, Store Manager. Young people 16 and over welcome; 12 and over with adult supervision. 20% discount on store merchandise for volunteering. We are open Monday, Tuesday, Thursday and Friday from noon to 7 pm; Wednesdays from 11 - 5. Saturday and Sundays from 9 - 5. We have many shifts and positions available. Call to arrange an interview.

SHAPE Program
(Sexual Health and AIDS Awareness Peer Education)
2118 14th Street
www.bcap.org

303.444.6121 x108
Madeleine Bushnell
Madeleine@bcap.org

SHAPE is a cohort of High School youth that are attending Boulder Valley (BVSD) and St. Vrain Valley (SVVSD) School Districts. We provide mentor developed, youth organized peer education regarding sexual health, STIs, teen pregnancy, and birth control. The knowledge that is gained through mandatory bi-weekly meetings is applied to BVSD and SVVSD health presentations that the youth themselves deliver to their peers. The SHAPE Program is part of the Boulder County AIDS Project.

Minimum Age 15

American Red Cross
Mile High Region
444 Sherman St., Denver
www.ColoradoRedCross.org

303.772.7474
Contact: **Julia Richards**
Julia.Richards@redcross.org

Help CPR instructors teach classes. Classes are held throughout the Denver metro area. Please visit their web site for the most current information about our organization and volunteering.

Audubon Society

303.607-4735

**Contact: Linda Andes-Georges
andesgeorges@comcast.net**

The Boulder County Audubon Society needs volunteers to participate in bird counts and wildlife monitoring, to help with habitat restoration programs (including seed collecting and weeding), and to help our Young Naturalist program with transportation and supervision during field trips, bird counts, bio blitzes, and other weekend activities. Knowledgeable volunteers are needed to lead field trips and supervise some wildlife monitoring.

Boulder Valley School District

All Boulder Valley elementary, middle, and high schools can use volunteers to work with students in, and after school and weekend programs. If interested, contact the principal at the individual school.

YMCA

**2850 Mapleton Ave.
www.ymcabv.org**

303.664.5455 x1130

**Contact: Jessica Clay
Jessica.Clay@ymcabv.org**

The YMCA of Boulder Valley welcomes volunteers in all areas of our association. Duties range from reading to our preschool students to youth sport coaches to greeting members at our front desk. If you are interested in becoming a volunteer, we can work together to find a placement that fits your availability, personality and interests. For additional application information contact us at the information listed.

Minimum Age 16

Boulder County AIDS Project (BCAP)

2118 14th Street (14th Street, Downtown)

303.444.6121

**Contact: Sarah Annecone
Sarah@BCAP.org**

Volunteer projects vary depending on what BCAP has going on at that time. Some examples of types of service would be putting together safer sex kits or stocking groceries in the Food Bank. Call for more details.

Community Cycles

**2805 Wilderness Place, Suite 1000
www.communitycycles.org**

720-565-6019

**Contact: Brett Schager
volunteer@communitycycles.org**

Community Cycles is hosting an amazing opportunity for teens 15 – 18 to learn bike mechanics in our community bike shop. Youth Apprentices volunteer while learning and attend all ten of our skills sessions on bike mechanic skills. This is great experience for college applications and resumes, and can count for school-required community service hours. Get involved in volunteering and become a lifelong cyclist by learning the skills you need to repair bikes yourself.

Elementary Spanish Program

**1919 14th Street, Suite 421
www.facebook.com/pages/Elementary-Spanish-Program**

303.440.7196

**Contact: Diane Braun
kidsspeakspanish@gmail.com**

Enthusiastic bilingual persons are needed to teach or assist teachers in small Spanish classes for children. Volunteers are needed before or after school twice a week at elementary schools in and around the Boulder area. Students must be available at the time the elementary school day ends. Volunteers are also needed to help in the office. These hours are more flexible.

Ignite Adaptive Sports

303.702.0748

**Contact: Lorna Kowal
Lorna.Kowal@yahoo.com**

At Eldora, teach skiing and snowboarding to people with all types of disabilities. Season lasts from early December through late March. On snow training if offered and required by the program. Volunteers receive a free pass for each day of teaching.

Univ. of Colorado Museum of Natural History

**Henderson Bldg, (Broadway between 15th & 16th)
www.cumuseum.colorado.edu**

303.492.1666

**Contact: James Hakala or
Cathy Regan
museumed@colorado.edu**

Volunteers work with elementary school children and families to share the wonders of the natural world. Lead guided tours on paleontology, anthropology, and biology. Engage families with hands-on science and art activities. Assist with summer workshops that explore the natural world.

Wynwood At Ridge Point

**Brookdale Senior Living
3375 34th Street**

303.473.0333

**Contact: Jennifer Boschert
jborschert@brookdalelivng.com**

Adopt a "grandparent" and work one-on-one or in small groups with seniors. Enrich the lives of older adults in a safe and fun environment. Activities include going for walks, art, music, baking, and many others.

YARDBUSTERS

**951 Arapahoe Ave., Suite 10
Careconnectbc.org**

303.443.1933 x413

**Contact: Anne Smith
yardbusters@careconnectbc.org**

Volunteers are needed to help senior citizens and physically disabled residents in Boulder remain safe in their own yards through raking, mowing, weeding, gardening, hedge trimming, branch pick-up, etc. The volunteer must complete a background check. Younger volunteers can be used but must be accompanied by an adult.

YWCA Children's Alley

**2222 14th St.
www.ywcaofbouldercounty.org**

303.449.1951

**Contact: Christina Gantt
childrensalley@ywca.org**

Volunteer activities include reading and playing with children. You can also assist in the kitchen and grounds or do light cleaning.

Not sure what to say to set up your volunteer work?

1. Look over this list of opportunities, and choose 1 or more that sound interesting to you. Think of what questions you have about volunteering there.
2. Call the phone number listed. The “contact” person’s name is who you ask for. If that person no longer works there, or isn’t in, ask if there is anyone else you can talk to about volunteering.
3. Sometimes you might need to leave a message. You could say, “My name is _____, I am interested in volunteering. Please call me at _____ (phone #).”
4. When you talk to a person, tell them your name, why you would like to volunteer at that particular place, and how many hours you want to volunteer.

You can ask them any questions you have, and they might ask you some (such as your age, what you’re interested in doing, and when you can come in). You may want to go visit the place. Decide if it sounds like a place you’d like to volunteer.

5. Once you decide where to volunteer, you might want to write down where you need to go and when, and the name and phone number of the person you’ll be volunteering for to help you remember

If you get stuck or need help, call Rose Garcia at the City of Boulder Youth Opportunities Program at 303.441.1911, or email garcia@bouldercolorado.gov

If you have questions.

For questions about a specific agency, call or email the contact person listed. If you don’t hear back from them in 3 days, try again. If you still need help call Rose Garcia at the City of Boulder, Youth Opportunities Program, 303.441.1911.

About this list

We try to keep this information current, but we can’t guarantee that it is. If you learn that anything on this list is inaccurate, please call us at 303.441.1911, or email Rose at garcia@bouldercolorado.gov.

For more volunteer ideas.

Check with your neighbors and friends. You can also check with your teachers, librarian, church, or local recreation centers. You can also look in www.unitedwayfoothills.org/volunteer.

For more information about the City of Boulder Youth Opportunities Program

Go to www.yoab.org or call Rose at 303.441.1911

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