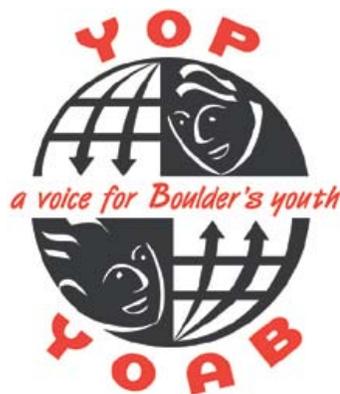


Volunteer Opportunities For Youth



Compiled by the City of Boulder's Youth
Opportunities Program

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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*

The "All Age" category will take volunteers as young as elementary school and as old as a senior in high school.

▲ *Minimum Age 14*

▲ *Minimum age 15*

▲ *Minimum age 16*

This list is just a small sample of places to volunteer. You can volunteer anywhere within the city of Boulder that you wish to participate in the Individual Fund program, you are not limited to this list. Volunteering for your family does not count.

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 Care Connect
2540 Frontier Ave, Suite 109
www.Careconnectbc.org

303.443.1933 x402
Contact: Carol Thompson
cathompson@careconnectbc.org

Volunteers are needed to help senior citizens and physically disabled residents in Boulder. Activities can be done by individuals, families and groups. Activities include Carry Out Caravan - grocery shopping, Yard Busters - yard maintenance May - Oct, and Emergency Preparedness - preparing emergency bags.

Boulder County Head Start
2845 Wilderness Place
<http://www.bouldercounty.org/dept/communityservices>

303.441.3697
Contact: Rachel Hohensee
rhohensee@bouldercounty.org

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

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.

Colorado Shakespeare Festival
CU - Boulder Campus (call for exact location)
<http://www.coloradoshakes.org>

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 and high school students.

Cure Organic Farm
7416 Valmont Rd.
www.cureorganicfarm.com/

303.666.6397
Contact: Anne Cure
cureorganicfarm@yahoo.com

This is a totally organic farm which grows vegetables. Cure is open to volunteers Thursdays from 9am - 12pm, April - October. You need to be self-motivated, and energetic. No need to call ahead of time, just show up during volunteer hours and be prepared to get your hands dirty.

Eco-Cycle
5030 Pearl St.
www.ecocycle.org/

303.444.6634 x-123
Contact: Anna Perks
volunteer@ecocycle.org

There are two 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. Second, 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.

Family Learning Center
3164 34th St.
www.flcboulder.org

303.442.8979 x105
Contact: Eric Schmidt
Eschmidt@flcboulder.org

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

Growing Gardens
1630 Hawthorne Ave (garden site)
2527 Broadway (office)
www.growinggardens.org/

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.

Jewish Community Center
3800 Kalmia Ave.
www.boulderjcc.org

303.998.1900 x135
Contact: Michael Rosenzweig
Michael@boulderjcc.org

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.

Mountain Flower Goat Dairy
3240 Broadway
<http://mountainflowerdairy.com/>

518.605.8382
Elyse Wood
volunteers@mountainflowerdairy.com
or Taber@mountainflowerdairy.com

General goat and llama care (feeding, water, brushing, walking); raking pens and cleaning stalls; helping with farm chores; training goat to pull a cart and to pack; helping move goats around farm for grazing; other related goat tasks.

New Horizons Co-Op Preschool
1825 Upland Ave.
<http://newhorizonspreschoolboulder.org/>

303.442.7434
Contact: Isolde Stewart
newhorizonspreschoolboulder@gmail.com

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. Volunteers must be at least 12 years old.

OpenArts
1301 Spruce St.
<http://openartsboulder.org/>

303.444.1862
Bill Capsalis
bill@openartsboulder.org

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.

Volunteers for Outdoor Colorado
600 S. Marion Parkway (Main Office-Denver)
www.voc.org

303.715.1010 x-114
Contact: Dan Williams
Dan@voc.org

Volunteers for Outdoor Colorado (VOC) is a statewide, nonprofit volunteer organization whose mission is to motivate and enable people 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 and flood restoration, to trail construction and restoration, to planting trees in urban parks between April and October. Opportunities are available in Boulder and the front range.

Wildlands Restoration Volunteers
3012 Sterling Circle, Suite 201
<http://www.wlrv.org/>

303.543.1411
Patrick Marti
Patrick@wlrv.org

Youth participate in hands-on outdoor activities including building and maintaining hiking trails, planting native plants, removing invasive species, collecting native seeds, and installing erosion control structures.

Women's Wilderness Institute
4730 Table Mesa Dr. #K100
<https://www.facebook.com/womenswilderness>

303.938.9191
Contact: Lori Mathews
Lori@womenswilderness.org

Volunteering with Women's Wilderness is a blast! We have a wide and wonderful variety of volunteer opportunities available from prepping and organizing gear, helping with our latest marketing efforts, to helping at an aid station or other events we're a part of. Our office is lots of fun and your help literally makes it possible for us to serve as many girls and women as we do.

Minimum Age 14

Audio Information Network of Colorado
1700 55th St., Suite A
aincolorado.org/contact

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 8am – 5pm.

Boulder County AIDS Project
2118 14th Street
BCAP/SHAPE

303.444.6121
Sarah Annecone
sarah@bcap.org

SHAPE (Sexual Health and AIDS Awareness Peer Education) is a peer education program for high school-age youth, run in collaboration with the Teen Clinic at Women's Health. SHAPE members will do a separate SHAPE training in the fall (approx. 20 hours) and attend meetings on Wednesday evenings two times a month October-May/June. After training, members will create, design, and implement outreach efforts to educate their peers about sexual health including information on sexually transmitted infections (STIs), HIV/AIDS, contraceptives, decision-making, and healthy relationships. SHAPE staff recruit applicants in May/June for the following school year.

Boulder Day Nursery
1518 Spruce St.
www.boulderdaynursery.org

303.442.7605
Contact: Bethany Burns
Bethany@boulderdaynursery.org

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

Boulder Expand Program
3198 Broadway
parks and rec/expand

303.441.4933
Contact: Sherri Brown
brownsh@bouldercolorado.gov

Volunteers are needed to assist children, youth, and adults with disabilities with recreational & leisure activities – like: sports, fitness, dance, arts-n-crafts.

Boulder Parks and Recreation Department
3198 North Broadway
bouldercolorado.gov/parks-rec/parks-rec

303.413.7245
Contact: Mary Malley
Malleym@bouldercolorado.gov

Volunteers work in city parks and boulder creek removing trash and weeds, and performing light maintenance. All volunteers need to sign a waiver.

Grove Foundation
Located at various schools
www.growefoundation.org

303.564.0133
Bryce Brown
info@growefoundation.org

Youth will be helping Grove maintain gardens at BVSD schools with Garden to Table programs.

**“I Have A Dream” Foundation
of Boulder County**
3012 Sterling Circle, Suite 200
www.ihadboulder.org/IHAD 1.5/volunteer

303.444.3636 x40
Shelbi Taylor
tutors@ihaveadreamboulder.org

After school tutors are needed to work with groups of low income students (Dreamers). Tutors would primarily help with homework and study skills or will be facilitating math and literacy workshops. Other areas for volunteering include helping with Adopt a Family (holiday gift drives) and Back to School drives.

Peers Building Justice (PBJ)
2336 Canyon Blvd., Suite 103
<http://www.movingtoendsexualassault.org>

303.443-0400
Amanda Kempfues
Amanda@movingtoendsexualassault.org

Peers Building Justice (PBJ) is a radical youth collective that explores how dating and sexual violence are sustained by power and control in our communities. PBJ aims to (1) unearth community awareness of social-justice issues, (2) inspire arts-based events and projects to end oppression, (3) build youth power, and (4) create transformative discussions in classrooms, court rooms, and everywhere in between. PBJ Campus Organizers are high school students who are interested in challenging the cultural norms that promote and encourage dating violence and sexual violence. Training is provided. Peers Building Justice is a collaboration of Safehouse Progressive Alliance for Nonviolence (SPAN) and Moving to End Sexual Assault (MESA).

Minimum Age 15

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

303.607-4735
Contact: Julia Richards
Julia.Richards@redcross.org

Plan and organize projects that benefit your community and support the mission of the American Red Cross. Please visit their web site for the most current information about our organization and volunteering.
<http://www.redcross.org/co/denver/volunteer/ways-to-volunteer/youth-programs>

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 or your teacher at the individual school.

Creekside Elementary
3740 Martin Dr.
bouldercolorado.gov/family-resource-schools

720.561.3884
Contact: Patrick Eichelmann
Eichelmannp@bouldercolorado.gov

To volunteer at Creekside, we are looking for high school students – juniors and seniors. The after school (2:50 – 3:50 – Mon to Wed, starting 9/15 – 11/19) program of Creekside Elementary is looking for motivated high school students to become academic mentors and tutors for the “Academic Club”. This is a homework club to assist elementary aged students with reading, writing, and math. The volunteer will be working under the guidance of a Creekside teacher who will be coordinating the day’s session. Successful completion of a background check is required before starting

volunteering at Creekside. Please contact the FRS for more information at: CreeksideFRS@BoulderColorado.gov or call (720) 561-3884. Upon request, the program coordinator can provide bus passes to the volunteers.

Rocky Mountain Peace & Justice Center
3970 Broadway, Suite B5
www.rmpjc.org

303.444.6981
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.

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 see our web site or contact Jessica Clay.

Minimum Age 16

Center for People With Disabilities
1675 Range St.
<http://www.cpwd-ilc.org/what-we-do>

303.442.8662 x111
Contact: Shirley Royer
Shirley@CPWD.org

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

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. An orientation meeting takes place every other week.

New Era Colorado
1648 Spruce St.
<http://neweracolorado.org/>

864.617.8827
Contact: Molly Fitzpatrick
Molly@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.

Univ. of Colorado Museum of Natural History
Henderson Bldg, (Broadway between 15th & 16th)
15th and Broadway
<http://cumuseum.colorado.edu/>

303.492.1666
Contact: James Hakala (school groups)
or Cathy Regan (family groups)
James.Hakala@colorado.edu
Cathy.Regan@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.

Other Options

Many youth volunteer by helping their neighbors (for example: walking their dog, raking leaves, babysitting, etc.). Many also volunteer at their school or faith based organization. You can volunteer in Boulder anywhere that you wish, you are not limited to this list. However, volunteering for your family does not count.

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?
- When would you be free to volunteer?
- Is the volunteer location within Boulder city limits?
- What transportation would you use to get there?

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

Tips

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. Not all volunteer opportunities will work for you, but do not get discouraged. Sometimes what you thought would work may not be the right fit. Try again.
4. Sometimes you might need to leave a message. You could say, “My name is _____, I am interested in volunteering. Please call me at _____ (phone #).”
5. 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.
6. 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.
7. Once you decide where to volunteer, 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.
8. Be dependable and follow through on your commitment. Organizations rely heavily on your time, skills and energy. Follow the rules of the agency. Their rules, dress code and safety measure are there to protect you, the agency and their clients.

If you get stuck or need help, call Rose Garcia at the City of Boulder Youth Opportunities Program at 303.441.1911, or email garciar@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 <http://volunteer.unitedwayfoothills.org/>

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. This list was compiled by the City of Boulder's Youth Opportunities Program.

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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**CITY OF BOULDER
HUMAN SERVICES DEPARTMENT**