

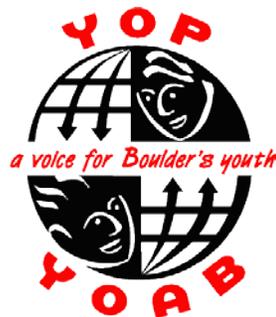
# Volunteering is . . .



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.7) ▲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.*



## All Ages

### **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 and must commit for a minimum of one year.

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### **Boulder County AIDS Project (BCAP)**

2118 14<sup>th</sup> Street (14<sup>th</sup> 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.

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### **Boulder County Head Start**

2675 Mapleton Ave. or  
3650 Martin Dr.

303.554.1013

Contact: Brenda Gochanour  
bgochanour@bouldercounty.org

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

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### **Boulder County Sheriff Department**

5600 Flatiron Parkway

303.441.1752

Contact: Jennifer Quilling

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.

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### **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.

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**Boulder Public Library**  
1001 Arapahoe Ave.

303.441.3114  
Contact: Grayson Hardman

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

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**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.

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**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.

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**Center for People With Disabilities**  
1675 Range St.

303.442.8662 x123  
Contact: Elaine Senko

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

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

303.492.1973  
Contact: Amanda Giguere  
AmandaGiguere@colorado.edu

The Shakespeare Festival is seeking volunteers for ushering during the summer and holiday productions. Duties include taking tickets, helping patrons, answering questions, and picking up trash after the show. As a treat you are given a seat to the performance at which you volunteer!

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**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. Volunteers younger than 14 must be accompanied by a parent; 15 or older may come by themselves.

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**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.

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**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. 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.

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**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.

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**Family Learning Center**  
3164 34<sup>th</sup> 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.

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

303.444.0306  
Contact: Paula Palmer  
paula@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.

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**Growing Gardens**  
1630 Hawthorne

303.443.9952  
Contact: Larry Dietrich  
volunteer@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.

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**Hands and Voices**  
Univ. of Colorado at Boulder

303.492.6283  
Contact: Janet DesGeorges  
Janet@handsandvoices.org

This non-profit organization works with people who are deaf/hard of hearing. Volunteers are needed for general office work such as data entry, mailing, and filing.

**ICEBUSTERS**

**303.443.1933 x413**  
**Contact: Anne Smith**

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**  
**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.

**Manor Care Health Services**  
**2800 Palo Parkway (just north of Iris on 28<sup>th</sup>)**

**303.357.3304**  
**Contact: Shawn McKibben**

This senior center needs volunteers to help residents participate in activities and special events.

**Mary Sandoe House**  
**1244 Gillaspie Dr.**

**303.494.7317 ext. 15**  
**Contact: Theresa Kiebert**

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.**

**303.444.1862**  
**Contact: Jane Saltzman**  
**info@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.

**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)**  
9<sup>th</sup> Street, near North Boulder Park  
[www.safehousealliance.org](http://www.safehousealliance.org)

303.449.8623  
Contact: Nancy Chavez-Porter  
[Nancy@safehousealliance.org](mailto: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.

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**Volunteers for Outdoor Colorado**  
[www.voc.org](http://www.voc.org)

303.715.1010 x-111  
Contact: Becca Summer  
[Becca@voc.org](mailto:Becca@voc.org)

Volunteers for Outdoor Colorado (VOC) provides hands-on volunteer opportunities for Coloradoans to help protect, enhance, restore, and preserve our state's natural resources. Depending on the project, youth as young as 6 can get outside to help construct and restore trails, plant trees, remove invasive weeds, and more. VOC's volunteer season typically runs from April to October

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

303.938.9191  
Contact: Lori Mathews  
[Lori@womenswilderness.org](mailto:Lori@womenswilderness.org)

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

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**Minimum Age 14**

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**Boulder Community Hospital**  
1155 Alpine, Suite 295

303.440.2137  
Contact: Cathy Burchett

Many volunteer activities are available throughout the year and summer, some of which include helping with patients, providing information, and making deliveries. A complete booklet of volunteer activities is available in March at the west end of Community Hospital on Broadway.

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**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.

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**Boulder Parks and Recreation Department**  
3198 North Broadway

303.413.7245  
Contact: Mary Malley  
[MalleyM@bouldercolorado.gov](mailto:MalleyM@bouldercolorado.gov)

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

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## **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.

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## **Elementary Spanish Program**

**1919 14<sup>th</sup> Street, Suite 421**

**303.440.7196**

**Contact: Ann Morrill**

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 schools in and around the Boulder area. Volunteers are also needed to help in the office.

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## **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.

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## **Mustang Center**

**10459 Dillon Rd.  
Broomfield**

**303.250.8787**

**Contact: Linda Raulino**

This organization teaches people about horsemanship. Some of the volunteer activities include learning about horses by cleaning stalls, horse grooming, horse leading, helping teachers, and helping with special projects.

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## **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.

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## **Peers Building Justice (PBJ)**

**9<sup>th</sup> Street, near North Boulder Park**

**303.449.8623**

**Chet McCaffrey  
[Chet@safehousealliance.org](mailto:Chet@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.

## Minimum Age 15

### **American Red Cross** 444 Sherman St., Denver

**303.722.7474**  
**Contact: Lori Geres**

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.

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### **Anam Chara Home** 1795 Quince

**303.443-0110**  
**Contact: Mary Chris May**

Volunteer activities include helping out at dinner time, serving meals, or assisting care giver on duty in this small group home for seniors. You can assist the on-duty care giver with the preparation, serving, and cleaning up of lunch or dinner meals. You can also provide one-on-one companionship to our residents or share musical or artistic talents with them. Could possibly be a school or group project.

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### **Audubon Society**

**303.772.3239**  
**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.

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### **Boulder Valley School District**

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

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

**303.664.5455**  
**Contact: Jen Klink**

Volunteers are needed to help at the front desk, be child watchers, and youth sports officials and coaches. Volunteer applications are required and can be picked up at the YMCA's main lobby.

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## Minimum Age 16

### **Boulder Philharmonic Orchestra** 2590 Walnut St., Suite 1 www.boulderphil.org

**303.449.1343**  
**Contact: Shelley Sampson**

The bulk of the Boulder Philharmonic Orchestra's (BPO) volunteer opportunities occur during its concert season (typically October through April). During the concert season, the BPO needs volunteers to post flyers throughout Boulder, help with mailings, work at Will Call or the Welcome Table the night of a concert. Volunteers may receive concert tickets in exchange for their work.

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**Colorado Chautauqua Association**

**303.952.1632**  
**Contact: Julie Pomerantz**

Volunteers are needed as ushers in the Chautauqua Auditorium during our summer programs.

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**Habitat for Humanity**  
**1455 Dixon Ave, Lafayette**  
**Suite 210**  
**www.flatironshabitat.org**

**303.447.3787 x-5**  
**Contact: Ryan Pichler**

Help out at their thrift store in Broomfield or help eliminate poverty housing and homelessness by building decent, affordable homes. No construction experience is required! You must be 18 years and older to work at the thrift store and 16 (with parent or guardian) and older to work at a construction site.

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**Univ. of Colorado Museum of Natural History**  
**Henderson Bldg, (N. side of Broadway between 15<sup>th</sup> & 16<sup>th</sup>)**  
**www.cumuseum.colorado.edu**

**303.492.6892**  
**Contact: James Hakala**  
**CUmuseum@colorado.edu**

Give guided tours and lead workshops for school groups in the museum's five galleries (Dinosaur, Anthropology, Biology, Temporary Exhibits, and Discovery Corner). Tours and workshops include hands-on activities and participation in special events at the museum. An application is required and is available on our web site.

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**Wynwood At Ridge Point**  
**Brookdale Senior Living**  
**3375 34<sup>th</sup> Street**

**303.473.0333**  
**Contact: Janaki Jane**

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.

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**YWCA Children's Alley**  
**2222 14<sup>th</sup> St.**

**303.449.1951**  
**Contact: Karla Canales**

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 her at [garciar@bouldercolorado.gov](mailto:garciar@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.*

***Not sure how to set up volunteer work? . . . . . see other side of this page***

***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 [garciar@bouldercolorado.gov](mailto: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.*

***For more information about the City of Boulder Youth Opportunities Program . . . . .***

*Go to [www.yoab.org](http://www.yoab.org) or call Rose at 303.441.1911.*

