



THE DENVER POST
C O M M U N I T Y

How to make an impact in your community

2011 Volunteer Guide

www.denverpostcommunity.com

STATE OF COLORADO

EXECUTIVE CHAMBERS

136 State Capitol
Denver, CO 80203 - 1792
Phone (303) 866-2471



John W. Hickenlooper
Governor



Greetings:

Volunteers are an integral part of the Colorado community, providing a valuable service to our neighborhoods, schools, health facilities, and community organizations. By generously donating their time and talents to people in need, volunteers positively impact the quality of life of others and strengthen the community. Whether educating children, aiding the ill, enriching culture, protecting the environment, or feeding the hungry, your favorite organization needs your help.

As our state grapples with one of the most difficult budgets in history, citizen involvement makes a positive difference in our community. On average, 1.2 million people volunteered their time in Colorado last year, contributing over \$3.5 billion in value to communities throughout the state. Not only did organizations benefit from this contribution, but many volunteers gained valuable work experience leading to employment.

The Governor's Commission on Community Service promotes volunteerism through a variety of opportunities. The Commission addresses community needs by administering AmeriCorps*State funding that allows AmeriCorps members to serve in nonprofit organizations and government agencies throughout Colorado. The Commission also encourages residents to take part in organized days of service throughout the year, including Colorado Cares Day.

My sincere thanks to Metro Volunteers and the Denver Post Community who are promoting and supporting meaningful volunteer opportunities during National Volunteer Week, April 10-16.

Please consider volunteering or increasing your commitment to community service. The rewards are immediate, lasting, and deeply appreciated.

Sincerely,

John W. Hickenlooper
Governor

Denver Post Community and Metro Volunteers

are proud to bring you this annual Volunteer Guide. We hope it inspires you to get involved and make a difference. Denver Post Community strives to improve and enrich the quality of life in our community. Volunteerism is a large part of that mission, and staff members regularly participate in service projects through an employee volunteer program, Denver Post ACTS (Assisting the Community Through Service). Metro Volunteers is Denver's leading source for volunteer engagement. Their mission is to mobilize and cultivate volunteers as a vital resource in our community.

Together, through this Guide, we encourage you to give back to the community by serving as a volunteer. So take a look, circle your favorite opportunities, and make the call or send the email that gets you involved. Whether you have one day a week, one day a month or one day a year to volunteer, there's an opportunity that will allow you to make a significant impact on your community, and you'll have fun doing it.

One Day a Year

Plant Sale Assistant

Denver Botanic Gardens

May 6-7, 2011

Volunteers are needed to help with a variety of customer service positions at the Annual Plant Sale. Duties include cashier assistants, plant sale areas, plant valets, cart collectors, greeters, volunteer hospitality and Digger the mascot.

Minimum Age: 16

Contact: Karyn Chaffin, 720-865-3565 or volcoord@botanicgardens.org
www.botanicgardens.org

Community Pride Volunteer

City of Westminster

May 7, 2011

Over 1,600 volunteers are needed to spring clean the community by picking up trash along streets and trails and in parks and open space. Free barbecue will be provided for volunteers. This is a great opportunity for all ages.

Minimum Age: 4

Minimum Age with an Adult: 3

Contact: Patti Wright, 303-658-2201 or pwright@cityofwestminster.us
www.cityofwestminster.us

Packer/Mover

Doctors Care

May 12-15, 2011

Volunteers are needed to help move the Littleton medical clinic to a larger facility to increase availability to quality, affordable services for under-served individuals. Adopt a room from the current location, and move its contents into the new location. This is a fun opportunity for individuals or groups.

Minimum Age: 13

Contact: Ali Ayres, 720-257-7794 or AAyres@doctorscare.org
www.doctorscare.org

Marathon Volunteer

Kaiser Permanente Colfax Marathon

May 13-15, 2011

Over 2,000 people are needed before, during and after the race: from helping with the initial race planning to assisting with the Sports and Fitness Expo, to staffing the start/finish.

Minimum Age: 16

Minimum Age with an Adult: 13

Contact: Carol Hiller, 303-282-5073 or carol@runcolfax.org
www.ColoradoColfaxMarathon.org

Family Fire Muster

West Metro Fire Rescue

June 11, 2011

Help teach kids how to be a Firefighter For A Day at Red Rocks Community College in Lakewood. Lunch and an event t-shirt are provided for volunteers. The event shift is from 9:00 a.m. to 2:00 p.m.

Minimum Age: 16

Minimum Age with an Adult: 12

Contact: Susan Saito, 303-539-9537 or Ssaito@westmetrofire.org
www.Westmetrofire.org

Get Outdoors Day Event Volunteer

Get Outdoors Colorado

June 11, 2011

Help connect kids to the outdoors. Volunteers will help kids and families register for the day's activities, enjoy a green and sustainable event, earn a Junior Ranger Badge, become a Fitness Scout, learn about Cultural Connections or participate in outdoor activities. All volunteers get a free t-shirt and lunch.

Minimum Age: 14

Contact: Becca Summer, 303-715-1010 or becca@voc.org
www.getoutdoorscolorado.org

Summer Art Market

Art Students League of Denver

June 11-12, 2011

Become part of this inspiring art school by volunteering for the 19th annual Summer Art Market. Volunteers work directly with the artists, the public or with kids during this fun outdoor event.

Minimum Age: 18

Contact: Carol Hiller, 303-282-5073 or SAMvolunteers@asld.org
www.asld.org

Independence Eve

Event Volunteer

Civic Center Conservancy

July 3, 2011

This second annual Independence Eve Celebration features a Colorado Symphony concert, light show and rooftop fireworks display in Downtown Denver's Civic Center Park. Volunteers are needed for event set-up, program distribution, patron assistance and clean-up.

Minimum Age: 18

Minimum Age with an Adult: 16

Contact: Christina Beisel, 303-861-4633 or christina@civiccenterconservancy.org
www.civiccenterconservancy.org

Festival Volunteer

Denver Post Underground Music Showcase

July 21-24, 2011

With more than 325 performances in 25 venues, volunteers are needed to help work with the crowds or behind the scenes. Assistance is needed for pre-festival preparation, box office and merchandise, outdoor stage area, venue-based wristband sales, stage management, band check-in and VIP-room staff.

Minimum Age: 18

Contact: Volunteer Coordinator, 303-954-2778 or volunteers@theums.com
www.theums.com

Western Winefest Volunteer

Bootstraps, Inc.

August 20, 2011

Bootstraps offers educational assistance to graduating high school seniors in the Evergreen/Conifer area. Volunteers will assist in all areas of the outdoor wine tasting festival including set-up, ID checking, ticket-taking, booth support, clean-up and parking. Various volunteer shifts are available.

Minimum Age: 16

Minimum Age with an Adult: 13

Contact: Colleen Skates, 303-838-7082 or info@bootstrapsinc.org
www.bootstrapsinc.org

AIDS Walk Volunteer

Colorado AIDS Project

August 13, 2011

AIDS Walk Colorado is the Rocky Mountain region's largest HIV/AIDS fundraiser supporting Colorado AIDS Project and 20 additional organizations throughout Colorado. Volunteer opportunities include pre-event administrative

support, set-up, route and safety monitoring, check-in, merchandise sales, vendor support, strike and more.

Minimum Age: 16

Minimum Age with an Adult: 12

Contact: Jeff Trujillo, 303-962-5304 or jefft@coloradoAIDSproject.org
www.coloradoaidsproject.org

Beer Festival Volunteer

CS Craft Beer Festival, Inc.

August 13-14, 2011

The Craft Lager Festival, America's first solar powered beer festival, is the only event focused exclusively on bottom fermented beers. It has been rated one of the top 10 festivals nationwide. Volunteers will assist in all areas including: security, beer pouring, merchandise and more.

Minimum Age: 21

Contact: Jessica Heron, 719-233-2128 or itzjessme@gmail.com
www.craftlagerfestival.com

Public Lands Volunteer

Headwaters Trails Alliance

September 24, 2011

Grand County needs 200 volunteers for its 17th National Public Lands Day Event. Projects include river clean-up on the Colorado River, tree planting and various trail maintenance projects. Transportation to work sites is provided along with continental breakfast, sack lunch and catered dinner. This is a great opportunity for individuals, groups or families.

Minimum Age: 18

Minimum Age with an Adult: 5

Contact: Maura McKnight, 970-726-1013 or hta@headwaterstrails.org
www.headwaterstrails.org

Walk Volunteer

2 Million Dogs

November 6, 2011

Help plan the Inaugural Puppy Up! Denver Walk to fight cancer in humans and pets. Volunteers are needed pre-event to fund-raise, promote and secure vendors/sponsors. Volunteer positions are also available the day of the event.

Minimum Age: 16

Minimum Age with an Adult: 6

Contact: Hope Lisle, 303-718-3442 or hope.puppyup@gmail.com
www.2milliondogs.org



One Day a Month



Spanish-Speaking Yoga Instructor

Alas de Yoga

Volunteers are needed to teach yoga in Spanish in the Cole neighborhood of Denver. Classes are currently taught every Monday at 9:45 a.m. and every Wednesday at 5:30 p.m. Instructors must commit to at least one class per month.

Minimum Age: 21

Contact: Linnea Bjorkman, 720-382-9798 or alasdeyoga@gmail.com

Reader and Visitor

American Council of the Blind of Colorado

Volunteers are needed monthly to assist visually-impaired or blind clients with reading, sorting mail, writing checks and reconciling checkbooks.

Minimum Age: 18

Contact: Martina Torres, 303-831-0117 or Martina.Torres@acbco.org or www.acbco.org

Health and Safety Instructor

American Red Cross Mile High Chapter

Volunteers are needed to teach CPR, First Aid, Babysitter Training and Pet First Aid classes. No medical license is needed. All training will be provided free of charge. A background check is required.

Minimum Age: 18

Contact: Cleo Hendrickson, 303-607-4728 or chendrickson@denver-redcross.org or www.ColoradoRedCross.org

Aurora Youth Commission Member

Aurora Youth Commission

The Aurora Youth Commission advises City Council regarding the interests of youth in Aurora. The Commission is comprised of 16 youth members ages 14 to 20 and six adult members. The Commission also organizes service projects to impact the local community. Members must be Aurora residents.

Minimum Age: 14

Contact: Shawn Williams, 303-326-8706 or skwillia@auroragov.org or www.auroragov.org/youth

Committee Member

Bessie's Hope

Volunteers are needed to find sponsors, as well as to coordinate, plan and market various fundraising events. Committee members represent the organization throughout the metro area and help Bessie's Hope to enhance the quality of life for elders and youth in the community.

Minimum Age: 21

Contact: Staff Member, 303-830-9035 or info@bessieshope.org or www.bessieshope.org

Community Volunteer

Boys Hope Girls Hope of Colorado

Help academically capable and motivated children in need reach their full potential. Individuals can tutor or mentor scholars, or assist in the office. Groups can help with yardwork or with minor household repairs.

Minimum Age: 16

Minimum Age with an Adult: 9

Contact: Tracy Goodwin, 720-524-2061 or tgoodwin@bhgh.org or www.boysshopegirlshope.org/colorado

Puppy Raiser

Canine Partners of the Rockies

Puppy Raisers train young puppies from two to 18 months while the puppy lives in the Puppy Raiser's home. The puppies grow to be assistance dogs for Colorado residents with mobility limitations.

Minimum Age: 18

Minimum Age with an Adult: 15

Contact: Linda Port, 303-364-9040 or linda@caninepartnersoftherockies.org or www.caninepartnrsoftherockies.org

Making Choices Mentor

Center for Spirituality at Work

Business and professional women are needed to mentor incarcerated women. Mentors serve as coaches and role models through a 10-week decision-making and life planning skills course. Extensive training and support is provided.

Minimum Age: 25

Contact: Amanda Lopez Miller, 303-383-1610 or alopez@cfsaw.org or www.cfsaw.org

Event and Summer Volunteer

Children's Museum of Denver

Event volunteers help facilitate activities including the Hop Skip & a Jump Start 5k course in September, Trick or Treat Street in October and Noon Year's Eve in December. Help during the summer as 3, 2, 1...Blast Off volunteers assist kids with building and launching rockets and hovercrafts. Volunteers will also assist with teaching aerodynamics, physics, technology and engineering.

Minimum Age: 16

Minimum Age with an Adult: 14

Contact: Angela Caudill, 303-561-0114 or volunteer@cmdenver.org or www.mychildsmuseum.org

Book Worm

Children's Outreach Project

Help maintain a beautiful and extensive children's library. Monthly assistance is needed with flexible hours available.

Minimum Age: 18

Minimum Age with an Adult: 13

Contact: Rebecca Peterson, 303-429-0653 or rebecca.peterson@cop-denver.org or www.childrensoutreachproject.org

Xeriscape Gardener

City of Aurora, Xeriscape Demonstration Garden

Volunteers assist staff in maintaining a six-acre xeriscape demonstration garden. Tasks include weeding, pruning, deadheading, planting, mulching, installing new beds and picking up trash. Work begins in late spring and finishes with bulb planting in the fall. No experience is necessary.

Minimum Age: 16

Minimum Age with an Adult: 12

Contact: Mark Cassalia, 720-859-4361 or mcassali@auroragov.org or www.aurorawater.org

Newsletter Writer and Editor

Colfax Community Network

Help Colfax Community Network stay connected to donors and volunteers. A volunteer is needed to write for a general audience, snap photos or mock-up newsletters. Work at the office or work from home, and keep the community informed about the great work going on at CCN.

Minimum Age: 18

Minimum Age with an Adult: 16

Contact: Jennifer Herrera, 303-360-9175 or jennifer.herrera@gmail.com or www.colfaxcommunitynetwork.org

Volunteer Tips

Choose your level of commitment.

Spend time researching volunteer opportunities to find a good match between your interests, the amount of time you are willing to volunteer and the organizations that address the issues you care about. You can choose to be involved at a variety of levels, from short-term episodic projects to longer-term skills-based opportunities such as serving on a board of directors.

Career Day Presenter

Colorado UpLift

Volunteers are needed to share career information with elementary and middle school youth. Career fairs are held each spring and involve fun, interactive presentations with small groups of students. A pre-fair site visit is requested.

Minimum Age: 18

Contact: Christie Ziegler, 303-285-4112 or
cziegler@ColoradoUpLift.org
www.ColoradoUpLift.org

Food Bank Super Helper

Community Ministry of Southwest Denver

Volunteers are needed to help clients and sort food. The ability to communicate with people from all walks of life whether clients, volunteers or community service workers is essential. Office support positions are also available.

Minimum Age: 15

Minimum Age with an Adult: 6

Contact: Joyce Neufeld, 303-935-3428 or
contact@comministry-denver.org
www.comministry-denver.org

Child Abuse Victim Advocate

*Court Appointed Special Advocates of
Jefferson & Gilpin Counties*

Appointed by judges, CASA volunteers serve as independent lay advocates for a child abuse victim in areas of health, education, foster placement and most importantly, their placement in a safe, permanent home.

Minimum Age: 21

Contact: Melissa Hellmuth, 303-271-6539 or
melissahellmuth@casajeffcogilpin.com
www.CASAJeffcoGilpin.com

Meal Provider and Server

The Delores Project

Help The Delores Project on Saturday evenings by bringing the dinner meal or serving the dinner meal. Meal providing is great for groups and serving is good for both groups and individuals.

Minimum Age: 18

Minimum Age with an Adult: 8

Contact: Susan Jenkins, 303-534-5411 or
susan@thedeloresproject.org
www.thedeloresproject.org

American Indian Supportive Family Services Volunteer

Denver Indian Family Resource Center

Volunteers will provide childcare to American Indian Children while parents are receiving parenting education and other services. A background check is required. Opportunities are also available for DIFRC Pow Wows and special events.

Minimum Age: 18

Contact: Elizabeth Jaramillo, 303-871-8035 or
ejaramillo@difrc.org
www.difrc.org

Mentor

Denver Kids, Inc.

Be a friend and a positive role model to empower, listen and support an at-risk youth from the Denver Public School District. Mentors and students create twice a month gatherings. Each mentor will be supported by a DKI Educational Counselor and will be helping to ensure each

student graduates and moves on toward a promising future.

Minimum Age: 18

Contact: Rachel Sprague, 720-423-8133 or
rachel_sprague@dpsk12.org
www.denverkidsinc.org

College Access Volunteer

Denver Scholarship Foundation

Help Denver Public School students achieve their college goals. Volunteers assist students with scholarship, financial aid and college

are flexible. Be a friend and make a difference. A background check is required.

Minimum Age: 18

Contact: Elizabeth Shinn, 303-462-6589 or
elizabeth.shinn@ddrcco.com
www.ddrcco.com

Animal Foster Parent

Dumb Friends League

Loving foster families are needed who are willing to take in kittens, puppies and other animals that are in need of TLC until they are

Jamie Barrutia

Jamie Barrutia, the 29-year-old marketing director for Wahoo's Fish Tacos, began volunteering in her teens and has always found a way to spend an incredible amount of time in dedication to helping others.

"It's important to find the right fit for you and your lifestyle," she says. "It's best to just get out there and do it – even if you begin with just one day out of the year."

Everyone
can spare
one day."



applications. They also help with processing applications and making phone calls to students about scholarship deadlines.

Minimum Age: 18

Contact: Traci Lato, 303-951-4156 or
tlato@denverscholarship.org
www.denverscholarship.org/volunteer

Ambassador, Guide or Docent

Denver Zoo

Volunteers work in all areas of the Zoo. Depending on the desired amount of training volunteers can serve as Ambassadors, Guides or Docents. Applications may be submitted through the Zoo website. Applicants must interview, clear a background check and attend a 3 1/2-day training. A 50-hour yearly commitment is required.

Minimum Age: 18

Contact: Jan Waterman, 303-376-6719 or
jwaterman@denverzoo.org
www.denverzoo.org

Companion

Developmental Disabilities Resource Center

Share time and interests in an ongoing one-to-one match with someone who has a developmental disability. Frequency and scheduling

ready for adoption.

Minimum Age: 18

Contact: Jasmin Rice, 303-751-5772 or
jrjce@ddfl.org
www.ddfl.org

Driver and Call Taker

East Denver FISH

Volunteer drivers are needed to deliver emergency groceries to individuals in need in east Denver. Volunteers are also needed to take calls from clients. FISH is one of the only food banks that delivers to people who are homebound or without transportation. Deliveries and calls are made during the day every week on Mondays, Wednesdays and Fridays.

Minimum Age: 16

Contact: Pamela Munstock, 303-234-5283 or
munstock@msn.com

Denver Youth Naturally Volunteer

Environmental Learning for Kids

Volunteers combine environ-

mental science education, overnight wilderness experiences and long-term mentoring to encourage and support low-income, culturally diverse youth as they pursue their science and natural resource education.

Minimum Age: 18

Minimum Age with an Adult: 10

Contact: Chiquita Cole, 303-291-7693 or
ccole@elkkids.org
www.elkkids.org

Historic Cemetery Preservation

Fairmount Heritage Foundation

Volunteers are needed to preserve Denver's two historic cemeteries, Riverside and Fairmount. Volunteer opportunities include historic tours, archives, monument preservation, heritage roses, environmentally sustainable landscape development and urban wildlife. Training is provided.

Minimum Age: 16

Minimum Age with an Adult: 10

Contact: Patricia Carmody, 303-322-3895 or
volunteer@fairmountheritagefoundation.org
www.fairmountheritagefoundation.org

Special Event Assistant

Family Advocacy, Care, Education, Support

FACES needs volunteers to assist with the Grapes Against Wrath event to be held this fall. This is a strolling food and wine event with a silent auction. The volunteer will assist the development director with auction donations, marketing of the event and overall coordination.

Minimum Age: 20

Contact: Christine Jones, 720-570-9333 or
cjones@facesonline.org
www.facesonline.org

Lift-a-Hammer Volunteer

Family HomeStead

Volunteers paint and clean an apartment for a new homeless family entering Family HomeStead's emergency or transitional housing



One Day a Month

program. Projects are available weekdays and Saturdays for established groups of 10 to 15. Projects must be scheduled several months in advance.

Minimum Age: 18
Minimum Age with an Adult: 15
Contact: Judy Mugler, 303-623-6514 or judy@familyhomestead.org
www.familyhomestead.org

Office Support and Data Collection Support

Friends First, Inc.

Volunteers will provide office support in preparing marketing materials for the National Convention in June. Volunteers can also provide assistance in collecting pre and post surveys for a specific grant program with school-aged children. This is an ongoing support position assisting educators in the field.

Minimum Age: 21
Contact: Margo Hetrick, 720-981-9193 or mhetrick@friendsfirst.org
www.friendsfirst.org

Tour Guide

Friends of Dinosaur Ridge

Lead outdoor tours for school kids from first through ninth grade as they explore the sites on Dinosaur Ridge. A teaching or science background is helpful but not necessary. Background materials and training is provided. The season is April through November.

Minimum Age: 18
Minimum Age with an Adult: 16
Contact: Tom Moklestad, 303-697-3466 or tom_moklestad@dinoridge.org
www.dinoridge.org

Special Events Volunteer

Gateway Battered Women's Services

Consider helping battered women and their children by joining the Fundraising Committee for Gateway's upcoming Around the World in 80 Wines event.

Minimum Age: 18
Contact: Jeneen Klippel-Worden, 303-343-1856 or jkworden@gatewayshelter.com
www.gatewayshelter.org

Mock Interviewer

Goodwill Industries of Denver

Help students gain the confidence they need along with valuable interviewing skills that will prepare them for post-secondary interviews for colleges, scholarships and actual jobs.

Minimum Age: 18
Contact: Alison Yeager, 303-650-7714 or ayeager@goodwilldenver.org
www.goodwilldenver.org

Neighborhood Energy Action Volunteer

Groundwork Denver

Volunteer with Groundwork Denver during Earth Week and throughout the year. Neighborhood projects include changing light bulbs, tree planting, biking and walking campaigns, and free energy efficiency upgrades.

Minimum Age: 15
Contact: Erin McCarley, 303-455-5600 or erin@groundworkdenver.org
www.groundworkdenver.org

Senior Citizen Health Clinic Volunteer

HealthSET

Help Denver's independently living, low-income elderly stay healthy and safe at home. Volunteer nurses, pharmacists, translators and receptionists provide direct patient care in HealthSET's mobile Health Promotion Clinics.

Volunteer Tips

Volunteer from home (or work).

You don't have to go to a specific place to volunteer. You can collect food, clothing or pennies and donate them to an organization. Organizing a project for your neighborhood, workplace or family is a flexible way to benefit a nonprofit of your choice.

Flexible volunteer hours are available. The minimum commitment is two hours monthly.

Minimum Age: 21
Contact: Jane Salland, 303-595-6639 or janesalland@centura.org
www.healthset.org

Canning Crew Volunteer

Jewish Family Service of Colorado

JFS seeks Canning Crew volunteers to help can food at the LDS Canning Facility. This impactful volunteer opportunity provides thousands of meals through the Weinberg Food Pantry at JFS to those in the community.

Minimum Age: 16
Contact: Nancy Benyamin, 303-597-5000 or nbenyamin@jewishfamilyservice.org
www.jewishfamilyservice.org

Community Events Volunteer

Metro Denver Bright Beginnings

Have fun in friendly places by hosting an

information display and distributing parenting resources. By assuring representation at resource fairs, stores and schools, volunteers help parents impact the most critical period of their child's brain development from birth to 36 months.

Minimum Age: 18
Minimum Age with an Adult: 13
Contact: Kathi Wright, 303-321-1214 or kathleen.wright@brightbeginningsco.org
www.brightbeginningsco.org

Victorian Meal Presenter

Molly Brown House Museum

Volunteers create and serve authentic Victorian dining experiences for guests, including teas, luncheons and dinners. Volunteers should enjoy cooking, Victorian etiquette and working with people of all ages.

Minimum Age: 18
Contact: Emily Parrington, 303-832-4092 or eparrington@mollybrown.org
www.mollybrown.org

MS Event Volunteer

*National MS Society
Colorado-Wyoming Chapter*

Help create a world free of Multiple Sclerosis. Volunteers are needed for Bike MS, Walk MS, Hike MS or Mud Run MS. This opportunity is a great way for individuals, families and corporate groups to get involved.

Minimum Age: 12
Contact: Jennifer Bell, 303-698-5443 or jennifer.bell@nmss.org
www.curemsco-wy.org

Motorman and Conductor

Platte Valley Trolley

The Platte Valley Trolley offers a unique experience operating an on-the-rails trolley car along the South Platte Greenway. Motorman and narrator training is provided, and a uniform is supplied.

Minimum Age: 18
Contact: Wally Weart, 303-458-6255 or pwatson1941@msn.com
www.denvertrolley.org

Building Maintenance Person

Project PAVE

Volunteers are needed to perform basic maintenance tasks around the PAVE office. Experience in construction or related work is preferred but not required.

Minimum Age: 18
Contact: Rachel Shapiro, 303-322-2382 or rshapiro@projectpave.org
www.projectpave.org

Hands-On Volunteer

Providence Network

Help families who have experienced homelessness or domestic violence achieve self-sufficiency and a brighter future. Provide child care on a Thursday evening, bring a meal to a home, share a skill with a family or volunteer with friends and family at Mr. HUG's Christmas Store on December 3.

Jo Vosacek

If you don't believe volunteerism can keep you young at heart, you haven't met Jo Vosacek. Now 76, Vosacek began volunteering in the surgical waiting room at Longmont Hospital back in the 1970s.

Said Vosacek. "Volunteering is the most wonderful way to meet new people and make new friends. Life has been so good to me that volunteering is something I can give back. And it takes no effort, all you have to do is to be able to say,

'I want to help someone.'





Minimum Age: 18
Contact: Ashley Camozzi, 303-860-8404 or ashleycamozzi@providencenetwork.org
 www.providencenetwork.org

Crisis Hotline Advocate

Rape Assistance and Awareness Program
 RAAP is seeking hotline volunteers for its 24/7 hotline that offers advocacy for survivors of sexual assault. RAAP is the only rape crisis center serving Denver and the eight surrounding counties and thrives on community support, especially through volunteers serving on the hotline.

Minimum Age: 18
Contact: Jen Fayollat, 303-322-9922 or jfayollat@raap.org
 www.raap.org

Project Leader

Rebuilding Together Metro Denver
 Project Leaders plan, organize and facilitate an entire home rebuilding project, managing volunteer teams of various skill-levels. The position requires 20 to 30 hours over a five week period. Project management training is provided. Projects are available year-round. A background and motor vehicle record check is required.

Minimum Age: 18
Contact: Mary Brook, 303-217-2077 or mary.brook@rebuildingdenver.org
 Website: www.rebuildingdenver.org

Mediator and Community Member

Resolution Works
 Volunteers are needed to participate in a restorative justice program around first time alcohol tickets for juveniles who have the option to have their charges dismissed by the courts.

Minimum Age: 15
Contact: Gabrielle Frey, 720-629-7028 or gfrey@YourResolutions.org
 www.YourResolutions.org

Meal Provider

Ronald McDonald House Charities of Denver
 Volunteers, in groups of four to 12, plan, prepare and serve meals to guests staying at the Ronald McDonald House. Volunteers are asked to provide the food for the meal but the Ronald McDonald House has other needed supplies. Groups are needed for breakfast, lunch and dinner hours.

Minimum Age: 18
 Minimum Age with an Adult: 10
Contact: Kendra Ingles, 720-382-7207 or kingles@ronaldhouse.org
 www.ronaldhouse.org

Shelter Dinner Volunteer

Sacred Heart House of Denver
 Dinner volunteers purchase and prepare dinner for the 15 to 20 residents of the shelter. Volunteers bring the food to the shelter to re-heat it and eat with the residents. Group size is limited to six volunteers.

Minimum Age: 18
Contact: Carrie Hansen, 303-296-6686 or pa@sacredhearthouse.org
 www.sacredhearthouse.org

Birthday Party Giver

The Salvation Army
 Throw a birthday party for seniors. The cake, paper products and drinks are provided. Bring the ice cream, a card for each person and a rousing chorus of Happy Birthday. Parties are held once a month with a flexible date and time.

Minimum Age: 18
Contact: Mary Orem, 303-866-9285 or mary.orem@usw.salvationarmy.org
 www.salvationarmy.org

Committee/Event Volunteer

Second Wind Fund of Metro Denver
 SWFMD supports local youth at risk of suicide. Choose from a variety of volunteer opportunities including committee level and event opportunities. This is a great opportunity for groups or individuals of all ages and commitment levels.

Minimum Age: 16
 Minimum Age with an Adult: 8
Contact: Karissa McNiven, 720-962-0706 or kmcniven@thesecondwindfund.org
 www.swfmd.org

Single Volunteers

Single Volunteers of Greater Denver
 SVGD is looking for energetic singles interested in meeting others through community service. Members choose from a variety of dates and organizations to assist at one-time volunteer opportunities. Become involved with SVGD and work with multiple nonprofits.

Minimum Age: 21
Contact: Pamela Popp, 303-952-9545 or pamelapopp@yahoo.com
 www.svgd.org

Program Volunteer

SOS Outreach
 SOS Outreach programs would not exist without the support of volunteers. Volunteers can help in outdoor youth programs and special events, by serving as youth mentors and by providing administrative support.

Minimum Age: 16
 Minimum Age with an Adult: 14
Contact: Brian Phipps, 970-926-9292 or bhipps@sosoutreach.org
 www.sosoutreach.org

Parent-Child Naturalist Team

South Platte Park
 With nature enthusiasm, parent-child teams serve as hosts in the Carson Nature Center answering questions, feeding animals and helping maintain displays. Schedule time with your kids to develop social skills and a volunteer ethic while also learning and having fun.

Minimum Age: 18
 Minimum Age with an Adult: 10
Contact: Phil Waltz, 303-730-1022 or philipw@sspr.org
 www.sspr.org/nature

Outdoor Stewardship Volunteer

Volunteers for Outdoor Colorado
 Volunteers of all ages and skill levels are invited to join Volunteers for Outdoor Colorado in more than 40 fun, rewarding outdoor stewardship projects throughout the state. Help build

trails, plant trees and even restore historic structures on public lands.
Minimum Age: 6
Contact: Becca Summer, 303-715-1010 or becca@voc.org
 www.voc.org

Education Visitor Experience Volunteer

The Wildlife Experience
 Help is needed to instill a respect for habitat and wildlife and inspire effort to conserve. EVEV volunteers bring the biomes of the world to life by sharing biofacts in the Arctic Tundra or assisting with fish feeding in the Coral Reef. Volunteers help with programming in the Discovery Den, Cubs Corner and more.

Minimum Age: 15
 Minimum Age with an Adult: 13
Contact: Pamela Rhoads, 720-488-3318 or prhoads@twexp.org
 www.thewildlifeexperience.org

Hands-On Science Volunteer

WOW! Children's Museum
 Volunteers are needed to guide visitors through fun, educational science exhibits, activities and programs.
Minimum Age: 14
Contact: Heather Roberts, 303-604-2424 or wowmuseumvolunteers@gmail.com
 www.wowmuseum.com

Life Changer

YouthBiz
 YouthBiz relies on volunteers to support the front desk and greet youth, help with successful fundraising events including the Fall Fashion Show and Spring 5K, and provide critical tools to youth by participating in program activities such as mock interviews and job shadows.
Minimum Age: 10
Contact: Emelie Nelson, 720-974-5102 or emelie@youthbiz.org
 www.youthbiz.org

Volunteer Tips

The current estimated dollar value of volunteer time is \$20.85 per hour.

This estimate helps acknowledge the millions of individuals who dedicate their time, talents, and energy to making a difference. Charitable organizations use this estimate to quantify the enormous value volunteers provide.

One Day a Week

Fraud Fighter

AARP/AARP Foundation

With a commitment to community and service, AARP/AARP Foundation volunteers and staff work together to enhance the quality of life for all. A variety of opportunities are available and tailored to meet volunteer interests and time availability.

Minimum Age: 18

Contact: Julie Mangum, 720-947-5302 or jlmangum@aarp.org
www.aarpelderwatch.org

Women's and Children's Advocate

Alternatives To Family Violence

Alternatives To Family Violence offers volunteers opportunities to work directly with women and children as they move out of domestic violence situations. Volunteers provide case management, crisis intervention, peer support and community education, while sharing their skills with clients.

ground check and fingerprinting is required.

Minimum Age: 18

Contact: Karen McClurg, 303-377-9732 or kmcclurg@anchorcenter.org
www.anchorcenter.org

Youth Empowerment Guide

Arapahoe County Department of Human Services

Youth Empowerment Guides work with teens who do not fit into other metro area mentoring programs. The older teens are clients of the Department of Human Services and have histories of trauma. Develop a relationship through visiting and activities. Volunteers are needed to promote positive family and peer relationships, self esteem and improved school functioning.

Minimum Age: 21

Contact: Julie Schilling, 303-636-1851 or jschilling@co.arapahoe.co.us
www.co.arapahoe.co.us

www.arthritis.org

Theater Usher and

Administrative Assistant

Ballet Nouveau Colorado

Administrative support is needed to help with folding and stuffing mailings, filing, database entry and other organizing tasks. Theater ushers are needed to help with front of house tasks such as greeting guests, handing out programs, concessions, will-call, and set-up or break-down of the lobby for productions.

Minimum Age: 15

Minimum Age with an Adult: 13

Contact: Ashley Burns, 303-466-5685 or aburns@bncdance.com
www.bncdance.com

Bike Buddy

The Bike Depot

The Bike Depot is in need of donated bicycles and dedicated volunteers to help end health disparities through biking. From wrenching bikes to designing programs or serving on the board of directors, all skills and abilities are needed.

Minimum Age: 13

Minimum Age with an Adult: 10

Contact: Laurie Hanselmann, 303-393-1963 or info@thebikedepot.org
www.thebikedepot.org

Education Volunteer

Bluff Lake Nature Center

Education Volunteers make science come alive by introducing small groups of school children to the natural world through hands-on exploration in topics including wetland ecology, habitat diversity, urban wildlife and food chains. A commitment of one morning per week is requested. No teaching experience is required and training is provided.

Minimum Age: 18

Contact: Lisa Chickos, 303-344-1649 or lchickos@blufflake.org
www.blufflakenaturecenter.org

Healthcare Navigator, Advocate and Health Worker

Boomers Leading Change in Health

Navigators help patients overcome barriers to healthcare. Health Workers educate communities about healthcare resources and Advocates raise awareness about system-wide issues and policy. High quality training is provided.

Minimum Age: 50

Contact: Tara Witterholt, 303-426-6637 or info@blcih.org
www.blcih.org

Dream Builder

Boys & Girls Clubs of Metro Denver

Help the children of today build their dreams through the technology of tomorrow. Dreams of becoming engineers, movie makers, music makers and artists cannot be realized without help. Volunteers are needed to help make these dreams reality by advancing students' technology skills.

Minimum Age: 18

Contact: Kristine Cohn, 303-892-9200 or Kristinec@bgcmd.org
www.begreatdenver.org

Mentor

Byrne Urban Scholars

Adult mentors are needed for middle school and high school students. Mentors maintain weekly phone contact, spend time with the student in the community two times a month and receive ongoing support from a case manager. A college degree is preferred and candidates must pass a background and reference check.

Minimum Age: 21

Contact: Susan Duncombe, 303-3551-1700 or susand@byrneurbanscholars.org
www.byrneurbanscholars.org

Literacy Dream Maker

Center for Hearing, Speech and Language

Volunteers work with children living in poverty or at-risk situations to increase their ability to do well in school and later in life. Volunteers provide exposure to literature with emphasis on age-appropriate vocabulary, motor activities, art, music and cognitive activities.

Minimum Age: 14

Minimum Age with an Adult: 10

Contact: Barb Kamlet, 303-322-1871 or volunteer@chsl.org
www.chsl.org

GED Tutor

Center for Work Education and Employment

CWEE needs volunteers for teaching and tutoring underserved participants on-site, alongside CWEE Instructors. GED tests include math, social studies, science, writing and reading. The best volunteers are flexible, reliable, and communicative.

Minimum Age: 18

Contact: Kristin Miner, 303-892-8444 or kminer@cwee.org
www.CWEE.org

Tutor

Children's Literacy Center

Provide one-to-one tutoring in reading. Tutor one child, two hours a week and help that

Martin & Malcom Clark

For 8-year-old fraternal twins Malcolm and Martin Clark of Aurora, helping out is already ingrained in who they are.

"At school, if someone seems sad or down, I'll go up and ask, 'what's wrong?' Says Martin. "It feels good. I like doing the right thing."

Says Malcolm, "It's important because people need help."

Volunteering helps people by making their lives easier."



Minimum Age: 18

Contact: Leigh Ingram, 303-289-4441 or leighi@atfv-adamsco.org
www.atfv-adamsco.org

Preschool Librarian

Anchor Center for Blind Children

The librarian assists with the literacy program for visually-impaired/blind preschool students by interacting with students during literacy sessions, checking out books, organizing library materials, keeping the literacy room neat and maintaining lists of library books. A back-

Program and Event Volunteer

Arthritis Foundation

The Arthritis Foundation is seeking energetic volunteers to help expand the programs in the Denver metro area. Volunteer opportunities include assisting in the office, promoting programs and services at health fairs and presentations, and assisting with special events.

Minimum Age: 18

Minimum Age with an Adult: 10

Contact: Jill Lysengen, 303-756-8622 or jlysengen@arthritis.org

child become a successful reader. Training is provided.

Minimum Age: 14

Contact: Pamela Polke, 719-471-8672 or pamelap@peakreader.org
www.peakreader.org

Forest and Water Health Volunteer

Coalition for the Upper South Platte

CUSP provides 75 percent of Colorado's water. Contribute to restoration and fire rehab in and around the Hayman burn area. Projects include plantings, controlling erosion and invasive species' plus maintaining trails near pristine fisheries.

Minimum Age: 16

Minimum Age with an Adult: 6

Contact: Lisa Patton, 719-748-0033 or lisa@uppersouthplatte.org
www.uppersouthplatte.org

Hospice Volunteer

Colorado Community Hospice

Colorado Community Hospice needs compassionate, committed and dependable individuals to provide companionship visits or alternative therapies such as pet therapy, reiki and massage to hospice patients.

Minimum Age: 18

Contact: Stephanie Hunkar, 303-546-7921 or shunkar@coloradocommunityhospice.org
www.coloradocommunityhospice.org

Life Changing Mentor

Colorado Youth at Risk

Become a mentor, transform a life. Support teenagers who are struggling to find a productive path. Help a youth get back on track toward graduation and a positive future. CYAR provides excellent volunteer training and a supportive community of volunteers to help mentors and mentees succeed.

Minimum Age: 21

Contact: Halo Jobson, 303-623-9140 or halo@coloradoyouthatrisk.org
www.coyar.org

High School Volunteer

Colorado Youth for a Change

Help solve the dropout crisis and empower youth, ages 14 to 18, through tutoring in core subjects and life skills. Volunteers are needed daily from 7:30 a.m. to 5:00 p.m. in public high schools throughout the Denver metro area.

Minimum Age: 18

Contact: Sharla Williams, 303-292-2779 or sharla.williams@coyouth.org
www.cycinfo.org

Food Sorter/Organizer

Community Food Share

Help sort and organize donations of non-perishable food. Training is provided to determine if the donation is "isolation" or not. Volunteers will identify which food guide pyramid group donations belongs to.

Minimum Age: 15

Minimum Age with an Adult: 6

Contact: Sue Ericson, 303-652-3663 or sericson@communityfoodshare.org
www.communityfoodshare.org



ing with staff to facilitate touch carts and a variety of health and wellness activities for the visitors. A one-year commitment is required.

Minimum Age: 16

Minimum Age with an Adult: 10

Cooking/Nutrition Volunteer

Cooking Matters Colorado

Cooking Matters is looking for dedicated volunteers to implement cooking and nutrition classes. Volunteer positions include experienced chef and nutrition instructors, class assistants, shoppers and Spanish/English translators. Training is available.

Minimum Age: 18

Contact: Mayra Ramirez, 303-892-8480 or mramirez@strength.org
www.cookingmatters.org/cooking-matters-colorado

Care Center Greeter

The Denver Hospice

Care Center Greeters are needed for evenings seven days per week for The Denver Hospice Care Center located in the Lowry neighborhood. Greeters welcome family members, help them find their way, offer beverages and magazines, answer phones, support clerical projects and serve as a welcoming presence.

Minimum Age: 18

Contact: Erin Beauprez, 303-398-6248 or volunteers@denverhospice.org
www.thedenverhospice.org

Expedition Health Exhibit Guide

Denver Museum of Nature & Science

The Exhibit Guide supports the on-floor educational objectives in Expedition Health by work-

Contact: Shelley Knepley, 303-370-6419 or shelley.knepley@dmns.org
www.dmns.org

Read Aloud Volunteer

Denver Public Library

Denver Public Library is seeking bilingual (English/Spanish) volunteer readers for the Read Aloud program. Volunteers make a difference in the community by visiting a preschool classroom once a week to provide experiences that help children with pre-literacy skills and develop the love for books. All volunteers must consent to a background check.

Minimum Age: 18

Contact: Susan Oakes, 720-865-1308 or soakes@denverlibrary.org
www.denverlibrary.org

Foreign Language Tutor

Denver Public Schools

Many DPS students speak a language other than English. DPS serves students who speak or are learning Spanish, French, German, Italian, Japanese, Lakota, Latin, Russian and Spanish. Volunteer to tutor and work directly with students in the classroom.

Minimum Age: 18

Contact: Brenda Vasquez, 720-424-8245 or volunteer_services@dpsk12.org
www.dpsk12.org

Mentor and Tutor

Denver Rescue Mission

Build a life-changing relationship with a man, woman or child at the Denver Rescue Mission. Group and individual mentoring and tutoring opportunities are available at five locations. Create a volunteer profile online to view current needs.

Minimum Age: 18

Contact: Micah Naylor, 303-953-3955 or mnaylor@denrescue.org
www.DenverRescueMission.org

Food Bank or Thrift Store Volunteer

Douglas/Elbert Task Force

Volunteers in the Thrift Store sort clothing, price items and work as cashiers and sales consultants. Volunteers in the Food Bank help put food baskets together for those families in need. This is a great opportunity for groups.

Minimum Age: 16

Contact: Kathy D'Amore, 303-688-1114 or kathyda@detaskforce.org
www.detaskforce.org

Family Support Line Volunteer

Families First

Volunteers listen and provide educational information and community resources to parents in need of support in relationships with their children. Volunteers answer phone calls at the Family Center located in southeast Denver.

Minimum Age: 21

Contact: Rachel Merkel, 303-745-0327 or Rachel@FamiliesFirstColorado.org
www.FamiliesFirstColorado.org

Early Learning Center Assistance

Florence Crittenton Services

Volunteers are needed to help with children ages three to 18 months in the Florence Crittenton Services Early Learning Center. Volunteers will be involved in feeding and playing with the children of the teen moms that attend the school. Some experience with young children in a center setting is helpful.

Minimum Age: 18

Contact: Marcia Jamison, 303-321-6363 or mjamison@flocritco.org
www.flocritco.org

Volunteer Tips

Volunteer as a group.

Do you want to build a greater sense of teamwork and strengthen relationships? Talk with the volunteer coordinator at an organization about volunteering with your friends and coworkers.

One Day a Week

USDA Volunteer

Food Bank of the Rockies

This USDA supplemental food program targets low-income pregnant and postpartum women, their infants and children, and seniors. Eligible participants receive a monthly supplemental food package. Boxes are distributed directly to recipients through FBR. Volunteers will work in an assembly line system filling boxes with food for needy recipients.

Minimum Age: 14

Contact: Laura Egan, 303-375-5811 or legan@foodbankrockies.org
www.foodbankrockies.org



Food With Dignity Sorters and Processor

FoodWorks, Inc.

Help FoodWorks get food to work. Each day of the week, volunteers help sort and process dock produce and non-perishable product. FoodWorks provides 'food with dignity' to over 160 local hunger relief agencies.

Minimum Age: 16

Minimum Age with an Adult: 5

Contact: Josh Mahler, 303-294-0272 or josh@foodworkscolorado.org
www.foodworkscolorado.org

Youth Program Assistant

Girls Incorporated of Metro Denver

Assist in the facilitation of educational, effective and fun after-school or summer programs. Positions include assisting with lesson plans, working with girls on projects, contributing to discussions, attending field trips, preparing materials and providing snacks. Class topics and times vary.

Minimum Age: 16

Contact: Elizabeth Green, 303-893-4363 or

egreen@gjdenver.org

www.girlsincdenver.org

Construction Site Volunteer

Habitat for Humanity of Metro Denver

Volunteers serve as the construction crew on new home building projects and will be supervised by a trained staff. No previous construction experience or tools are required. Volunteers are needed Thursday, Friday and Saturday year-round.

Minimum Age: 16

Contact: Leanna Powell, 720-496-2717 or leanna@habitatmetrodenver.org
www.habitatmetrodenver.org

Direct Service Volunteer

Hope House of Colorado

Hope House of Colorado is dedicated to transforming the lives of teen mothers as they work toward self sufficiency. Volunteer opportunities include tutoring for GED, providing transportation, mentoring and babysitting.

Minimum Age: 14

Minimum Age with an Adult: 6

Contact: Sue Pilon, 303-429-1012 or sue@hopehouseofcolorado.org
www.hopehouseofcolorado.org

Self-Sufficiency Promoter

Jeffco Action Center, Inc.

At Jeffco Action Center, volunteerism is unique in that caring people come together to help create pathways to self-sufficiency for those less fortunate. Volunteer opportunities include restocking the food pantry, helping clients find clothes or working on special events during the holidays.

Minimum Age: 15

Contact: Barbara Penning, 303-237-7704 or volunteer@jeffcoac.org
www.jeffcoac.org

Classroom Volunteer

Junior Achievement, Rocky Mountain, Inc.

Volunteers visit K-12 classrooms September through May to inspire and prepare young people to be financially literate and succeed in a global economy. Volunteers will be trained to teach innovative curriculum focusing on financial literacy, work readiness and entrepreneurship.

Minimum Age: 18

Contact: Shannon Casler, 303-628-7361 or scasler@jacolorado.org
www.jacolorado.org

Event and

Administrative Volunteer

Kim Robards Dance, Inc.

Share your skills in areas such as clerical, database entry, special events, phone calls, mailings and light maintenance. Assistance in specialized areas such as graphic design, grant writing, fundraising, donor development, marketing and professional painting services are also welcome.

Minimum Age: 16

Minimum Age with an Adult: 13

Contact: LaRana Skalicky, 303-825-4847 or info@kimrobardsdance.org
www.kimrobardsdance.org

of cancer treatment. Sessions occur weekly at oncology clinics and churches from Longmont to Colorado Springs.

Minimum Age: 18

Contact: Sandy Priester, 303-425-5670 or Sandy@LifeSparkNow.org
www.LifeSparkNow.org

Committee or Event Volunteer

March of Dimes

March of Dimes stands for stronger, healthier babies. Help grow the organization's three signature events such as March for Babies, MUDD Volleyball and Signature Chefs Auction. Event locations vary.

Kristin Richardson

It's fitting that Kristin Richardson, Denver Public Schools Foundation chair, works in education. Her mother taught first-graders and her father was a high school teacher.

"When I first started volunteering, I was interested but not passionate about it," said Richardson. "But I had some great role models and I really appreciated their commitment to serve."

Passionate people inspire other people, and there is no faking passion."



Adult Literacy Tutor

The Learning Source for Adults and Families

Build confidence and a sense of life-long learning for our adult students by tutoring one-on-one or in small groups, as they work toward their GED or learn the English language. A commitment of one session per week for at least 15 weeks is requested. Teaching experience is not required.

Minimum Age: 18

Contact: Debby Novotny Doig, 303-957-2883 or debby@coloradoliteracy.org
www.coloradoliteracy.org

Reiki and Healing Touch Provider

LifeSpark Cancer Resources

Reiki or healing touch skills will be matched with an individual with cancer. Promote peace and well-being while reducing the side effects

Minimum Age: 12

Contact: Mikayla Houser, 303-305-1225 or mhouser@marchofdimes.com
www.marchofdimes.com

Senior Partner

Metro Denver Partners

The role of a Senior Partner is to be a role model, advocate and friend for an at-risk youth. The match spends approximately three hours together per week for a one-year commitment. Volunteers must have a driver's license and proof of insurance.

Minimum Age: 18

Contact: Administrative Assistant, 303-777-7000 or metrodenverpartners@metrodenverpartners.org
www.MetroDenverPartners.org

Museum Guide

Mizel Museum

People-loving adults who appreciate Jewish art, culture, history, Denver and immigration stories are invited to join the team of museum tour guides. Training is provided.

Minimum Age: 21

Contact: Tia Amdurer, 303-749-5018 or tamdurer@mizelmuseum.org
www.mizelmuseum.org

Program Volunteer

OpenWorld Learning

Help ignite a love of learning within children by volunteering at OWL's after-school Elementary and Middle School programs. Volunteers assist with Learning Lab, Homework Support and Team Energizer while providing guidance and leadership to third through eighth grade students.

Minimum Age: 14

Contact: Lysa Stewart, 303-832-0066 or lstewart@openworldlearning.org
www.OpenWorldLearning.org

Satellite Coordinator

Project Angel Heart

The volunteer satellite coordinator helps coordinate and schedule volunteers to deliver meals from an assigned satellite location and manages weekly distribution of meals to clients with life-threatening illnesses.

Minimum Age: 18

Contact: Sarah Woolverton-Mohler, 303-830-0202 or smohler@projectangelheart.org
www.projectangelheart.org

Waiting Room Reader for Children

Reach Out and Read Colorado

Bring the love, joy and fun of books to children and their families as a Reach Out and Read Volunteer Reader. Readers transform waiting rooms into positive learning environments

for parents and children by reading aloud and modeling effective read aloud techniques for parents.

Minimum Age: 16

Contact: Meredith Goldin, 303-623-3800 or meredith@reachoutandreadco.org
www.reachoutandreadco.org

Hospital Volunteer

Saint Joseph Hospital Foundation Volunteers

Volunteers at Saint Joseph Hospital work in a variety of capacities including: patient visitors, gift shop, emergency room and surgery wait-

Volunteer Tips

Start with what you know.

Are you passionate about the work of a specific organization and want to help them achieve their mission? Do you like leading, coaching or mentoring others? Have you been volunteering a long time and seek more responsibility? Answering these questions can help you determine where and how you want to volunteer.

ing rooms. Volunteers must pass a TB test and background check.

Minimum Age: 16

Contact: Sarah Heil, 303-837-7043 or sjhfoundation@exempla.org
www.sjhfdenver.org

Classroom and School Volunteer

Seeds of Hope Charitable Trust

Volunteers are needed in inner city Catholic schools to work with groups of students in teacher-supervised classrooms and one-on-one mentoring. Volunteer shifts are mornings

or afternoons during the week.

Minimum Age: 16

Contact: Shelby Edwards, 303-715-3127 or shelbye@seedsofhopetrust.org
www.seedsofhopetrust.org

Driver

Seniors' Resource Center

Transport clients to medical appointments, adult day centers, meal sites and personal trips in an agency-owned car with a GPS system. Volunteer drivers will help older adults retain a higher level of independence and quality of life by meeting their transportation needs.

Minimum Age: 18

Contact: Allison Moschetti, 303-235-6948 or amoschetti@srcaging.org
www.srcaging.org

Victim Advocate

Victim Outreach Information

VOI contracts with seven police agencies in Jefferson County to provide on-scene crisis intervention for victims of crime as well as other traumatic events. Applicants must pass a criminal background check, have reliable transportation and be available for four to six shifts per month.

Minimum Age: 21

Contact: Volunteer Coordinator, 303-202-2196 or victimoutreach@aol.com
www.victimoutreach.org

Meals on Wheels Delivery Driver

Volunteers of America

The Meals on Wheels program needs friendly and reliable volunteers to deliver lunchtime



Office Assistant

Stride

Stride is a community-based nonprofit that helps families move along the path to self-sufficiency. Provide assistance with filing, database maintenance, answering phones and other administrative projects.

Minimum Age: 16

Contact: Sabrina Andrade-Saavedra, 303-238-3580 or stride@stride-co.org
www.stride-co.org

Warehouse Assistant

Veterans Green Jobs

Volunteers will help load and unload trucks and cars, move materials from the dock and onto appropriate shelves, organize warehouse materials, clean the warehouse and assist the staff as needed. Volunteers must be able to lift 50 pounds.

Minimum Age: 16

Contact: Mare App, 720-236-1320 or mare@vgj-denverjeffco.org
www.veteransgreenjobs.org

meals to homebound seniors in the Denver area. Volunteer routes are delivered on a weekly basis, helping these seniors receive a hot, nutritious meal each day. Volunteers must have a valid driver's license and a vehicle. Each volunteer undergoes a mandatory background check.

Minimum Age: 18

Contact: Carly Santoro, 303-294-0111 or csantoro@voacolorado.org
www.voacolorado.org

Crisis Line Volunteer

Women's Crisis & Family Outreach Center

Volunteers are needed at WCFOC's Emergency Shelter located in northern Douglas County. Volunteers will be trained to answer the 24-hour Crisis Line, assisting callers with requests for services, resources and referrals.

Minimum Age: 18

Contact: Heather Orr, 303-688-1094 or hmorr@twcfc.org
www.twcfc.org

Award Celebrates Volunteers

For 35 years the Minoru Yasui Community Volunteer Award has encouraged volunteerism by celebrating the voluntary achievements of individuals whose efforts may not otherwise be recognized. Each month, an outstanding volunteer is selected to receive this award, which includes a \$2,000 donation to a nonprofit of the recipient's choice.

Do you know someone who deserves to be in the spotlight for all they do for the community? Learn more about the award and download a nomination form at www.minuyasui.org.



Proudly Supported by Denver Post Community

Contacts

For more volunteer opportunities or to learn more about how you can make an impact in the community, contact:

Metro Volunteers

303-282-1234

www.metrovolunteers.org

Metro Volunteers is Denver's leading source for volunteer engagement, volunteer leadership training and volunteer advocacy. We are a national thought leader in volunteerism and are recognized for our innovative approaches. We make volunteerism smarter by empowering individuals and organizations with knowledge and skills to create more effective, engaging and impactful volunteering. Our wide range of innovative programs, tools and resources turn volunteer passion into powerful impact.



[metrovolunteers](https://www.facebook.com/metrovolunteers)



[@metrovolunteers](https://twitter.com/metrovolunteers)

Denver Post Community

303-954-1000

www.denverpostcommunity.com

Denver Post Community strives to improve and enrich the quality of life in our community through support of programs that benefit the arts, youth, education and basic human services. We accomplish this mission through the implementation of various community giving programs, including: grant-making through Denver Post Community Foundation and Season To Share, a fund of the McCormick Foundation; sponsorships; signature events and our employee volunteer program, Denver Post ACTS (Denver Post Assisting the Community Through Service).

THE DENVER POST
COMMUNITY



[dpcommunity](https://www.facebook.com/dpcommunity)



[@dpcommunity](https://twitter.com/dpcommunity)

Volunteer Resources

Governor's Commission on Community Service

Colorado

303-866-6426

www.colorado.gov/gccs

Volunteers for Outdoor Colorado

Colorado

303-715-1010

www.voc.org

ServeWyoming

Wyoming

866-737-8304

www.servewyoming.org

Aurora Volunteer Center

Aurora

303-739-7759

www.auroragov.org

Volunteer Connection of Boulder County

Boulder

303-444-4904

www.volunteerconnection.net

Pikes Peak United Way Volunteer Center

Colorado Springs

719-955-0762

www.volunteerpikespeak.org

Metro Volunteers

Denver

303-282-1234

www.metrovolunteers.org

United Way of Weld County Volunteer Center

Greeley

970-353-4300

www.unitedway-weld.org

United Way of Larimer County's Volunteer Center

Larimer County

970-407-7066

www.uwaylc.org

Yampa Valley Volunteer Coordination Center

Routt County

970-879-5605

www.routtcountyunitedway.org

City of Westminster Volunteer Center

Westminster

303.658.2159

www.ci.westminster.co.us

Volunteer Fair

2011 Volunteer Fair

Friday, April 15 | 10:00am-2:00pm

The Denver Post Lobby | 101 Colfax Ave. 80202

Want to learn about even more volunteer opportunities in our community? Join us for the Volunteer Fair, where you can connect with more 75 nonprofits; learn more about their work and needs; and find the volunteer opportunity that right for you.