



# 2009 ***VOLUNTEER*** **GUIDE**

how to get  
involved  
in your  
community



**THE DENVER POST**  
COMMUNITY



[www.denverpostcommunity.com](http://www.denverpostcommunity.com)



Dear Readers and Volunteers,

## Welcome to the 2009 Volunteer Guide!

Now more than ever, volunteer efforts are crucial to our community. We hope this **Volunteer Guide** will serve as a resource that will inspire you to get involved and make a difference – whether you're new to volunteering or are a seasoned volunteer.

We know you're busy, so we've organized the Guide based on how much time you have available to volunteer. Whether you have **one day a year, one day a month** or **one day a week**, there's a great volunteer opportunity that will work with your schedule and allow you to make a significant impact.

**Denver Post Community** strives to improve and enrich the quality of life in our community. We are proud to publish this Guide in partnership with **Metro Volunteers**, whose mission is to mobilize and cultivate volunteers as a vital force in our community. Together, through this Guide, we hope to encourage you to give back to the community by serving as a volunteer.

Take a look at the listings here, then pick up the phone, send an email or visit a website to learn more or sign up for a volunteer opportunity today. You'll be glad you did.

Tracy Ulmer  
Community Relations Director  
Denver Post Community

Kristy Judd  
Executive Director  
Metro Volunteers

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# Volunteering provides youths meaningful roles in communities

By Sam DeLeo

“Giving” may not be the first word that comes to mind when you think of teenagers. But that point of view may actually be rooted more in stereotype than reality. Many teenagers — and younger children — are discovering the benefits of volunteerism, both to their communities and themselves.

“Volunteering has opened her eyes to the world, has made her see that the privileges she takes for granted aren’t available to everyone.”

According to the Bureau of Labor Statistics, in general, volunteering rates are higher among young people than among adults 26 or older. The bureau’s 2002 survey also found the number of youth volunteers to be growing in recent years. And in a 2002 focus group by the National Conference Community Volunteering and National Service, youth participants identified the benefits of volunteering to include bringing families together and providing self-satisfaction; 86 percent claimed volunteering gave them a new perspective on the world; 93 percent of respondents said they wanted to be part of more events where they could volunteer with their family.

“My 11-year-old daughter, Lexi, is a pretty sheltered only child,” said Barbara Ellis, guest commentaries editor for The Denver Post. “Volunteering has opened her eyes to the world, has made her see that the privileges she takes for granted aren’t available to everyone. And it’s turned her into a more empathetic child. Volunteering has made her appreciate the things she has and the privileges she enjoys. It enriches her — and her mom, too!” When young people volunteer, the benefits range from the most obvious to those that reach fruition more gradually. The community sees the most immediate results at a project’s end, when the homeless are fed, a schoolroom is painted, when trees are planted. And certainly the sense of accomplishment and bonding among families who volunteer together provide instant gratifications. But there



is also a sense of empowerment that young people gain over time from volunteering, a confidence in assuming responsibilities and a belief that they can make a difference in their communities, both now and in the future as adults.

## How Youth Can Get Involved in Volunteering

Given that volunteering is an empowering activity, it makes no sense to try to force kids to donate their time. Often, it’s not an adult who influences young people to volunteer, but one of their peers. Let them talk to other kids who are volunteering, introduce them to youth volunteer websites or just take them to a volunteer project as a spectator first. They will figure things out on their own — young people have an amazing capacity for empathy.

There are also very concrete reasons to become involved in volunteering. Volunteerism helps young people:

1. Explore possible careers
2. Increase self-esteem
3. Make the community a better place
4. Meet new people
5. Improve their chances of college acceptance

Young people can volunteer in a number of different sectors of the Denver community, from arts and culture, to building development, to the environment, to pet shelters.



## 9Health Fair Volunteer

9Health Fair  
April 18-26, 2009

Medical and non-medical volunteers are needed on multiple dates from 6:00 a.m. to 1:00 p.m. at 9Health Fairs. Volunteers receive on-site training before the fairs, as well as refreshments throughout the day of service and a certificate of appreciation.

Minimum Age: 15  
Minimum Age with an Adult: any age (situational basis)

Contact: Allison Fineberg, 303-698-4455 x1207 or allison.fineberg@9healthfair.org

[www.9healthfair.org](http://www.9healthfair.org)

## Facility Assistant

Alta Vista Center for Autism  
The center is looking for extra hands to help keep the facility running smoothly and the curriculum materials current. Multiple volunteer opportunities are available in the “Helping Out” section of the website.

Minimum Age: 18  
Minimum Age with an Adult: any age

Contact: Shannon Haggerty, 303-759-1192 or shaggerty@altavista-autism.org

[www.altavista-autism.org](http://www.altavista-autism.org)

## Autism Aide

Autism Society of Colorado  
The Autism Society of Colorado offers a variety of volunteer opportunities in the programs, events and development/fundraising departments. Volunteers

## Youth/Family Volunteer Opportunities

can either work in the office or remotely.

Minimum Age: 13  
Minimum Age with an Adult: any age

Contact: Tom Baroch, 720-214-0794 x813 or tom@autismcolorado.org  
[www.autismcolorado.org](http://www.autismcolorado.org)

## Docent and Gift Shop Volunteer

Bradford Washburn  
American Mountaineering Museum

The Museum strives to educate visitors and in so doing, enhance their enjoyment and safety in the mountains. Volunteers are needed to work as docents and in the gift shop during regular hours and during special occasions. Regular hours are: Tuesdays through Saturdays, 10:00 a.m. to 6:00 p.m.

Minimum Age: 15  
Minimum Age with an Adult: 15

Contact: Susan Dowd, 303-996-2755 or dowds@cmc.org

[www.bwamm.org](http://www.bwamm.org)

## Dog Rescuer

Chihuahua & Small Dog Rescue, Inc.

There are a variety of ways volunteers can help animals through this organization, including fostering, transporting, making home visits, or participating in meet and greets. Each opportunity directly helps save lives and ensures the health and well-being of Chihuahuas and other small dogs.

Minimum Age: 13

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# One Day a Year

## Denver Green Festival Volunteer

*Green Festival by Global Exchange and Green America*

**April 30-May 3, 2009**

Denver Green Festival volunteers will educate and activate people to make choices for a just and sustainable world. Volunteers receive free admission to the event, an exclusive organic and sweatshop-free Green Festival t-shirt, optional free one-year membership to Global Exchange and Green America and a 10 percent discount at the Global Exchange Store at Green Festivals.

**Contact:** Alesha Reardon, 828-236-0324 or [volunteer@greenfestivals.org](mailto:volunteer@greenfestivals.org)

[www.greenfestivals.org/denver/](http://www.greenfestivals.org/denver/)

## Race Volunteers

*Jefferson County Division of Children, Youth and Families*

**May 3, 2009**

Jefferson County Children, Youth and Families is hosting its first 5k race to promote awareness around Foster Care needs in our community. Volunteers are needed to help with the race day activities.

**Contact:** Korina Keating, 303-271-4103 or [kkeating@jeffco.us](mailto:kkeating@jeffco.us)

[www.jeffco.us](http://www.jeffco.us)

## Plant Sale Volunteer

*Denver Botanic Gardens*

**May 8-9, 2009**

Volunteers are needed to assist shoppers in customer service areas including greeting, directing shoppers, operating cash registers, and plant valet service. Assistance with volunteer check-in, hospitality and plant sale set-up is also needed. Both morning and afternoon shifts are available.

**Contact:** Karyn Chaffin, 720-865-3565 or [volcoord@botanicgardens.org](mailto:volcoord@botanicgardens.org)

[www.botanicgardens.org](http://www.botanicgardens.org)

## Event Set-Up & Decorating Team

*American Cancer Society Relay For Life in Golden*

**May 16 -17, 2009**

Volunteers are needed to help with set-up of the annual American Cancer Society Relay For Life in Golden. Set-up includes tents, tables, chairs, portable stage and luminaries on an outdoor track and field.

**Contact:** Carla Maniscalco, 303-431-0424 or [carla.maniscalco@gmail.com](mailto:carla.maniscalco@gmail.com)

[www.relayforlife.org/goldenco](http://www.relayforlife.org/goldenco)

## RN's for Sleep-Away Camp Physicals

*Salvation Army*

**May 16 – 26, 2009**

The Salvation Army needs RNs to perform physicals for their summer sleep-away camps.

**Contact:** Mary Orem, 303-866-9280 or [im.volunteer@usw.salvationarmy.org](mailto:im.volunteer@usw.salvationarmy.org)

<http://intermountain.salvationarmy.org>

## Trail Maintenance

*Continental Divide Trail Alliance*

**June 8 -15, 2009**

This is a great opportunity to work in the backcountry wilderness of Rocky Mountain National Park which is ranked one of America's premier wildlife viewing destinations. Volunteers will take in the views while hiking 10 miles with their daypacks and tools for this CDT maintenance project. Backcountry experience and excellent physical condition required.

**Contact:** Stephanie Friday, 1-888-

909-2382 or [Stephanie@cdtrail.org](mailto:Stephanie@cdtrail.org)

[www.cdtrail.org](http://www.cdtrail.org)

## Shake, Rattle & Stroll Volunteer

*Parkinson Association of the Rockies*

**June 14, 2009**

Volunteers will enjoy a morning in Washington Park and help raise Parkinson's awareness by filling one of the following volunteer positions: set-up, snack distributor, goodie bag distributor, course marshals, parking marshals, t-shirt distributor, information distributor, pledge collector and clean-up. Set-up will begin at 7 a.m. The walk begins at 9 a.m. with clean-up afterwards.

**Contact:** Amy Fuller-Gorman, 303-830-1839 or [afuller-gorman@parkinsonrockies.org](mailto:afuller-gorman@parkinsonrockies.org)

[www.parkinsonrockies.org](http://www.parkinsonrockies.org)

## Volunteer Arts Team

*Cherry Creek Arts Festival*

**July 3-5, 2009**

Volunteers will help throughout the festival in a variety of areas: Artist Relations, Artist Demonstrations, Art Auction, Culinary, Performing Arts, Creation Station and many more.

**Contact:** Carol Hiller, 303-282-5073 or [caroleyii@aol.com](mailto:caroleyii@aol.com)

[www.cherryarts.org](http://www.cherryarts.org)



## Art Volunteers

*The Child Rescue Foundation*

**July 4-5, 2009**

Heart of Imagination Day for Kids will be held the first weekend of July at the Cherry Creek Public Library. Volunteers are needed to help with the free kids' art area, kids' painting, face painting, t-shirt creation area, kids' greeting cards and music and entertainment. Event runs from 10:00 a.m. to 2:00 p.m. each day.

**Contact:** Shelley Irish, 303-628-0477 or [childrescue97984@aol.com](mailto:childrescue97984@aol.com)

[www.cr-foundation.org](http://www.cr-foundation.org)

## Volunteer Trail Crew

*The Colorado Trail Foundation*

**July 11-18, 2009**

The Colorado Trail is a 500-mile recreational hiking trail through the heart of the Colorado Rocky Mountains. This opportunity involves working to improve a section of the Trail south of the Clear Creek Bridge. Volunteers need to be in good physical condition to work with hand tools at a high elevation. This is an excellent opportunity to spend an invigorating week in magnificent mountain terrain with other dedicated outdoor enthusiasts.

**Contact:** Laura Becker, 303-384-3729 or [ctf@ColoradoTrail.org](mailto:ctf@ColoradoTrail.org)

[www.ColoradoTrail.org](http://www.ColoradoTrail.org)

## Event Volunteer

*Colorado Dragon Boat Festival*

**July 25-26, 2009**

The Colorado Dragon Boat Festival is a premiere showcase of Pan-Asian culture paired with a unique,



thrilling athletic competition of ancient Dragon Boat Racing. Held at Sloan's Lake Park, volunteer opportunities include Dragon Boat Races, Festival Ambassadors, MarketPlace, Performing Arts and more.

**Contact:** Carol Hiller, 303-282-5073 or caroleyii@aol.com

[www.cdbf.org](http://www.cdbf.org)

## AIDS Walk Colorado & AIDS Run Volunteer

*Colorado AIDS Project*

**Aug. 15, 2009**

Hundreds of volunteers are needed to serve in a variety of positions for the 22nd Annual AIDS Walk Colorado and 4th Annual AIDS Run Festival in Cheesman Park. More than a 5K walk, this event is now a festival with live entertainment, food, beverages and vendors. There are various shifts available from early morning until sunset.

**Contact:** Athena Lansing, 303-837-0166 or athenal@coloradoaidsproject.org

[www.coloradoaidsproject.org](http://www.coloradoaidsproject.org)

## Denver Breast Cancer 3-Day Crew

*Denver Breast Cancer 3-Day*

**August 27-30, 2009**

The Breast Cancer 3-Day® would not be possible without the all-volunteer Crew. Crew members are the heart and backbone of the event bringing it to life and serving as a support system for the walkers in every sense of the word. Crew members work hard, often in the dark, rain, heat or cold. Crew members are needed to set up camp, monitor the route, provide first aid (must be licensed medical professionals), serve food and beverages and much more.

**Contact:** Robin Shapiro, 1-800-996-3329 or rshapiro@event360.com

[www.The3Day.org](http://www.The3Day.org)

## Event Volunteer

*Great American Beer Festival*

**Sept. 24-26, 2009**

The Great American Beer Festival, America's oldest and largest beer festival, is dedicated to educating the consumer about the vast

spectrum and quality of beers currently produced in the United States. Volunteers will assist in all areas including: set up, beer pouring, merchandise, security, volunteer coordination and more.

**Contact:** Carol Hiller, 303-282-5073 or caroleyii@aol.com

[www.beertown.org/events/gabf/](http://www.beertown.org/events/gabf/)

## Beauty Crew

*Brent Eley Foundation*

Each month, Brent's Place schedules a group to make various improvements to their campus to ensure that it is as safe, clean and accessible as possible. Projects vary and can include trash and grounds clean-up, planting and trimming, painting, deep cleaning and organizing storage areas. Hours are Monday through Friday, 8:00 a.m. to 5:00 p.m.

**Contact:** Nancy Tomb, 303-831-4545 or nancy14@brentsplace.org

[www.brentsplace.org](http://www.brentsplace.org)



## Pampering Spa Volunteer

*Warren Village, Inc.*

Hairdressers, manicurists, make-up artists and massage therapists are needed to reward hardworking low-income single parents for their efforts to become self-sufficient. Pampering Spa Volunteers provide single parents from Warren Village with a pampering that will relieve their stress and boost their self-esteem.

**Contact:** Naomi Taggart, 303-320-5035 or ntaggart@warrenvillage.org

[www.warrenvillage.org](http://www.warrenvillage.org)

# Youth/Family Volunteer Opportunities

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Minimum Age with an Adult: 13

**Contact:** Sue Fisher, 719-291-3536 or accompsrv@yahoo.com

[www.chihuahua-smalldogrescue.org](http://www.chihuahua-smalldogrescue.org)

## Special Event Volunteer

*The Children's Museum of Denver*

Special event volunteers help facilitate activities including Mighty Machines in the summer, the Hop Skip & a Jump Start 5K course in September, and Trick or Treat Street in October. Volunteers with expertise in education, accounting, marketing, storytelling wacky art projects, and more are needed to help on a daily basis.

Minimum Age: 16

Minimum Age with an Adult: 14

**Contact:** Ashley Garbin, 303-561-0114 or volunteer@cmdenver.org

[www.mychildsmuseum.org](http://www.mychildsmuseum.org)

## Spring Clean-Up Volunteer

*Children's Outreach Project*

**Spring 2009**

The Children's Outreach Project is in need of dedicated volunteers to make the neighborhood a safe and enjoyable place. By helping out and cleaning, volunteers can help build a community for adults and children.

Minimum Age: 12

Minimum Age with an Adult: any age

**Contact:** Marla Ledezma, 303-429-0653 or marla.ledezma@cop-denver.org

[www.childrensoutreachproject.org](http://www.childrensoutreachproject.org)

## Trails Day Landscaper

*Denver Parks & Recreation*

**June 6, 2009**

Denver Parks & Recreation needs 200 volunteers to assist with mulching trees, weeding and pruning along an urban trail. This project will take place from 8:00 a.m. to noon along the Sand Creek Trail. The project starts at Smith Road Trail Head which is west of Havana on Smith Road.

Minimum Age: 9 with a youth to adult ratio of 10:1



**Contact:** Tina Romero, 303-806-9083 or tina.romero@denvergov.org

[www.denvergov.org](http://www.denvergov.org)

## Colorado History Promoter

*Fairmount Heritage Foundation*

Interested individuals and groups are needed to aid the Foundation's volunteer program in areas including: Historic Tours, Archives, Monument Preservation, Heritage Roses, Native Plant Horticulture and Urban Wildlife.

Minimum Age: 12

Minimum Age with an Adult: any age

**Contact:** Patricia Carmody, 303-322-3895 or heritage@fairmountheritagefoundation.org

[www.fairmountheritagefoundation.org](http://www.fairmountheritagefoundation.org)

## Food Packer

*Food Share America*

Food Share America is a food distribution nonprofit that serves more than nine states, helping families and individuals save money on their grocery bills. Volunteers will work in the warehouse, packing boxes in an assembly line with other helpers. Volunteers should be able to lift up to 20 pounds.

Minimum Age: 15

Minimum Age with an Adult: 15

**Contact:** Rosalie Salazar, 303-428-0400 x1008 or rasalie.salazar4@gmail.com

[www.sharecolorado.com](http://www.sharecolorado.com)

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# One Day a Month

## Relay For Life Volunteers

*American Cancer Society*  
There are 24 events throughout the metro-Denver area from May through September, in which volunteers can contribute as committee members or participants. Various opportunities are also available on community committees, which help raise funds and awareness in the fight against cancer.

**Contact:** Amy Richardson, 720-524-5495 or Amy.Richarson@cancer.org

[www.cancer.org](http://www.cancer.org)

## Administrative Support

*American Indian College Fund*  
Volunteers are needed to take responsibility for the day-to-day support of an assigned department. Volunteers have an opportunity to learn about the functions of a nonprofit and develop a stronger skill base through administrative activities. Hours are flexible.

**Contact:** Gina Del Castillo, 303-430-5340 or delcastillo@collegefund.org

[www.collegefund.org](http://www.collegefund.org)

## Bare Necessities Closet

*Arapahoe County Department of Human Services*  
The Arapahoe County Department of Human Services is seeking volunteers to organize and maintain donations of baby items, shoes, clothing, books, suitcases and backpacks. Volunteers will update the Volunteer Coordinator on new donations and areas of need. Hours are Monday through Friday, 8:00 a.m. to 5:00 p.m.

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

## Recreational Event Volunteer

*Bayaud Enterprises*  
Recreational Event Volunteers assist this metro-wide program that

## Volunteer Guide 2009 VOLUNTEER TIPS

**Determine your motivations and goals.** Think about your motivation for volunteering. Ask yourself these questions: Why do I want to volunteer? What are my goals? Do I want to make a difference in my community, my social life or my career? Once you've answered these questions, you will better understand your goals, which will help you select the right opportunity for you.

provides social and recreational activities for people with mental illness and their families and friends. Volunteers help in planning, preparing, promoting and staffing events including set-up and clean-up.

**Contact:** Mary Page, 303-830-6885 or mary.page@bayaudenterprises.org

[www.bayaudenterprises.org](http://www.bayaudenterprises.org)

## Communications Committee Member

*Colorado Cancer Research Program*  
Volunteer committee members are needed to lend expertise in the field of web and graphic design. The committee is well rounded with members from public affairs and public relations experience. Meetings are monthly, in the evening, and run from one two hours in length.

**Contact:** Todd McKinley, 303-777-2663 or event@co-cancerresearch.org

[www.co-cancerresearch.org](http://www.co-cancerresearch.org)

## Child Advocates

*Court Appointed Special Advocates (CASA)*

Trained volunteers are appointed by judges and magistrates to obtain objective information to speak up for the interests of abused and neglected children in court. This is a flexible volunteer opportunity that will work around the volunteer's schedule. A long-term commitment of approximately 10 to 14 hours a month is suggested.

**Contact:** Kirsten Malm, 303-832-4592 or kmalm@denvercasa.org

[www.denvercasa.org](http://www.denvercasa.org)

## 4-H Club Organizational Leader

*Colorado State University Extension Denver County 4-H*

Volunteers are needed to coordinate club activities and schedules, while recruiting and enrolling 4-H members. Volunteers assist with elections and training of officers, and helping members plan, carry out and evaluate their 4-H programs. There are 10 to 12 club meetings per year

**Contact:** Ashlee Adams, 720-913-5209 or ashlee.adams@denvergov.org

[www.4-h.org](http://www.4-h.org)

## Waiting Room Reader

*Denver Health and Hospital*

Denver Health is seeking volunteers to read to children in waiting rooms at the hospital. Volunteers share their enthusiasm for books and reading, and receive valuable training and experience. Hours are Monday through Friday, 9:00 a.m. to 5:00 p.m.

**Contact:** Amy Friedman, 303-602-2926 or amy.friedman@dhha.org

[www.denverhealthfoundation.org](http://www.denverhealthfoundation.org)



## Chess Club Volunteers

*Denver Public Schools*

Volunteers are needed to teach chess in the schools and help run chess clubs for interested students. Volunteers help chess clubs acquire necessary equipment, provide snacks at meetings and organize student participation in area tournaments. Hours are Monday through Friday, 8:00 a.m. to 4:00 p.m.

**Contact:** Brenda Vasquez, 720-424-8245 or Volunteer\_Services@dpsk12.org

[www.dpsk12.org](http://www.dpsk12.org)

## Mentors

*Denver Public Schools*

Volunteer mentors work with students around issues of shared interest and propel both students and volunteers to new heights of achievement. Mentors provide tutorial assistance and/or the offer of friendship, which helps prepare students for success in lasting ways. Hours are Monday through Friday 8:00 a.m.-5:00 p.m.

**Contact:** Brenda Vasquez, 720-424-8245 or Volunteer\_Services@dpsk12.org

[www.dpsk12.org](http://www.dpsk12.org)

## Trolley Operators

*Denver Rail Heritage Society*

Volunteers will be trained on how to operate a trolley, and serve as a conductor or a narrator along the South Platte Greenway. Uniform is supplied.

**Contact:** Walter Weart, 303-458-6255 or [pvt@denvertrolley.org](mailto:pvt@denvertrolley.org)

[www.denvertrolley.org](http://www.denvertrolley.org)

## Thrift Store Attendant

### *Family Tree*

Thrift Store Attendants assist Treasure Trunk staff in a retail thrift store by accepting and logging public donations; sizing, pricing and placing merchandise in the store; as well as by assisting customers with purchases.

**Contact:** Sean Wolfe, 303-422-2133 or [swolfe@thefamilytree.org](mailto:swolfe@thefamilytree.org)

[www.thefamilytree.org](http://www.thefamilytree.org)

## Volunteer Guide 2009 VOLUNTEER TIPS

### **Inventory your skills and interests.**

What are you good at? What do you enjoy doing? Do you have skills that you would like to improve? Skills you would like to learn? Answering these questions will help you narrow the field of volunteer opportunities.

## Fundraiser

### *Friends of Paha*

Volunteers are needed to help raise funds for Camp Paha, a day camp for children and young adults with disabilities located in Lakewood. Volunteers commit to a monthly meeting in addition to two to three volunteer hours per month.

**Contact:** April Rosenthal, 303-987-4866 or [aprrros@lakewood.org](mailto:aprrros@lakewood.org)

<http://friendsofpaha.lakewood.org/>

## Food Box Maker

### *Food Bank of the Rockies*

Volunteers create food boxes for the Commodities Supplemental

Food Program. They help build and distribute 12,000 boxes each month by sorting food from various nutritional categories into boxes for distribution. General warehouse work includes cleaning and discarding empty boxes.

**Contact:** Daniel Levario, 303-375-8081 or [dlevario@foodbankrockies.org](mailto:dlevario@foodbankrockies.org)

[www.foodbankoftherockies.org](http://www.foodbankoftherockies.org)

## Website Editor

### *Human Services Network of Colorado*

A volunteer website editor is needed to provide consistency, plug-ins and tools to make an attractive and functional website that will provide resources for human services professionals.

**Contact:** Heidi Baker, 720-252-3628 or [HumanServicesNetwork@gmail.com](mailto:HumanServicesNetwork@gmail.com)

<http://thenetwork.cloverpad.org/getinvolved>

## GED Tutor

### *Jefferson Center for Mental Health*

GED Tutors are needed to work with at-risk youth at the ROAD drop-in center. Tutors will equip young people about to enter the world of adulthood with crucial skills necessary for success and self-sufficiency in the community. Volunteer hours are flexible during drop-in center hours, Tuesday through Thursday, 2:00 p.m. to 8:00 p.m.

**Contact:** Mary Jo Starmer, 303-432-5124 or [maryjos@jcmh.org](mailto:maryjos@jcmh.org)

[www.jcmh.org](http://www.jcmh.org)

## Senior Services Volunteer

### *Lutheran Family Services*

Volunteers are needed to provide support to older adults and participate in activities such as playing cards, running errands, dining out or friendly visiting. Morning, afternoon or evening times are available.

**Contact:** Carol Buchanan, 303-217-5865 or [carol.buchanan@lfsco.org](mailto:carol.buchanan@lfsco.org)

[www.lfsco.org](http://www.lfsco.org)

## Mental Health Volunteers

### *Mental Health America of Colorado*

Volunteers are needed to coordinate donated mental health services of licensed mental health professionals to individuals, family or group

# Youth/Family Volunteer Opportunities

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## Make A Difference Day Volunteer

### *Metro Volunteers*

**October 24, 2009**

Make A Difference Day is a national Day of Service -- an annual event that celebrates neighbors helping neighbors. Everyone can participate. In 2008, 3 million people cared enough about their communities to volunteer on Make a Difference Day, accomplishing thousands of projects in hundreds of towns. This year, Metro Volunteers will work with nonprofits across the metro Denver area to create service projects.

Minimum Age: 15

Minimum Age with an Adult: any age

**Contact:** Ericka Fleming, 303-282-1234 or [erickaf@metrovolunteers.org](mailto:erickaf@metrovolunteers.org)

[www.metrovolunteers.org](http://www.metrovolunteers.org)

## Park Improvement Volunteer

### *Mile High Youth Corps*

**October 24, 2009**

Mile High Youth Corps is looking for volunteers to join them in working to improve Denver's local parks. Volunteers will get their hands dirty while serving alongside local youth who are striving to improve their lives, the community, and the world.

Minimum Age: 16

Minimum Age with an Adult: 16

**Contact:** Shanda Vangas, 303-433-1206 or [shandav@mhyhc.net](mailto:shandav@mhyhc.net)

[www.milehighyouthcorps.org](http://www.milehighyouthcorps.org)

## Food Provider

### *Ronald McDonald House Charities of Denver, Inc.*

Volunteers are needed to plan a menu and bring food to prepare in the Ronald McDonald House kitchen. This service helps ease the lives of families living in

the House and dealing with their child's illness by reducing their list of responsibilities. This opportunity is best for small groups of approximately five to seven volunteers.

Minimum Age: 18

Minimum Age with an Adult: 10

**Contact:** Kendra Ingles, 720-382-7207 or [ronaldhousekt@earthlink.net](mailto:ronaldhousekt@earthlink.net)

[www.ronaldhouse.org](http://www.ronaldhouse.org)

## Fun Pack Packers

### *Starlight Children's Foundation*

Starlight is seeking volunteers to help prepare Fun Packs -- backpacks filled with hospital-friendly items -- once a month and then distribute the bags to local hospitals. Fun Packs provide hospitalized children with a needed distraction from their illness and the opportunity to have some fun despite the situation.

Minimum Age: 13

Minimum Age with an Adult: any age

**Contact:** Laurel Ris, 303-862-8358 or [laurel@starlight-colorado.org](mailto:laurel@starlight-colorado.org)

[www.starlight-colorado.org](http://www.starlight-colorado.org)

## Critical Illness Support

### *There with Care*

There with Care supports families affected by critical illness. Volunteers do many things for families, including: delivering groceries, babysitting, transporting families to/from treatments. All volunteers must submit an application, attend a training session, and undergo a background check to participate.

Minimum Age: 16

Minimum Age with an Adult: 12

**Contact:** Beanie Brady, 303-447-2273 or [beanie@therewithcare.org](mailto:beanie@therewithcare.org)

[www.therewithcare.org](http://www.therewithcare.org)



counseling. Suggested hours are a minimum of four hours per month for six or 12 months.

**Contact:** Lauren Martin, 720-208-2231 or [lmartin@mhacolorado.org](mailto:lmartin@mhacolorado.org)

[www.mhacolorado.org](http://www.mhacolorado.org)

### **Bilingual Volunteer Outreach Assistant**

*Metro Denver Bright Beginnings*  
Bright Beginnings is seeking bilingual volunteers to assist with their Latino Outreach program. Volunteers will be trained to conduct home visits and group presentations. They will then have the opportunity to set home visit appointments, prepare materials, provide data entry services and take on other responsibilities associated with the operation.

**Contact:** Kathi Wright, 303-321-1214 or [kathleen.wright@brightbeginningsco.org](mailto:kathleen.wright@brightbeginningsco.org)

[www.brightbeginningsco.org](http://www.brightbeginningsco.org)

## *Volunteer Guide 2009* **VOLUNTEER TIPS**

**Choose an issue that you care about.** What are you interested in? Is there an issue or cause that you are particularly passionate about? It's likely that there is a nonprofit that is passionate about it too. Once you define an area in which you want to make an impact you can better choose the volunteer opportunity that's right for you.

### **Volunteer Arts Specialist**

*Museum of Contemporary Art Denver*  
Volunteer Arts Specialists provide tours and assist with educational programs for an adult audience. Volunteers conduct outside research and learn the museum's changing exhibitions, while bringing interested visitors closer to the concepts behind contemporary art.

**Contact:** Becky Wareing, 303-298-7554 or [beckyw@mcadener.org](mailto:beckyw@mcadener.org)

[www.mcadener.org](http://www.mcadener.org)

### **Spanish Interpreter**

*Project YES*

Interpreters are needed for Project YES' free workshops and programs on such topics such as parenting and teen self-esteem. Workshops generally last two hours and are never more than once a month.

**Contact:** Sandra Martinez-Zuniga, 303-926-0306 or [sandra.projectyes@gmail.com](mailto:sandra.projectyes@gmail.com)

[www.project-yes.org](http://www.project-yes.org)

### **Arthritis Ambassador and Advocate**

*Rocky Mountain Arthritis Foundation*  
Arthritis Ambassadors and Advocates build relationships with state representatives while advocating for people with arthritis. Volunteers receive briefings on policy issues and gain experience and knowledge of public policy, advocacy and the internal workings of government. A commitment of two to three hours per month, for one year is requested.

**Contact:** Jill Lysengen, 303-756-8622 or [jlysengen@arthritis.org](mailto:jlysengen@arthritis.org)

[www.rockymountainarthritis.org](http://www.rockymountainarthritis.org)

### **Museum Volunteer**

*Rocky Mountain Quilt Museum*  
Volunteers are needed to interact with the public and share the stories behind the museum's quilt displays. A variety of positions are available, and hours are flexible.

**Contact:** Kathy Williams, 303-277-0377 or [vol\\_services@rmqm.org](mailto:vol_services@rmqm.org)

[www.rmqm.org](http://www.rmqm.org)

### **Guest Support**

*Sacred Heart House of Denver*  
SHHD offers services to homeless mothers with children and single women, who have the desire and commitment to become self-sufficient. Volunteers are encouraged to have dinner with the residents at 6:00 p.m. Volunteer opportunities include answering the phone and door, giving emergency numbers to people calling for assistance and general house management. Volunteers are also encouraged to read with the children, participate in playground or art activities and interact with the house guests as much as possible.



**Contact:** Joline Sanchez, 303-296-6686 or [joline@sacredhearthouse.org](mailto:joline@sacredhearthouse.org)

[www.sacredhearthouse.org](http://www.sacredhearthouse.org)

### **Volunteer Dentist/Hygienist**

*Total Oral Prevention Strategies*

Total Oral Prevention Strategies is seeking dental professionals and students interested in volunteering their services on a monthly or one-time basis. Location and hours are flexible.

**Contact:** Beth Blaskovich, 303-996-4811, 303394-0231 or [rtops.beth@gmail.com](mailto:rtops.beth@gmail.com)

<http://mddsdentist.com/patients/TOPS.asp>

### **Community Dinner Volunteer**

*Urban Peak*

Community Dinner Volunteers prepare and serve dinner to disadvantaged youth the first Monday of every month in the evenings. Volunteers cook for approximately 16 to 18 young people and spend some free time with the youth as well.

**Contact:** Karen Motley-Smith, 303-974-2909 or [karen.motley-smith@urbanpeak.org](mailto:karen.motley-smith@urbanpeak.org)

[www.urbanpeak.org](http://www.urbanpeak.org)

### **Senior Wellness Clinic Assistant**

*Visiting Nurses Association*

Volunteers are needed to assist clinic nurses by serving as a receptionist, assisting with client paperwork and scheduling appointments. The clinics are held once a month for four to six

hours at convenient locations.

**Contact:** Nora Simmons Daly, 303-698-6387 or [simmons-daly.n@vnacolorado.org](mailto:simmons-daly.n@vnacolorado.org)

[www.vnacolorado.org](http://www.vnacolorado.org)

### **YFU Exchange Student Liaison**

*Youth for Understanding*

An Exchange Student Liaison becomes a friend and a support contact for an exchange student and host family in the metro-Denver area. Volunteer Liaisons meet monthly with their students to share stories, exchange ideas on American culture and current events, solve problems and be a part of a learning adventure that is being an international exchange student.

**Contact:** Olena Breitman, 720-221-3696 or [obreitman@yfu.org](mailto:obreitman@yfu.org)

[www.yfu-usa.org](http://www.yfu-usa.org)

## *Volunteer Guide 2009* **VOLUNTEER TIPS**

**Assess how much time you can commit.** Based on your schedule and current commitments, how much time do you have to volunteer? It's important to be realistic, but know that any time you can volunteer will make a difference. Whether you have one day a year or a few hours a week, there are volunteer opportunities available that will fit with your schedule.



# One Day a Week

## Personal Shopper and/or Sorter

*ACS Community LIFT*

Personal shoppers and sorters are needed 9:00 a.m. to 3:30 p.m. Monday through Thursday. Personal Shoppers assist customers in locating items for purchase or for clients who are receiving clothing for free. Sorters separate and tag donations to keep for sale.

**Contact:** Chris Hill, 303-935-7389 or [chill@acslift.org](mailto:chill@acslift.org)

[www.acslift.org](http://www.acslift.org)

## Victim Witness Volunteer

*Adams County District Attorney's Office*

Victim Witness Volunteers work with domestic violence victims providing direct services. Forty hours of training will be provided prior to the commencement of this volunteer commitment. No experience is necessary, but a minimum of four volunteer hours a week for six months is requested.

**Contact:** Kelly Block, 303-659-7735 or [kblock@da17.state.co.us](mailto:kblock@da17.state.co.us)

## Office Volunteer

*American Lung Association of Colorado*

The mission of the American Lung Association is to save lives by improving lung health and preventing lung disease. Volunteers are needed to provide administrative support to the organization's staff. Duties may include: data entry, filing, copying, mailings, phone calls, organizing, cleaning and more.

**Contact:** Gerry Henighan, 303-847-0274 or [ghenighan@lungcolorado.org](mailto:ghenighan@lungcolorado.org)

[www.lungcolorado.org](http://www.lungcolorado.org)

## Front Office Ambassador

*Anchor Center for Blind Children*

The front office ambassador greets

students and visitors, answers the telephone and performs other administrative tasks in support of the staff and those served by Anchor Center. Assistance is needed Mondays from 9:00 a.m. to 3:00 p.m.

**Contact:** Karen McClurg, 303-377-9732x129 or [kmccclurg@anchorcenter.org](mailto:kmccclurg@anchorcenter.org)

[www.anchorcenter.org](http://www.anchorcenter.org)

## Environmental Education Volunteer

*Bluff Lake Nature Center*

As leaders in Bluff Lake Nature Center's youth science programs, Environmental Education Volunteers introduce 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. Field trips are on Tuesday, Wednesday and Thursday mornings during the school year. No experience is necessary and naturalists receive on-the-job training.

**Contact:** Kristin Libberton, 303-344-1282 or [klibberton@blufflake.org](mailto:klibberton@blufflake.org)

[www.BluffLakeNatureCenter.org](http://www.BluffLakeNatureCenter.org)

## A.R.T. Tutor

*Boys Hope Girls Hope*

Volunteers are needed to serve as academic reflection time tutors. Tutors help students ages 10 to 18 with their homework in math, science and English. Hours are Sunday through Thursday, 6:30 p.m. to 8:30 p.m.

**Contact:** Amanda Guillot, 720-524-2061 or [aguillot@bhgh.org](mailto:aguillot@bhgh.org)

[www.boyshopegirlshope.org](http://www.boyshopegirlshope.org)

## Boutique Volunteer/In-Store Personal Shopper

*Clothes to Kids of Denver, Inc.*

Boutique Volunteers and In-Store Personal Shoppers work in a fun,

## Volunteer Guide 2009 VOLUNTEER TIPS

### Research volunteer opportunities.

Use this guide, go online or make phone calls in order to find a volunteer opportunity that matches your goals, interests, skills, the amount of time you are willing to volunteer and the issues that you care about. You can also connect with a volunteer center, like **Metro Volunteers**. Volunteer centers are the hub for civic action and involvement and are good places to start when beginning to look for volunteer opportunities since they provide a connection for volunteers and for nonprofit organizations that engage volunteers in their work. A list of volunteer centers in Colorado and Wyoming can be found on page 12 of this Guide.

bright environment where children from Denver Public Schools shop for clothing free-of-charge. Personal shopper volunteers assist students with their shopping needs while sorters and stockers tag new and quality used clothing to be restocked. Hours are flexible during shopping days on Tuesdays, Wednesdays and Thursdays with some Saturday hours available.

**Contact:** Joyce Meyers, 720-379-4630 or [ctkdenver@gmail.com](mailto:ctkdenver@gmail.com)

[www.clothestokidsdenver.org](http://www.clothestokidsdenver.org)

## After-School Program Volunteer

*Colfax Community Network*

Colfax Community Network seeks volunteers to be part of an after-school volunteer program Monday



through Friday, 2:45 p.m. to 6:00 p.m. Volunteers help school children develop reading skills, provide tutoring and assist with events and activities.

**Contact:** Mandie Birchem, 303-360-1975 or [mandie\\_ccn@hotmail.com](mailto:mandie_ccn@hotmail.com)

[www.colfaxcommunitynetwork.org](http://www.colfaxcommunitynetwork.org)

## Audio Book Editor

*Colorado Talking Book Library*

CTBL is looking to enhance talking books. Volunteers will work with staff to edit the audio books in order to produce a more enjoyable listening/reading experience. All necessary training and equipment is provided by the library. Prior experience with audio editing software is a plus, but not necessary.

**Contact:** Terri Marcotte, 303-727-9277 or [marcotte\\_t@cde.state.co.us](mailto:marcotte_t@cde.state.co.us)

[www.myctbl.org](http://www.myctbl.org)

## Domestic Violence Victim Advocate

*Domestic Violence Initiative for Women with Disabilities*

Victim Advocate volunteers provide referrals, peer support, education and advocacy to assist women with disabilities. Training is provided on domestic violence and disability to prepare the volunteer to serve as a victim advocate.

**Contact:** Camille Ruff, 303-839-5510 or [dvidenver@aol.com](mailto:dvidenver@aol.com)

## Health Fair Volunteer

*Hep C Connection*

Volunteers are needed to oversee the education booth, engage in conversations with health fair attendees and provide educational resources to individuals. Education

and outreach training is provided.

**Contact:** Kara Armstrong, 720-917-3972 or karmstrong@hepc-connection.org

[www.hepc-connection.org](http://www.hepc-connection.org)

## After-School Mentor

### *Hope Communities*

Hope Communities seeks volunteers to support the education of low-income children by helping with homework, art, health lessons and service projects in two classrooms in Park Hill and East Colfax. Ideal candidates are 18 or older.

**Contact:** Zenzal Carr, 303-860-7747x130 or zenzal@hopecommunities.org

[www.hopecommunities.org](http://www.hopecommunities.org)

## Adams County Patient and Family Hospice Volunteer

### *HospiceCare of Boulder and Broomfield Counties*

Hospice volunteers visit with patients while providing respite for a caregiver. They read to patients and/or assist with errands and household chores. Pets are also needed to serve as volunteers by visiting patients and families.

**Contact:** Sarah Varick, 303-604-5206 or SarahVarick@HospiceCareOnline.org

[www.HospiceCareOnline.org](http://www.HospiceCareOnline.org)

## Life Skills Teacher

### *Interfaith Hospitality Network of Greater Denver*

Instructors are needed one evening a week for one-hour classes in: finance, nutrition, and resume and interviewing. No experience required, just a sincere desire to help parents of homeless families succeed.

**Contact:** Emily Gallagher, 303-675-0713 or ihnemily@gmail.com

[www.interfaithhospitality.org](http://www.interfaithhospitality.org)

## Data Entry Volunteer

### *Institute of Taoist Education and Acupuncture*

ITEA is a nonprofit organization that is committed to excellence in the teaching of pure Classical Five-Element Acupuncture as taught by J.R. and J.B. Worsley. The administrative office is seeking a volunteer to do data entry, as well as some light office work.



**Contact:** Claudia O'Neill, 720-890-8922 or registrar@itea.edu

[www.itea.edu](http://www.itea.edu)

## Head Start Volunteers

### *Jefferson County Head Start*

Jefferson County Head Start provides services to more than 400 children of low-income families. Volunteer opportunities include: front desk receptionist, classroom aide, food prep, recruitment aide and child care attendant. These opportunities range from full-time to on-call. On-call specialists such as plumbers, electricians, and painters are also needed.

**Contact:** Jackie Alarid, 303-271-4693 or jalarid@jeffco.us

[www.co.jefferson.co.us/head/index.htm](http://www.co.jefferson.co.us/head/index.htm)

## Reiki and Healing Touch Provider for Cancer Patients

### *LifeSpark Cancer Resources*

Volunteers are needed to help cancer patients decrease pain, fatigue, stress and depression and support a feeling of peace and well-being through Reiki and Healing Touch. Volunteers will attend an 18-hour seminar before being matched to a patient.

**Contact:** Sandy Priestler, 303-425-5670 or info@LifeSparkNow.org

[www.LifeSparkNow.org](http://www.LifeSparkNow.org)

## Patient Relations Volunteer

### *National Jewish Health*

Patient Relations Volunteers greet and welcome patients at the

number one respiratory hospital in the nation. They assist visitors with checking in and getting to the appropriate department.

**Contact:** Helen Quelch, 303-398-1126 or quelchh@njhealth.org

[www.nationaljewish.org](http://www.nationaljewish.org)

## Nutrition Educator/Assistant

### *Operation Frontline Colorado*

Operation Frontline is a nonprofit organization that teaches nutrition education and hands-on cooking skills to low-income families. Volunteers work one day a week for six consecutive weeks, assisting in classes by helping divide groceries to each participant, assisting the chef with recipes, class set-up and clean-up.

**Contact:** Victoria Pane, 303-892-8480 or vpane@ofl.org

[www.strength.org/oflcolorado](http://www.strength.org/oflcolorado)

## Hotline Assistant

### *Rocky Mountain Arthritis*

Hotline Assistants provide free information, resources and referrals to people dealing with arthritis. Training is provided and a staff member is available for assistance. Hours are flexible Monday through Friday, 9:00 a.m. to 4:00 p.m.

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

[www.rockymountainarthritis.org](http://www.rockymountainarthritis.org)

## Elementary School Volunteer

### *Seeds of Hope Charitable Trust*

Seeds of Hope's elementary school is seeking volunteers to use their

talents in any of the following areas: Computers, English, Math, Reading, Library, Teacher's Aid. Volunteers are also needed to help plan the organization's yearly events: Golf for Hope, Evening of Hope, Hope Springs Eternal Party and Peeps. Support is also needed in the office Monday thru Friday, 9:00 a.m. to 6:00 p.m.

**Contact:** Sasha Hutching, 303-715-3127 or sashah@seedsofhopetrust.org

[www.seedsofhopetrust.org](http://www.seedsofhopetrust.org)

## Humanitarian Volunteer

### *World Vision*

World Vision volunteers help ship millions of dollars worth of products every year such as tools, toys, medical supplies, clothing, shoes, and educational material. Volunteers help count, sort and package products for both domestic and international use, to help children and families affected by poverty or disaster. Volunteers can also help with warehouse activities such as trash removal, pallets, lifting and building boxes.

**Contact:** Sarah Hamilton, 720-374-0658 or shamilto@worldvision.org

[www.worldvision.org](http://www.worldvision.org)

## Volunteer Guide 2009 VOLUNTEER TIPS

**Contact the volunteer coordinator at the agency you've selected.** Introduce yourself, ask questions about the organization and express your interest in supporting their efforts. If it seems like a good match, set up an interview with the volunteer coordinator. Ask questions like: What does the organization do? What will I be doing? When do you need volunteers? Do you provide training? Will supervision be available?



## Down economy ... it's the right time to volunteer

By Marywyn Germaine

Managing money well isn't considered an American forté and these challenging economic times haven't improved that reputation. Volunteering, however, is where we receive the Grammy, Nobel, Pulitzer prizes all rolled into one. Believe it, Americans rule in helping each other. Volunteers take hold of America's most challenging needs from mentoring children of incarcerated

there's a positive side to every volunteer experience. It takes the time and effort to make a positive match between the volunteer and opportunity providing more satisfaction and effectiveness for the project. Some volunteers simply want to stay active and in touch with the community. If you're between jobs, making social connections, learning new skills and networking

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*Americans excel at volunteering, taking on our country's most challenging tasks. In return, volunteers earn more than simple satisfaction and gratification. There's often the opportunity to learn new job skills, discover a new career direction and, of course, the most obvious, having something meaningful to replace the open space on your resume.*

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parents to helping neighborhoods rebuild after hurricanes, tornadoes and snowstorms. According to the most recent stats from a 2007 study sponsored by the Bureau of Labor Statistics, 60.8 million of us contributed 8.1 billion hours.

Colorado keeps up with the pace, ranking 17th among the 50 states and Washington, D.C. with 1.2 million volunteers. Here's where our numbers become mind boggling: The average volunteer hours per resident are 44.4 hours offering an estimated economic contribution of \$3.1 billion to our state annually. That's impressive.

Volunteers bring benefits both financial and in terms of social assistance to our community, but in turn, what does it bring to the volunteer? Metro Volunteers, a nonprofit that coordinates people with corporate and community groups to help build strong communities, works to assure

as you volunteer may be even more valuable.

Joy Gonzales has returned to Denver after living in Baltimore, Los Angeles, Omaha and Santa Fe; she now calls Wash Park home. As a new resident, friends suggested she call Metro Volunteers to regain her pulse on the community. It's been a positive match. She has volunteered for the MS Society and completed leadership training to have the skills to serve on a board of directors. Gonzales is between careers, yet as a volunteer she is enthusiastically "learning new things, discovering more about my community and my own talents and strengths."

Volunteering can bring new job skills to the table. As is the case for Gonzales, she hopes to serve on a foundation board that assists military families while their servicemen/women are hospitalized. She hopes to gain insight and experience in



a possible career change from the entertainment industry into patient and staff advocacy.

Volunteers have the opportunity to network. Out-of-work accountant Jim Ammons is searching for a job. Between his bouts of seeking, he volunteers to help build homes for the working poor through Habitat for Humanity in Raleigh, N.C. He's rubbing elbows with corporate volunteers, whether it's the CEO or another company employee. Additionally, it's not too far fetched to imagine pounding a nail might relieve frustration while giving him a sense of accomplishment.

This guide has positions to fill for volunteers with a variety of skills and interests from a Colorado history promoter to a pampering spa experience, from getting involved in the arts to environmental or mental health issues.

Operation Frontline Colorado, a nonprofit that teaches nutrition education and hands-on cooking skills to low-income families, is looking for a nutrition educator/assistant. If you prefer a more personal volunteer experience, LifeSpark Cancer Resources is seeking a Reiki and healing touch provider

for cancer patients. As a volunteer, you'll be paired with a patient to help decrease pain, fatigue, stress and depression. Perhaps you'd like to share your computer expertise, the Human Services Network of Colorado is looking for a Website editor; the Great American Beer Festival — America's oldest and largest beer festival — puts on the show with volunteers for set up, beer pouring, merchandise, security and more. This is just a taste of the many opportunities available.

There's another upside to volunteering between jobs — you've got something absolutely positive to put in that open space on your resumé.

### *Volunteer Guide 2009* VOLUNTEER TIPS

**Have fun!** Medical and scientific documentation supports that volunteering results in a heightened sense of well being, improves insomnia, strengthens the immune system, and hastens surgery recovery time. Enjoy that your contribution helps to change yourself and change the world.

# Colorado/Wyoming Volunteer Resources

## Governor's Commission on Community Service

Colorado

303-866-2572

[www.colorado.gov/gccs](http://www.colorado.gov/gccs)

## V Outdoors

Colorado

[www.voutdoors.org](http://www.voutdoors.org)

## Volunteers for Outdoor Colorado

Colorado

303-715-1010

[www.voc.org](http://www.voc.org)

## ServeWyoming

Wyoming

866-737-8304

[www.servewyoming.org](http://www.servewyoming.org)

## Volunteer Connections of the San Luis Valley

Alamosa

719-589-5688

[www.valleycommunityfund.org](http://www.valleycommunityfund.org)

## Volunteer Connection of Boulder County

Boulder

303-444-4904

[www.volunteerconnection.net](http://www.volunteerconnection.net)

## Volunteer Center of the Pikes Peak Region

Colorado Springs

719-955-0764

[www.volunteerpikespeak.org/pikes-peak-united-way/volunteer/](http://www.volunteerpikespeak.org/pikes-peak-united-way/volunteer/)



## Metro Volunteers

Denver

303-282-1234

[www.metrovolunteers.org](http://www.metrovolunteers.org)

## Eagle County Volunteer Center

Eagle

970-328-8843

[www.eaglecounty.us/hhs/volunteers.cfm](http://www.eaglecounty.us/hhs/volunteers.cfm)

## United Way of Larimer County Volunteer Center

Fort Collins

970-407-7066

[www.uwaylc.org](http://www.uwaylc.org)

## United Way of Weld County Volunteer Center

Greeley

970-353-4300

[www.unitedway-weld.org](http://www.unitedway-weld.org)



# Volunteer Guide 2009

## CONTACTS

For more volunteer opportunities or to learn more about how you can make a difference in the community contact:

### Metro Volunteers

444 Sherman St., Ste. 100

Denver, CO 80203

303-282-1234

[www.metrovolunteers.org](http://www.metrovolunteers.org)



**Metro Volunteers** can help you sort through the many opportunities available to discover one that best suits your interests and will engage you in a meaningful experience. You choose the level of commitment you are ready for: **episodic or recurring opportunities** (projects that happen once a week, once a month or once a year); **skills-based** (short-term projects); **mentoring** (time commitments and expectations vary by organization); **project leadership** (time commitments and expectations vary by opportunity); and **board leadership** (multi-year commitments).

### Denver Post Community

101 W. Colfax Ave.

Denver, CO 80202

303-954-1000



**Denver Post Community** strives to improve and enrich the quality of life in our community through support of programs that benefit children and youth; arts and culture; literacy and education and the provision of basic human services. We accomplish this mission through the implementation of various community giving programs, including: grant-making through **Denver Post Charities** and **Season To Share**, both funds of the McCormick Foundation; **sponsorships**; **signature events** and our employee volunteer program, **DNA ACTS** (Denver Newspaper Agency Assisting the Community Through Service). We encourage our readers to join us in making a difference in the community by experiencing, volunteering and/or donating to local nonprofit programs.