

Volunteer Opportunities for Groups

UNITED WAY . . . TOGETHER WE CAN DO MORE

The United Way Volunteer Center is focusing on what matters in Utah County by promoting effective service and connecting community members to volunteer opportunities that will have the greatest impact.

Alpine House

Small groups can cook dinners or desserts, play games, or teach arts and crafts at this transitional home for individuals with mental illnesses. Additional group opportunities available- call for up-to-date projects. Provo, (801) 885-5982.

Center for Women and Children in Crisis

Collect items for women and children and donate them. Plan a baby shower where guests bring necessary baby items. Prepare games and refreshments to go along with the theme of the shower. Contact (801) 374-9351.

Community Action Services and Food Bank

Sort donated food, organize and carry out a drive to collect canned food, dry goods, toilet paper, baby formula, diapers, and personal hygiene items. Provo, (801) 373-8200.

Departments of Parks and Recreation

There are so many parks in Utah County and they need lots of groups to help them remain safe and clean for the community. Opportunities available for large groups.

Provo— Chris at (801)852-7607

Springville— Sandy at (801) 491-7811

Spanish Fork— Bill at (801) 804-4618

Orem— Laura at (801) 229-7560

American Fork— Jason at (801) 763-3060

Family Support and Treatment Center

Assist with at-risk children in the crisis nursery. Groups can also call for up-to-date projects. (Age 16+) Orem, (801) 229-1181.

Forest Service

Construct and maintain trails and fences or install water lines. Opportunities available for large groups. (Age 18+) Contact (801) 377-5780.

Habitat for Humanity

Help build homes for low-income families in our community. No previous building experience required! Volunteers can help with coordination, snacks, devotionals, safety talk or supply runs. (Age 14+) Contact (801) 344-8527.

Hidden Hollow

Visit or play games with adult males with mental disabilities. Orem, (801) 225-2145.

Hoofbeats to Healing

Provides therapeutic horseback lessons to individuals with disabilities. Groups can help prepare the stables and help with maintenance projects. Opportunities available to large groups. Spanish Fork, (801) 836-4325.

Juvenile Justice

Make holiday/birthday bags, bookmarks, stationary, cards for all occasions, or twin-sized quilts. Small groups could also plan a monthly activity for the youth. Springville, (801) 491-0118.

Nursing Homes and Care Centers

Come visit, go on walks, read, play bingo, or share talents with residents. Discuss your ideas with the care center beforehand. Contact the United Way Volunteer Center at 2-1-1 or 377-6600 to find a care center in your area.

Recreation and Habilitation

Make holiday/birthday bags or help with activities for adults with disabilities. Many other up-to-date projects are available as well. Provo, (801) 374-8074.

Rural Housing Development Corporation

Assist with housing projects for low-income families in rural areas of Utah County. (Age 16 +). Contact (801) 691-9429.

Utah State Hospital

Make holiday/birthday bags or organize games for youth and adult patients. Provo, (801) 344-4254.

Welcome Baby

Make baby blankets for first time mothers. Groups can also throw a 'mock' baby shower where guests bring necessary baby items. Contact (801) 374-8108.

 [Facebook.com/unitedwayofutahcounty](https://www.facebook.com/unitedwayofutahcounty)

 [Unitedwayuc.org/blog](https://www.unitedwayuc.org/blog)

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LIVE UNITED



United Way
of Utah County

Additional Organizations to Call for Up-to-Date Projects

American Red Cross

Helps to improve the quality of life, enhance self-reliance and concern for others and help people prevent, prepare for, and respond to emergencies. Provo, (801) 373-8580.

Boys & Girls Club

Helps kids reach their full potential through programs and an after-school club. Provo, (801) 371-6BGC.

Courage Reins

Offers therapeutic riding and other equine based activities for individuals with disabilities. Opportunities for large groups available. Highland, (801) 756-8900.

Deseret Industries

Provides work training and rehabilitation as well as high quality goods at low costs. Opportunities for large groups available. American Fork and Provo, (801) 373-7920.

Food and Care Coalition

An organization that seeks to find permanent solutions to poverty. Provo, (801) 373-1825.

Friends in Need

An animal sanctuary committed to finding all animals a safe and loving home. Eagle Mountain, (801) 891-2622.

House of Hope

To provide quality treatment services and resources to assist women substance abusers and their children achieve self-sufficient, drug-free lifestyles. Provo, (801) 373-6562.

Kids on the Move

Supports the development of young children and families in the community. Orem, (801) 221-9930.

Migrant Head Start Program

Assists migrant farm workers and their families. Genola, (801) 754-0702.

Mountainland Head Start

Programs, including a preschool, help children and families reach their potential. Provo, (801) 375-7981.

Neighborhood Housing Services of Provo

Promotes home ownership and encourages neighborhood revitalization. Call (801) 375-5820.

SCERA Center for the Arts

Dedicated to the advancement of culture, education, and family entertainment. Provo, (801) 225-ARTS.

South Franklin Community Center

Provides local residents with classes and activities to help unite the community. Provo, (801) 374-2588.

Do It Yourself

Write Letters to the Military

Letters can be mailed to:

Operation Gratitude

17330 Victory Blvd

Van Nuys, CA 91406

For ideas about what to write or other ways to support the troops, visit: http://www.opgratitude.com/from_iraq.php

Help a Senior in your Neighborhood

Find seniors in your community and do a cleaning blitz. Have everyone (up to 30-40 people) go to the same house and clean it together. Check smoke and CO2 alarms, clean window frames, dust, etc. Groups can also visit with them, mow the lawn, prune bushes, or shovel snow.

Food or Service Scavenger Hunt

Make a list of items and give each one points depending on the difficulty. Separate into smaller groups (with adults) and collect the items. Donate the food items to Community Action Services and Food Bank. Contact (801) 373-8200.

Say Thank You

Write thank you notes or "heart attack" church leaders, family, neighbors, and friends.

Clean up YOUR School

Help with projects that will benefit YOUR own school. Talk to administrators to see what your group can help with.

Clean up a Cemetery

Help beautify the cemeteries, keeping them clean for families and community members. Call 2-1-1 or (801) 377-6600 for your local cemetery.

