

# Volunteer Opportunities for Individuals

## UNITED WAY . . . TOGETHER WE CAN DO MORE

*The United Way Volunteer Center is focused on advancing the common good in Utah County by promoting effective service and connecting community members to volunteer opportunities that will have the greatest impact.*

### CHILDREN

#### Family Support & Treatment Center

Assist in the Crisis Nursery by reading, playing games, or teaching arts and crafts. Volunteers must attend training. To volunteer, call (801)229-1181. (Age 16+)

#### CASA (Court Appointed Special Advocates)

Be a voice in the lives of abused and neglected children. Represent them in court to help secure their right to a stable home environment. Call (801)344-8516. (Age 21+)

#### Migrant Head Start

Work with pre-school age children by reading English books to children one on one, teaching them the alphabet, and playing with the children. Or teach parents about computers, nutrition, taxes and more. For more information, call (801)754-0700. (Age 13+)

#### Kids on the Move

Tend children on Tuesday, Wednesday and Thursday evenings. To volunteer, call (801)221-9930. (Age 13+)

#### Women Infants and Children (WIC)

Help the nutritional counseling program with office work, web maintenance, graphic design, etc. For information, call (801)851-7319. (Age 18+)

#### South Franklin Community Center

Volunteer to coach or referee soccer, tutor youth, teach music, language or other classes, pass out fliers or play with kids during open hours. Call (801)374-8101. (Age 12+)

### OUTDOOR OPPORTUNITIES

#### 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. To help, call (801)344-8527. (Age 14+)

#### Friends in Need

Help take care of the wide variety of animals at the animal sanctuary, clean cages, play with animals or fundraise for the animal's needs. Call (801)891-2622. (Age 12+)

### DISABILITIES

#### Recreation and Habilitation Services (RAH!)

Volunteers can teach cooking, music, art, gardening, first aid, reading, fitness, dance, foreign language, etc. to people with disabilities. Help is also needed with filing, answering phones, and other office duties. For more information, call (801)374-8074. (Age 14+)

#### Friday Kids Respite

Provide support for families with disabled children by playing games, watching movies and making crafts at on Friday and Saturday nights from 6 to 9:15 p.m. Call (801)494-9837. (Age 16+ or 12-15 with an adult)

#### Tri Connections

Assist adults with disabilities in learning new skills and participate with activities at the agency and in the community. To volunteer, call (801)343-3900. (Age 18+)

#### Ability First

Volunteers are always welcome to assist individuals with disabilities in cleaning, painting, repairs and other home maintenance that they may have difficulty doing alone. To get involved, call (801)373-5044. (Age 18+)

#### Courage Reigns

Volunteer to assist people with disabilities in therapeutic horseback riding lessons. Also, help care for horses, work in the office, recruit volunteers and more. For more information, call (801)756-8900. (Age 13+)

#### Utah State Developmental Center

Play games, read, provide entertainment or help with activities for residents any evening of the week or on weekends and holidays. Call (801)763-4008. (Age 18+)

### ELDERLY

#### Mountainland Area Agency on Aging

Help with Meals on Wheels, meals at senior centers, senior transportation or provide respite care for homebound seniors. Call (801) 229-3804. (Age 18+)

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

 [Unitedwayuc.org/blog](http://Unitedwayuc.org/blog)

 Dial 2-1-1

# LIVE UNITED



United Way  
of Utah County

## **LITERACY/EDUCATION**

### **Mountainland Regional Learning Center**

Tutor and motivate adult students ages 16 to 90. Tutors should have some college education. For more information, call (801)863-7620. (Age 19+)

### **East Shore High**

Assist students of all ages in obtaining their high school diploma. Volunteers should have a high school diploma or equivalent. To volunteer, call (801)227-2440. (Age 18+)

### **Welcome Baby**

Teach new parents about infant development, health, safety and community resources. Training is provided. A one-year commitment is desired. Help is also needed to make baby blankets, collect diapers, etc. To volunteer, call (801)691-5304. (Age 12+)

### **Project Read**

Tutors are needed to teach functionally illiterate adults basic reading and writing skills. A six month commitment is required. Call (801)853-6654. (Age 18+)

### **Parent Education Resource Center**

Volunteers can help with various clerical duties, staffing the library and mending educational materials. Call (801)229-7390. (Age 13+)

## **HEALTH CARE/MEDICAL**

### **Community Health Connect**

Health care providers, physical therapists and dentists can volunteer their services to give back to the community. To volunteer, call (801)818-3015. (Age 18+)

### **Volunteer Care Clinic**

Health care providers volunteer to help uninsured community members. Nursing and medical students can also volunteer. Call (801)691-5343. (Age 18+)

### **American Fork Hospital**

Volunteers staff the gift shop, file records and help with a variety of other tasks. Volunteers must fill out an application and attend an orientation. For more information, call (801)855-3506. (Age 16+)

## **HOMELESS/LOW INCOME**

### **Community Action Food Bank**

Collect toothpaste, napkins, hand soap, diapers, toilet paper, paper towels, or canned and dried food or help sort food into boxes for families in our community. Call (801)373-8200, ext. 216. (Age 12+)

### **The Food and Care Coalition**

Help make or donate sack lunches for homeless and low-income families and individuals. For more information, call (801)373-1825. (Age 12+)

## **CRISIS**

### **American Red Cross**

Be a member of the Disaster Relief Team or serve with the Armed Forces Emergency Services (AFES). Call (801)373-8580 to find out more. Volunteers can also donate blood at the Orem blood bank or serve cookies to donors. To sign up, call (801)221-7626. (Age 13+)

### **Utah County Crisis Line**

Prevent suicide and loneliness by answering hotline calls. Provide a listening ear or talk about serious problems. Training is provided. A four-month commitment is desired. Call (801)319-1012. (Age 18+)

### **Center for Women and Children in Crisis**

Work with victims of domestic abuse by helping with household duties, rules, and daily living. Or, be a member of the **Rape Crisis Team**. Both English and Spanish speaking volunteers are needed. Volunteers will receive training. Call (801)374-9351. (Age 18+)

## **MISCELLANEOUS**

### **Project Evergreen**

Serve military families with loved ones serving overseas by shoveling snow, mowing lawns and more. To volunteer, call (888) 611-2956. (Age 12+)

### **SCERA Theater**

Volunteer by handing out programs, ushering, cashiering, providing concessions, or providing technical support. For more information, call (801)225-2569. (Age 12+)

### **American Cancer Society Relay for Life**

Volunteers are needed to help with planning, fundraising, event staffing, promotion, etc. to raise money to find a cure and better treatments for those affected by cancer. Call (801)372-0507. (Age 18+)

### **Juvenile Justice Services**

Volunteers are needed to tutor, make bookmarks and cards, put together hygiene kits and more. For more information, call (801)491-0118. (Age 12+)

## **OPPORTUNITIES FOR SENIORS**

### **Foster Grandparent Program**

Be a mentor to youth in our community at a variety of organizations. For more information, call (801)851-7784. (Age 60+)

### **Retired Senior Volunteer Program (RSVP)**

Participate in community building opportunities such as organizing neighborhood watch, tutoring and mentoring, renovating homes, etc. To volunteer, call (801)229-3810. (Age 55+)

### **Senior Companion Program**

Provide companionship and assistance to homebound seniors, from grocery shopping to helping write letters or pay bills. Call (801)851-7766. (Age 55+)