

2010 *Volunteer* GUIDE

How to make an **impact** in your community



www.denverpostcommunity.com



THE DENVER POST
COMMUNITY



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STATE OF COLORADO

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Dear Readers,



Often, I have the opportunity to tell young people about the importance of being a public servant and the value of commitment to community service. I believe that **nothing is as rewarding as volunteering time to help others**. The three years that my wife Jeannie and I spent operating a food and nutrition center in Zambia was a defining time period in our lives. Whether you donate your time in Africa or in your own neighborhood, **you can have an impact** on the quality of life for others.

Colorado's residents are generous with their time – **last year 1.2 million people volunteered in their communities**, almost a third of Colorado's population. During last year's difficult economic times, volunteers made the difference by donating time valued at more than \$3 billion.

The **Governor's Commission on Community Service** is dedicated to encouraging volunteerism. The commission addresses compelling community and social needs by funding the work of AmeriCorps members at nonprofit organizations and government agencies throughout Colorado through several national service programs.

Many thanks to **Metro Volunteers** and **Denver Post Community** for supporting volunteerism and promoting **National Volunteer Week**, April 18-24.

Please consider volunteering for your favorite cause or increasing your commitment to community service. It could change a life – including your own.

Sincerely,

Bill Ritter Jr.

Preparation key to disaster relief volunteer efforts

By Sam DeLeo

In addition to the destruction and loss, one of the worst consequences of a disaster is the feeling of helplessness it leaves in its wake. Amid the chaos that unfolds on the ground, it is often difficult to determine how best to start the rebuilding and relief efforts. This is why the most successful aid and relief efforts are usually set in progress before disasters happen.

"It's important for people to know that, if they want to be able to respond to any disaster, they need to become involved and receive training before a disaster happens," said Connie Dixon, volunteer program administrator at The American Red Cross Mile High Chapter.

As confirmed by health writer JoNell Aleccia in a recent story on msnbc.com, unaffiliated volunteers who traveled to Haiti to help with the earthquake disaster there, though arriving with the best of intentions, actually hindered relief efforts. "They (were) very eager and very passionate about the people of Haiti," said Laura Blank, disaster communications manager for World Vision, a Christian group with a long relationship to the country. "But they didn't have a ride to get out of the airport." This lack of planning in a place where water, food and shelter were extremely scarce, exacerbated the crisis instead of mitigating it.

Even the Good Samaritans who charitably send boxes of goods can often tax resources and thus defeat their own good intentions. "Unless you're part of a team before the disaster happens with a formal mission, you're going to be part of the problem," said Dr. Kristi Koenig, a University of California at Irvine emergency physician specializing in disaster response. Donation drives are discouraged for aiding Haiti right now, for example, as they often do not include the items most necessary and can create a pile-up that is expensive to sort. Mailing a check or donating money is preferable to sending goods.

An example of donations that were sent to Indonesia after the 2004 tsunami is cited: Aid organizers in Sri Lanka were forced to deal with an onslaught of stiletto shoes, expired cans of fish and evening gowns. A 59-cent can of peas, as just one small example, is estimated to cost \$80 to get it where it needs to go to be of any use. Money is the most useful donation a person can make because it can be spent buying goods at the site of the disaster itself.

Of course, none of this is meant to discourage



volunteering. Those that want to personally volunteer their time and efforts are greatly encouraged to get the necessary training. "We encourage people to affiliate with an established disaster response facility," said Monyett Ellington, disaster volunteer engagement coordinator with VISTA, currently housed with Metro Volunteers. "A good place to start is with Colorado Volunteer Organizations Active During

IT'S IMPORTANT FOR PEOPLE TO KNOW that, if they want to be able to respond to any disaster, they need to become involved and receive training before a disaster happens

Disaster (COVOAD). Go to coloradovoad.org, click on the 'COVOAD Members' tab and there is a whole listing of members to explore." Ellington said there are choices for a variety of interests, from child care and animal rescue, to ham radio and hand-held radio communications.

For The Red Cross, Dixon advises prospective volunteers to go to the organization's local chapter web site at ColoradoRedCross.org and click on "Volunteer" to submit an application and get the process started. "They can also sign up online for an orientation class," said Dixon. "In this orientation, we tell them about different opportunities, and, if they choose to, they can get registered right then." Training is provided free of charge.

In general, disaster relief is very episodic. You might be on a team that goes for a month or two without any disaster event, so members are encouraged to train in multiple volunteer roles so they can be as active as they would like to be.

"There is a cycle to disaster relief: Preparedness, Mitigation and Recovery," said Ellington. "By training, people become prepared for the specific tasks that are needed. A lot of volunteers don't realize that recovery often takes place a long time after the initial event."

Ellington provided a great example of how disaster relief often works. "During a flood, for instance, we often need people to set up sandbags. But the materials, shovels and sand need to be in place before that can happen."

Disaster Relief Volunteer Opportunities with American Red Cross

Disaster Action Team Member

Disaster Action Team members provide essential disaster-related assistance to victims of disaster and support to first responders on-scene. DAT members assist mobilizing other Red Cross resources. Volunteers work within their own counties including the metro-Denver area, Adams County, and Aurora. Day or evenings/ weekend schedules are available
Minimum Age: 18

Disaster Health Services-Nurses/Physicians

Volunteers provide assistance to meet disaster-caused health needs such as medications, medical equipment, and health recovery information. This role requires a current Colorado medical or nursing license.
Minimum Age: 18

Disaster Response Call Center Agent

When large disasters occur, people affected can contact the American Red Cross for help. When the call volume is high, the Mile High Chapter's Disaster Response Call Center Agents work locally to respond to calls for information and help.
Minimum Age: 16

CONTACT:

Connie Dixon,
303-607-4757 or
cdixon@denver-redcross.org





One Day a Year

Dining Out for Life Restaurant Ambassador

Project Angel Heart
April 29, 2010

More than 300 restaurants will donate 25% of food sales to Project Angel Heart. Help make this event a success by greeting restaurant diners and providing information about Project Angel Heart.

Minimum Age: 16
Contact: Kyle Backlund, 303-830-0202 or kbacklund@projectangelheart.org

Healing Wheels Event Volunteer

Inner City Health Center
June 12, 2010

Volunteer opportunities include: rider registration, selling t-shirts and jerseys, setting up and serving lunch, groundskeeping, on-course marshaling including cheering on riders, and providing rider directions. The day begins early at 5:30 a.m. and will run until 3:00 p.m. Volunteers can help in the morning shift, afternoon shift, or all day.

Minimum Age: 16
Minimum Age with an Adult: 13
Contact: Laura Alden, 303-296-1767 or lauraa@innercityhealth.com

Mile High Amazing Race Event Volunteer

The Leukemia & Lymphoma Society
June 12, 2010

Volunteers are needed for the Mile High Amazing Race event. Volunteers will be registering participants, handing out food, working at course checkpoints, and scoring.

Minimum Age: 10
Contact: Andrea Steffes, 303-984-2110 or andrea.steffes@lls.org

Family Fire Muster

West Metro Fire Rescue
June 12, 2010

Volunteers help staff with outdoor hands-on safety activities led by a firefighter. The volunteer shift is from 9:00 a.m. to 2:00 p.m. Event volunteers receive breakfast, lunch, an event t-shirt and an appreciation gift. This is a great opportunity for groups and families.

Minimum Age: 18
Minimum Age with an Adult: 12
Contact: Susan Saito, 303-989-4307 or ssaito@westmetrofire.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 a nonprofit organization about volunteering with your friends and coworkers. Be open to a variety of options and dates.

Volunteer Arts Team

Cherry Creek Arts Festival
July 3-5, 2010

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

Mini-Golf Event Volunteer

Jefferson Center for Mental Health
July 14, 2010

Volunteers are needed to assist with all aspects of a Mini-Golf Tournament fundraiser. Those who enjoy event planning, as well as those who can help on the day of the tournament, are needed.

Minimum Age: 15
Minimum Age with an Adult: 8
Contact: Mary Jo Starmar, 303-432-5124 or maryjos@jcmh.org

Paint-A-Thon Volunteers

Brothers Redevelopment
August 7 or 14, 2010

The Paint-A-Thon is a free service for elderly homeowners who need their homes painted, but cannot afford a commercial paint job. Recruit a team of 8 to 10 people and sign-up to paint a home on August 7 or August 14, 2010.

Minimum Age: 14
Minimum Age with an Adult: 10
Contact: Chad Nibbelink, 303-202-6340 or chad@brothersredevelopment.org

Buffalo Bicycle Classic Event Volunteer

University of Colorado Buffalo Bicycle Classic
September 12, 2010

The Buffalo Bicycle Classic is seeking volunteers. Opportunities include route marshaling, aid station assistance, registration, and clean up.

Minimum Age: 18
Contact: Andrea Steffes-Tuttle, 720-939-0607 or andrea.steffestuttle@gmail.com



Event Volunteer

Great American Beer Festival
September 16-18, 2010

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

Komen Denver Race for the Cure Volunteer

Denver Affiliate of Susan G. Komen for the Cure
October 4, 2010

Help plan the Komen Denver Race for the Cure. Komen's mission is to save lives and end breast cancer forever. Volunteers are needed to fundraise, organize sponsor expo, promote the event and much more.

Minimum Age: 18
Contact: Pat Reed, 303-744-2088 or preed@komendenver.org



Training leaders of change at Metro Volunteers

By Marywyn Germaine

“Change yourself, and change the world.” That’s the intriguing promise of **Metro Volunteers**. Touting every aspect of volunteerism, this Denver-based nonprofit helps people discover a journey, perhaps the most inspiring they’ve ever taken.

Volunteerism is an important key to meaningful change – whether people engage through nonprofit agencies, churches, schools or other civic groups. Volunteers make our world go round. They raise funds for hospitals, libraries and concert halls, bring sports to schools, raise funds for research to fight diseases, educate on mental illness, teach English and build homes. You name a worthy cause and you’ll find volunteers involved.

“WITH THE IMPACT OF OUR ECONOMY, now more than ever, nonprofits are relying on the work of volunteers

Through the years, **Metro Volunteers** has helped over 200,000 people and nearly 600 community agencies turn volunteer passion into rewarding community impact. From connecting talented, hard-working people with organizations ready to use their skills to enhancing volunteer management and leadership skills through programs like **Project Leadership, Board Leadership** and **VIP (Volunteers with Impact and Purpose)**, it offers individuals, nonprofits, community groups and businesses numerous ways to make volunteering more rewarding, engaging and effective in our community.

Volunteer Karissa Childs is not unlike fellow Coloradans. She grew up volunteering in high school and college. So it wasn’t surprising she arrived in Colorado as a CPA eight years ago and sought to make an impact beyond her work. She participated in short-term projects, then helped spearhead a drop-in tutoring program for kids who wanted to take their GED, and later lead a project at the Denver Rescue Mission. She realized volunteers would benefit from specialized training. She helped create the **Project Leadership** program at **Metro Volunteers** and serves as a trainer.

The trainees discuss management versus leadership issues. “Where you are inspiring and encouraging your volunteers on one hand,” Childs says, “yet need to be able to develop a project, scope out an objective, carry it out and evaluate it at completion.”

The **Project Leadership** program trains people from the early 20’s to retirees. Everyone is working to take their skills to another level, Childs explains.

Some have a particular project in mind, while others may want to contribute to a project at their workplace. These volunteers are friendly, collaborative, responsible, organized and often passionate. “Even if they have a team raking leaves in the park,” Childs adds, “they’re passionate about keeping the park looking better.”

Another area of leadership development is the **Board Leadership Connection**, which helps committed men and women find the right fit with a nonprofit organization to deal with some of our community’s most pressing needs. “With the impact of our economy, now more than ever, nonprofits are relying on the work of volunteers,” says Bob Nogueira, a director with Kaiser Permanente and facilitator of the **Board Leadership Connection**. “The best volunteers are those who are able to connect their passions, experiences and skills to an organization. A great board member is a steward of the organization’s reputation and integrity.” Board members lead the strategic development of an organization, but you must also exercise good business direction and care, or what Nogueira calls the “duty of care.”

As people volunteer, Nogueira says, they learn more about their skills, interests and passions. He knows from experience, having served on Denver’s 2008 DNC Hosts Committee, Very Special Arts Colorado, Business Volunteer Alliance, Colorado AIDS Project and as a Mayor



Karissa Childs



Bob Nogueira

Leadership Training Opportunities



Perhaps you’ve volunteered before, maybe for a number of years, and are looking to make an impact on a new level. Or perhaps you’re just starting and want to jump in as a leader. Whether you’re interested in becoming a project leader or a board member, **Metro Volunteers** can help prepare you for each journey.

Project Leadership Training

Project leaders combine their love of volunteering with their leadership skills to develop and execute projects at nonprofit agencies, in schools, and with business groups that address our community’s critical issues, needs, and dreams. Through Metro Volunteers’ training, project leaders learn the steps necessary for leading a successful project, including goals, project management, assembling a team, and leadership skills.

Board Leadership Training

Board members are crucial leaders for nonprofit organizations. Metro Volunteers Board Leadership Training teaches volunteers how best to serve as a board member and helps identify a board that is the right fit for each individual’s specific interests and skills. Participants explore different types of boards and roles on boards, what makes a great board member and how local organizations find new board members. Metro Volunteers also helps participants create a profile that will be used to match them with local organizations as well as help identify what skills they can offer nonprofit organizations.

FOR MORE INFORMATION:

- Visit www.metrovolunteers.org
- Call 303-282-1234
- Email mvolunteer@metrovolunteers.org

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One Day a Month

Medical Professional

ACS Community LIFT

Physicians, nurse practitioners, physician assistants, registered nurses, and medical assistants are needed to volunteer at ACS Community LIFT's free clinic. Volunteers must have malpractice insurance and can specialize in family practice, pediatrics, internal medicine, or women's care. Flexible scheduling is available for afternoons and possibly evenings.

Minimum Age: 25

Minimum Age with an Adult: 20

Contact: Chris Hill, 303-935-7389 or chill@acslift.org

Reader

American Council of the Blind of Colorado

Readers are needed two to four times a month to assist visually-impaired or blind clients with reading and sorting mail including bills, writing checks and reconciling checkbook register, shredding files and mail, and organizing personal business papers.

Minimum Age: 18

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

Light General Housekeeping

Association for Senior Citizens

Part-time volunteers are needed to assist with light office cleaning, including cleaning restrooms, kitchens and vacuuming office areas throughout the building as designated.

Minimum Age: 21

Contact: Janette Martinez, 720-855-8291 or marketing@associationforseniorcitizens.com

Sports Buddy

Big Brothers Big Sisters of Colorado

Volunteer mentors are matched with a child in the Denver/Aurora area and attend participatory and spectator sporting events. Being a mentor is a life-changing experience for both the volunteer and child.

Minimum Age: 20

Contact: Desiree Ott, 303-433-6002 or desireeo@biglittlcolorado.org

Nature Ambassador

Bluff Lake Nature Center

Nature Ambassadors greet visitors to Bluff Lake Nature Center on weekday evenings and weekends in the summer. Ambassadors should enjoy interacting with visitors and sharing their love of the outdoors.

Minimum Age: 18

Contact: Glenn Fee, 303-344-1249 or volunteer@blufflake.org

VOLUNTEER TIPS

Find the right fit. Have a goal in mind. Discuss ideas and allow everyone to be involved. Determine what skills you have and what you would like to learn. Don't be afraid to try new things. Volunteering is the best way to learn, grow and develop new skills.

Mentor

The Challenge Foundation

The Challenge Foundation is looking for college educated, positive, culturally sensitive mentors for high achieving students. Mentors are asked to commit to a seven-year mentoring relationship. This is a great opportunity for people who want to build life-long relationships with wonderful youth.

Minimum Age: 22

Contact: Meredith Metcalf, 303-870-1406 or meredith@thechallengefoundation.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, Trick or Treat Street in October, and Noon Year's Eve in December. Volunteers with expertise in education, storytelling, arts and crafts, and more are needed to help on a daily basis.

Minimum Age: 16

Minimum Age with an Adult: 14

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

Outdoors Lover

Children's Outreach Project

Provide light landscaping, maintenance and help beautify outdoor space. Help make the school safe and inviting for children and families.

Minimum Age: 18

Minimum Age with an Adult: 13

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

Bear Creek Lake Park Volunteer Trail Crew

City of Lakewood

Help Lakewood maintain its soft surface trails at Bear Creek Lake Park. The trail crew will be making the trails more environmentally friendly by putting in trail structures and removing rocks and other trail debris. This involves strenuous manual labor.

Minimum Age: 16

Minimum Age with an Adult: 8

Contact: Erik Nilsen, 303-697-3543 or erinil@lakewood.org

Volunteer Reader

Clinica Family Health Services

Volunteer readers are an important part of the Reach Out and Read program. Readers engage children in clinic waiting rooms by reading aloud and model effective read-aloud techniques for parents.

Contact: Pamela Bauduit, 303-665-3036 ext 182 or PBauduit@clinicachc.org

Event and Administration Volunteer

Colorado Hebrew Chorale

Volunteers are needed for event planning and administration of educational programs. Join the mission to preserve, perform, promote and celebrate the Jewish experience through song.

Minimum Age: 14

Minimum Age with an Adult: 8

Contact: Carol Kozak Ward, 303-355-0232 or coloradohebrewchorale@yahoo.com



Committee and Event Volunteer

Colorado Women's Hall of Fame

The Colorado Women's Hall of Fame is dedicated to recognizing the significant and enduring contributions of women who have had an association with Colorado. Volunteers are needed to serve on a committee or help with event planning.

Data Research

Community Resource Center

In its mission to provide success strategies for Colorado nonprofits, CRC is seeking a hardworking volunteer who enjoys researching hard-to-find data on the web, organizational websites, in government documents and other resources. Volunteer hours and location are flexible.

Minimum Age: 21

Contact: Marianne Piech, 303-623-1540 or piech@crcamerica.org

Minimum Age: 20

Contact: Ruby Mayeda, 303-271-3599 or info@cogreatwomen.org

Field Day Volunteer

Denver Public Schools

Adopt a school's field day. DPS elementary schools need volunteers to coordinate games, provide refreshments and prizes for races and games. This is an excellent group opportunity.

Minimum Age: 14

Minimum Age with an Adult: 14

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

Driver

East Denver FISH

Volunteer drivers are needed to deliver emergency groceries to individuals in need in east Denver. FISH is one of the only food banks that deliveries to people

who are homebound or without transportation. Volunteers are also needed to take calls from clients and bag groceries at the food pantry. Deliveries are made during the day on Mondays, Wednesdays and Fridays.

Minimum Age: 16

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

Program Volunteer

Environmental Learning for Kids

ELK is seeking volunteers to assist staff with the Denver Youth Naturally, Youth In Natural Resources and Leadership Corps programs. Volunteers will help with preparation for all activities, attend field trips around the metro-Denver area and provide guidance, mentoring and leadership to ELK youth. Commitment requires about six hours per month.

Minimum Age: 18

Contact: Emily Johnson, 303-291-7693 or ejohnson@elkkids.org



Pub Crawl and Scavenger Run Volunteer

Event Envy/Autism Speaks

Event Envy hosts four events a year to benefit Autism Speaks. Volunteers are needed for positions ranging from the steering committee to day-of-event volunteers.

Minimum Age: 21

Contact: Mikayla Houser, 720-877-7543 or mikayla@myeventenvy.com

Historic Cemetery Preservation

Fairmount Heritage Foundation

Anyone interested in the preservation of Denver's two historic cemeteries, Riverside and Fairmount is welcome. Program areas include: historic tours, archives, monument preservation,

heritage roses, environmentally sustainable landscape development, and urban wildlife.

Minimum Age: 18

Minimum Age with an Adult: 14

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

Lift-a-Hammer Volunteer

Family HomeStead

Volunteers will help Family HomeStead make a house a home by painting and cleaning an apartment to prepare it for a new homeless family entering emergency or transitional housing. This great team-building project is open to existing groups of 10 to 15 people.

Minimum Age: 21

Minimum Age with an Adult: 16

Contact: Judy Mugler, 303-623-6514 or judy@familyhomestead.org

Neighborhood Green Energy Volunteer

Groundwork Denver

Volunteers are needed to change porch light bulbs, encouraging people to save money and live greener by going door to door in Denver's neighborhoods. Switching just one incandescent light bulb to a CFL will save a household \$35 and prevent 450 pounds of CO2 emissions.

Minimum Age: 18

Contact: Reggie Loggins, 303-455-5600 or info@groundworkdenver.org

Positive Move Project Volunteer

HIV Care Link

Volunteers are needed to help HIV+ members of the community move their belongings to new residences. Volunteers will get a good workout for four to five hours while assisting folks who need a hand.

Minimum Age: 16

Minimum Age with an Adult: 16

Contact: Jeff Lynch, 720-284-7047 or Jeff@hivcarelink.org

Library Aide

Institute of Taoist Education and Acupuncture

This small acupuncture school in Louisville, Colo. is looking for a volunteer to help organize and promote the school library. Knowledge of the Library of Congress cataloging system is required.

Minimum Age: 25

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

Board Member

LifeSpark Cancer Resources

Support the mission of integrative health care for cancer patients. Board

VOLUNTEER TIPS

Choose your level of commitment. Spend time researching volunteer opportunities to find a good match between your interests and availability and the organizations that address your passions. You can choose to be engaged at different levels, from skills-based opportunities, such as serving on a board of directors, committee or task team to short-term episodic projects.

members attend monthly meetings and help raise funds through corporate and individual gifts. LifeSpark provides energy therapies including Healing Touch and Reiki at hospitals and churches metro-wide.

Minimum Age: 21

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

Youth Transitions Volunteer

Mile High Youth Corps

Help youth get ahead by giving back. MHYC seeks daytime volunteers to help Corpsmembers transition from MHYC into the real world. Year-round and monthly positions include reviewing resumes, participating in mock interviews, sitting on career panels, and hosting job shadows.

Minimum Age: 21

Contact: Anna Black, 303-433-1206 or annab@mhyc.net

Community Program Organizer

Mommy Rocks

Volunteers are needed to work with the director to help locate organizations to collaborate with and assist with in-kind donations. Organizers will collaborate and set up hands-on projects with youth groups to benefit Mommy Rocks.

Minimum Age: 17

Contact: Deb Sanders, 303-601-8421 or information@mommyrocks.org

Administrative Support

MyLifeLine.org Cancer Foundation

Volunteers are needed to assist with various departmental tasks. Volunteers have the opportunity to learn about the various functions of a nonprofit. Opportunities include communications, fundraising/development, outreach, and other office duties. Hours are flexible.

Minimum Age: 18

Contact: Christi Disch, 540-683-6318 or christi@mylifeline.org

Financial Literacy Teacher

Operation HOPE

Help Operation HOPE teach at-risk youth in grades 4 through 12 to be financially literate. Operation HOPE's Banking on Our Future program is a youth financial literacy program that consists of five modules to teach students in Denver the importance of bank, checking accounts, credit, loans, and investments. Volunteers will go into the classroom to teach the BOOF curriculum.

Minimum Age: 18

Contact: Elaine Fischer, 303-513-5327 or elaine.fischer@operationhope.org

Animal Helper & General Volunteer

P.A.W.S. Colorado

Volunteers are needed for dog walking, fundraising, litter box cleaning, and client transportation to the vet. General secretarial and office support positions are also available.

Minimum Age: 18

Contact: Brian Fift, 303-693-1587 or info@pawscolorado.org

Hands-On Event Volunteer

Providence Network

Help families, who have experienced homelessness and/or domestic violence, achieve self-sufficiency and a brighter future. Volunteer with friends and family at one of many empowering events: Celebratory Family Barbecue after Colfax Marathon on May 16, Celebration Evening on July 8, Mr. HUG's Christmas Store on December 5.

Minimum Age: 15

Contact: Ashley Camozzi, 303-860-8404 or ashleycamozzi@providencenetwork.org

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Hickenlooper appointee. During his facilitation, he helps volunteers match skills and passion with nonprofit needs. Some boards offer a big-picture vision. "These boards are strategic and have a long-term focus," he suggests, while others (often smaller organizations) are looking for a more tactical role-up-your-sleeves commitment. "

Childs suggests everyone should think about becoming a volunteer: "Give it a shot, try a project and see if you like it. There's so much need right now, and as a volunteer, you can accomplish so much. If you don't find the right project or opportunity, create it."

If you're ready to tackle volunteering as a board member, it's a great way to leave your fingerprint on the community, Nogueira says, it's a role where you can influence the organization and the community. Which fits perfectly with the vision of **Metro Volunteers**, to add training and knowledge to volunteers who want to make "community change, not just be a part of it."

Volunteer Meal Provider

Ronald McDonald House Charities of Denver

Give the families at the Ronald McDonald House a warm, home cooked meal. Volunteer groups are responsible for planning a menu, providing and preparing the food, and then serving the meal to the families. This opportunity is available for breakfast, lunch, or dinner daily.

encouraged to join them for dinner. Volunteers cook for 15 to 20 people, any night of the week.

Minimum Age: 19

Minimum Age with an Adult: any age

Contact: Carrie Hansen, 303-296-6686 or pa@sacredhearthouse.org

Food/Hygiene Drive Coordinator

The Salvation Army

Coordinators are needed throughout the metro area to organize food/hygiene items collection for TSA food pantries and shelters. An ideal opportunity for groups and youth.

Minimum Age: 12

Minimum Age with an Adult: 6

Contact: Joanne Turner, 303-866-9280 or joanne.turner@usw.salvationarmy.org

Jack of all Trades

Senior Support Services

Senior Support Services serves homeless and hungry seniors. The facility is older and has constant demands. SSS serves three meals a day. Help with serving, cleaning, and companionship is welcomed.

Minimum Age: 16

Minimum Age with an Adult: any age

Contact: Molly Ream, 303-832-1622 or mollyream@gmail.com

Starlight Fun Packer

Starlight Children's Foundation of Colorado

Starlight is seeking volunteers to pack Fun Packs, backpacks filled with hospital friendly items that 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: 1

Contact: Laurel Ris, 303-691-0700 or laurel@starlight-colorado.org

route responsibilities can be divided among members of a group. Deliver once a month or once a week

Contact: Danielle Reeves, 303-297-0408 x 13112 or dreeves@voacolorado.org

Public Programs Assistant

The Wildlife Experience

Help instill respect for habitat and wildlife and inspire efforts to conserve by volunteering as a Public



Trail Building Volunteer

Team Evergreen Trailblazers

Help complete the Nice Kitty trail near Buffalo Creek, an hour west of Denver. Events for 2010 are May 15, June 5, July 24, and September 18.

Minimum Age: 18

Minimum Age with an Adult: 14

Contact: Mark Spurgeon, volunteer@TeamEvergreenTrailblazers.org

University Prep Volunteer

University Preparatory School

University Prep, a proposed K-5 charter for the students of Northeast Denver, has the mission of educating every child for college. Volunteers are needed in the areas of community outreach, grant research, student recruitment, and much more.

Minimum Age: 18

Contact: David I. Singer, 303-709-5454 or dsinger@buildingexcellentschools.org

Meals on Wheels Volunteer

Volunteers of America

Volunteer groups and individuals are needed to deliver the noon meal to homebound seniors. A route is usually available in your area and takes about one hour to deliver. The

Programs Assistant at The Wildlife Experience. Volunteers are trained to help in the Discovery Den, Cubs Corner and traveling exhibit areas of the museum with a commitment of two shifts per month.

Minimum Age: 15

Minimum Age with an Adult: 13

Contact: Pamela Rhoads, 720-488-3318 or prhoads@twexp.org

Sustainable Community Volunteer

Woodbine Ecology Center

Woodbine Ecology Center is a community-based organization built on indigenous values. Volunteer opportunities include trail engagement, outdoor workshops, minor carpentry, resource library, and much more.

Minimum Age: 18

Minimum Age with an Adult: 5

Contact: Tere Magnuson, 303-380-7984 or volunteer@woodbinecenter.org

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?

Minimum Age: 18

Minimum Age with an Adult: 10

Contact: Kendra Ingles, 720-382-7207 or kingles@ronaldhouse.org

Shelter Dinner Provider

Sacred Heart House of Denver

Sacred Heart House offers a continuum of services for homeless mothers with children and single women. Dinner volunteers provide a hearty meal for residents and are



One Day a Week

Multi-Talented Volunteer

Adoption Alliance

Volunteers needed for clerical and data entry support, special events, scrapbooking, card making and occasional driving. A three-month commitment and background checks are required.

Minimum Age: 18

Contact: Anney Grossberg-Morris, 303-584-9900 or anney@adoptall.org

Office Volunteer

Adoption Options

Adoption Options is a nonprofit, non-sectarian child placement agency, licensed since 1981, that serves birth families, adoptive families and children touched by adoption. Volunteers are needed to provide administrative support for the agency one or two mornings a week.

Minimum Age: 18

Minimum Age with an Adult:

Contact: Sarah Johnson, 303-695-1601 or sjohnson@adoption-options.com

Event and Administrative Office Volunteers

American Diabetes Association

Assist with administrative responsibilities including answering phones, returning phone calls, updating contacts for resource guides, database changes, sending out health fair materials and office mailings. Hours to volunteer are between 9:00 a.m. to 4:00 p.m. Monday through Friday.

Minimum Age: 17

Minimum Age with an Adult: 15

Contact: Lisa Goff, 720-855-1102 or lgoff@diabetes.org

Volunteer Trainer

Assistant Coach

Volunteers will assist in planning, promoting, and implementing character development with youth, using sports as a medium. These skills are imperative for success as youth prepare for responsible adulthood.

Minimum Age: 18

Contact: Tyrone Buckmon, 303-209-7809 or tbuckmon@assistantcoachinc.com

Office Support

The Autism Society of Colorado

ASC has a variety of positions available in the areas of information and referral, event staffing, marketing and graphic design, database work, and participating on committees. Opportunities are available for people to work in office or remotely. People with a wide variety of abilities are welcome.

Minimum Age: 18

Contact: Tom Baroch, 720-214-0794 or tom@autismcolorado.org

DID YOU KNOW?

The current estimated dollar value of volunteer time in Colorado is \$20.84 per hour.

The estimate helps measure the impact of 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.

Employment Resource Coordinator

Bayaud Enterprises

The employment resource coordinator helps homeless shelter residents find work by assisting the director in filing, reporting, instructing on-line job searches, targeting employers, setting up emails, and providing coverage when the director is absent. This volunteer needs to be empathetic yet capable of giving firm directives.

Minimum Age: 21

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

Tech Lab Assistant

Boys & Girls Clubs of Metro Denver

Help prepare the youth of today for the technology of tomorrow. Volunteers are needed to assist in

tech labs with programs including science, math, robotics, simple web navigation and much more. Volunteers are needed two hours a week for three months between the hours of 3:00 p.m. to 7:00 p.m.

Minimum Age: 18

Contact: Kristine Cohn, 303-892-9200 or kristinec@bgcmd.org

Family Greeter

Brent's Place

A family greeter works as a receptionist, answering phones and greeting families. Greeters also interact with families by watching movies, playing games or having conversations which make Brent's Place feel like home.

Minimum Age: 16

Contact: Allen Browning, 720-343-2800 or abrowning@brentsplace.org

Mentor

Bridge Project

Volunteers spend one hour a week and can choose either to be an on-site mentor/tutor for a grade school child during the school year or a year-round traditional mentor for a teenager. No special skills are required.

Minimum Age: 18

Contact: Debbie Main, 303-871-4683 or dmain@du.edu

Butterfly Specialist

Butterfly Pavilion

Butterfly Specialists bring excitement and enthusiasm into the tropical rainforest by sharing information with visitors and help bring the exhibit to life. Help speak for the butterflies by sharing their story and explaining how a visit to the Pavilion helps the rainforest.

Minimum Age: 16

Minimum Age with an Adult: 12

Contact: Kris Pohl, 720-974-1868 or volunteering@butterflies.org

Mentor

Byrne Urban Scholars

Volunteer mentors are needed for middle school and high school students. Mentors maintain weekly phone contact and spend time with



the student out in the community two times a month, based on their availability and interests. Mentors get support from an assigned masters-level case manager. Mentors must be able to pass a background check and reference check. A college degree is preferred.

Minimum Age: 21

Contact: Susan Whittle Duncombe, 303-355-1700 or susanw@byrneurbanscholars.org

Office Volunteer

Centus Counseling

Centus Counseling is recruiting volunteers to help support the office by following up on unpaid claims in the accounting department and supporting the front office with organizing, filing and general front office support.

Minimum Age: 18

Contact: Katie Hoff, 303-639-5240 or khoff@centus.org

Office Assistant

CHARG Resource Center

The office assistant will be assigned to complete clerical duties related to the dental program. Duties include mailings, tallying program evaluations, preparing statements and logging payments.

Minimum Age: 18

Contact: Margie Carlin, 303-830-8805 or margie@charg.org

Foster Parent for Small Dogs

Chihuahua & Small Dog Rescue, Inc.

Help save animals' lives. Become a foster parent for small dogs. Dogs are rescued from shelters in the state of Colorado.

Minimum Age: 18

Minimum Age with an Adult: 14

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

CASA Volunteer

Child Advocates, Denver CASA
CASA volunteers are ordinary people who are concerned about the happiness and safety of all children. A background in social work or legal expertise is not needed to be a good advocate. CASA is seeking committed volunteers willing to advocate for what is in the child's best interest.

Minimum Age: 21

Contact: Julie Wilson, 303-832-4592 or jwilson@denvercasa.org

General Volunteer

City of Lakewood Head Start and Early Childhood Education Programs
Work with three- and four-year-olds in a supervised classroom setting in areas such as reading, puzzles, computers, and outside play. Office volunteers are needed for sorting, filing, copying, and putting together enrollment packets. An application and background check are required.

Minimum Age: 16

Minimum Age with an Adult: 12

Contact: Deb Sanders, 303-987-4833 or debsan@lakewood.org

VOLUNTEER TIPS

The current estimated dollar value of volunteer time in Colorado is \$20.84 per hour.

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Charitable organizations use this estimate to quantify the enormous value volunteers provide.

Community Coaching

City of Lakewood Recreation
Coaches are needed for various sports throughout the year. Leagues typically last six to eight weeks at a time with practices weekly and games on the weekends. Sports include: gymnastics, volleyball, hockey, soccer, basketball, t-ball, and more.

Minimum Age: 18

Minimum Age with an Adult: 15

Contact: Jayna Lang, 303-987-5419 or JayLan@Lakewood.org

Boutique Volunteers

Clothes To Kids of Denver, Inc.
Clothes To Kids of Denver, Inc. provides new and quality used clothing to low-income, school-aged children in Denver, free of charge. Volunteers are needed in several positions including personal shoppers to assist students with their shopping needs while sorters and stockers tag clothing.

Minimum Age: 16

Minimum Age with an Adult: 10
Contact: Barb Goettelman, 303-759-9560 or ctkdvolunteers@gmail.com

Audio Editing

Colorado Talking Book Library
CTBL is looking for volunteers to digitize and enhance the quality of locally produced talking books. Volunteers will work with CTBL staff to edit carefully talking books, producing a more enjoyable reading experience for library patrons. All necessary training and equipment is provided by the library. Prior experience and skills using audio editing software are a plus but are not necessary.

Minimum Age: 18

Contact: Terri Marcotte, 303-727-9277 or marcotte_t@cde.state.co.us

Math Tutor

Colorado Youth for a Change
Failing just one class in ninth grade significantly increases the risk that a student will drop out. Volunteers in freshman math classes will contribute to greater opportunities for students by increasing the likelihood that those students will stay in school.

Minimum Age: 18

Minimum Age with an Adult:

Contact: Aviva Katz, 720-422-5764 or aviva_katz@dpsk12.org

Food Bank Assistant

Community Ministry of Southwest Denver

Community Ministry needs food bank volunteers to assist families receiving food by helping to complete food selections. Volunteer opportunities also exist for other areas of Community Ministry's work.

Minimum Age: 25

Minimum Age with an Adult: 12

Contact: Davida Gonzales, 303-935-3428 or foodbank@comministry-denver.org

Horse Handler and Side Walker

Connections Therapeutic Riding Center

With a strong focus on the autistic spectrum disorder, speech and learning delays, horses are used to educate children into an entirely new orientation. Volunteers are needed to handle and walk the horses while children ride. Horse handling training is available.

Minimum Age: 14

Minimum Age with an Adult: 12

Contact: Cathy Stecklein, 720-273-3659 or cathy@connectionstrc.org

Kennel Assistant

Denver Animal Care & Control

Volunteers are needed to take on an active role in the kennel's socialization program. Volunteers can walk dogs and socialize with cats seven days a week. This is a great opportunity for animal lovers.

Minimum Age: 18

Minimum Age with an Adult: 13

Contact: Lisa Sanchez, 303-698-5553 or Lisa.Sanchez@denvergov.org

Front Desk and Gift Shop Assistant

Denver Museum of Miniatures, Dolls and Toys

Reception and gift shop volunteers help share the mission and history of the museum and its collections with visitors. Duties may include visitor services and assisting staff with workshops, exhibitions and day-to-day operations of the museum.

Minimum Age: 16

Minimum Age with an Adult: 14

Contact: Jillian Allison, 303-322-1053 or education@dmmmdt.org

Trolley Operators

Denver Rail Heritage Society

Volunteer trolley operators will be trained on how to operate a real trolley car and serve as a conductor or a narrator along the South Platte Greenway. A uniform is supplied.

Minimum Age: 21

Contact: Walter Weart, 303-458-6255 or pvt@denvertrolley.org

Human Services Volunteer

Denver Rescue Mission

Opportunities to serve at one of the Rescue Mission's five facilities are ongoing and include long-term, short-term and groups. Volunteers are greatly needed in the following areas: serving meals at the Lawrence Street Shelter or The Crossing, childcare assistance at Champa House, mentor groups for the Family and Senior Homeless Initiative and medical and dental professionals in our clinic.

Contact: Nicole Diffie, 303-953-3955 or ndiffie@denrescue.org



College Scholarship Volunteer

Denver Scholarship Foundation

Help Denver Public School students achieve their college goals. Volunteers can assist the high school advisors or help in the office with administrative tasks, front desk work, scholarship application processing, and student outreach.

Minimum Age: 18

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

Volunteer Victim Advocate

Domestic Violence Initiative for Women with Disabilities

DVI offers volunteers and interns an opportunity to make a difference in the lives of women and children who are victims of domestic violence, sexual assault, caregiver abuse, or stalking. Volunteers provide case management, peer support, crisis intervention, and advocacy.

Minimum Age: 18

Minimum Age with an Adult: 15

Contact: Hazel Heckers, 303-839-5510 or dvidenver@aol.com

General Office Assistant, Gardener or Visitor

Dominican Sisters Home Health Agency

Volunteers visit with elderly patients, garden in agency grounds or patients' yards and help with general office work, data entry and even website updating. These assignments will require three to 10 hours each week or a bi-weekly time commitment.

Minimum Age: 16

Minimum Age with an Adult: 13

Contact: Brenda Thomas, 303-322-1413 or bthomas@dominicansisters.org

Family Support Line Volunteer

Families First

Volunteers are available to listen and provide educational information and community resources to parents and caregivers in need of support in their relationships with their children. Volunteers answer phone calls at the Family Center located in southeast Denver during the week and from home, at night and on weekends.

Minimum Age: 21

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

Domestic Violence Advocate

Gateway Battered Women's Services

Gateway Battered Women's Services is seeking dedicated women and men to assist in such areas as crisis line management, children's services, legal advocacy, fundraising, community education, and other shelter services.

Minimum Age: 18

Contact: Jeneen Klippel-Worden, 303-343-1856 or jkworden@gatewayshelter.com

Complimentary Therapy Volunteer

HospiceCare of Boulder and Broomfield Counties

The Complimentary Therapy program provides specially trained reiki, comfort touch, pet companion, craniosacral, massage, music, acupuncture volunteers for hospice patients. Volunteers receive excellent training. Volunteers must complete a background check and commit to one year of volunteer service.

Minimum Age: 18

VOLUNTEER TIPS

Consider volunteering from home or work. Collect food, clothing, or pennies and donate to an organization.

Organizing a project for your neighborhood, workplace or family is a flexible opportunity that will benefit a nonprofit of your choice.

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

Building and Grounds Maintenance

Karis Community

Help the Karis handyman with projects in the building and outside on the grounds with cleaning, painting, and gardening.

Minimum Age: 21

Contact: Esther Gross, 303-355-5546 or esther@kariscommunity.com

Program Volunteer

Laradon

Laradon is looking for enthusiastic, caring individuals dedicated to enhancing the lives of individuals with developmental disabilities. Volunteer opportunities are available in the family, infant and toddler program and the adult programs assisting with medically fragile individuals and seniors. Volunteers will interact and do activities with Laradon's clients.

Minimum Age: 21

Contact: Katie Romero, 303-296-2400 or katie.romero@laradon.org

LINKS Network Volunteer

Lupus Foundation of Colorado

Volunteers are needed to be part of patient education and support service network. Hours and responsibilities can be adapted to accommodate volunteer needs.

Minimum Age: 21

Contact: Debbie Lynch, 303-597-4050 or debbie@lupuscolorado.org

Pantry Worker, Client Care Provider, or Front Desk Worker

Metro CareRing

Pantry workers help fill food orders, stock shelves, and receive donations. Client care providers evaluate client situations and needs, and often just listen. Front

desk workers greet clients, do basic client intake on the computer, answer phones, schedule appointments and sort client mail. Basic computer skills are necessary. Bilingual (English-Spanish) skills are a plus.

Minimum Age: 16

Minimum Age with an Adult: 7

Contact: Minerva Padron, 303-350-3652 or mpadron@metrocarer.org

Home Visitor Community Volunteer

Metro Denver Bright Beginnings

Home Visitor Community Volunteers visit parents and provide free educational materials designed to help children in their early development stages and discuss age-appropriate games, language development, reading, and brain development. English and Spanish speaking volunteers are needed throughout metro-Denver.

Minimum Age: 18

Contact: Kathi Wright, 303-321-1214 or kathleen.wright@brightbeginningsco.org

Mentor

Metro Denver Partners

Volunteer mentors befriend, empower, and advocate on behalf of promising, yet underserved kids. Supported by individualized case management, mentors share weekly activities with an at-risk youth, making an impact where it matters most, in their own communities.

Minimum Age: 18

Contact: Janet Pirchio, 303-777-7000 or janet@metrodenverpartners.org

Administrative Support

National Jewish Health

The number one respiratory hospital in the United States is seeking volunteers to provide administrative assistance to various departments on campus. Duties may include data entry, filing, copying, mailings, and phone calls. Volunteering times are Monday through Friday, 8:00 a.m. to 5:00 p.m.

Minimum Age: 18

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

Inmate Visitor

New Foundations Nonviolence Center

Inmate visitors listen and talk with inmates at the Denver County Jail at their request. Many inmates feel isolated and have no one else to

talk to. Visitors help with positive goal-making and provide community resource referrals.

Minimum Age: 21

Contact: Bruce Thron-Weber, 303-534-1934 or nfnc@earthlink.net

Cooking and Nutrition Class Interpreter

Operation Frontline Colorado

Bilingual (Spanish-English) volunteers are needed for cooking and nutrition classes for low-income families to translate for the educators, participants, and class coordinator. Written documents also need translation from time to time.

Minimum Age: 18

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



Medical Supply Sort Specialist

Project C.U.R.E.

Sort and box medical supplies to send to developing countries. A medical background is a plus. Sort as an individual or with a group of 12 to 15 people. Many other volunteer opportunities are also available.

Minimum Age: 15

Contact: Patty Gaspar, 720-490-4019 or denvervolunteers@projectcure.org

Hotline Advocates

Rape Assistance & Awareness Program

Assist sexual assault survivors and confront sexual violence in the community. Dedicated volunteers are needed to serve as hotline advocates, hospital advocates, development and education assistants, counselors, and general office volunteers. Bilingual Spanish, Vietnamese, Arabic, Russian, and Somali hotline volunteers are needed.

Minimum Age: 18

Contact: Steve Hughes, 303-329-9922 or SHughes@raap.org

Make A Difference in Jefferson County

RSVP (Retired and Senior Volunteer Program) of Jefferson County

RSVP offers citizens 55 and better opportunities to enrich their lives through service. RSVP works with 75 nonprofits in Jefferson County to offer dynamic volunteer opportunities including tutoring and senior assistance.

Minimum Age: 55

Contact: Kathy Novoselac, 303-235-6946 or knovoselac@SRCAging.org

Adult Day Program Volunteer

Rocky Mountain MS Center, King Adult Day Enrichment Program

Volunteers provide much needed services at KADEP in several areas. Volunteers can assist with activities including but not limited to craft groups, cooking groups, bowling,

community outings, and fitness.

Minimum Age: 16

Minimum Age with an Adult: 14

Contact: Michelle King, 303-433-6887 or mking@mscenter.org

Seniors Support

Seniors' Resource Center

Seniors' Resource Center offers unique and challenging volunteer opportunities to enhance the dignity and independence of older adults. Each year, SRC volunteers help seniors with home repairs, grocery shopping, friendly visits, respite services, bill payment, tax preparation, and transportation.

Minimum Age: 16

Contact: Michelle Brackett, 303-235-6941 or mbrackett@SRCAging.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. In 2009, SVGD participated in 77 events for 40 different nonprofits.

Minimum Age: 21

Contact: Pamela Popp, 303-952-9545 or pamelapopp@yahoo.com

Directors to Sandwich Makers

StandUp For Kids, Denver

StandUp For Kids is an all-volunteer-run organization helping homeless teens. Volunteers are needed to run the organization on a day-to-day basis, in a variety of capacities such as directors of in-kind donations, public relations, volunteer management, recruiters, outreach counselors, office managers, and sandwich makers.

Minimum Age: 16

Contact: Elasha Fain, 303.641.7921 or elashaf@standupforkids.org

Outdoor Volunteer Opportunities

Volunteers for Outdoor Colorado

Help with fun, hands-on outdoor stewardship projects to protect, enhance, restore, and preserve Colorado's natural resources. Plant trees, construct and maintain trails, remove invasive weeds, and restore historic Forest Service buildings in exciting locations throughout Colorado. No experience is necessary.

Minimum Age: 16

Minimum Age with an Adult: 8

Contact: Christi Stafford, 303-715-1010 ext 111 or christi@voc.org

Volunteer Resources

Governor's Commission on Community Service

Colorado

303-866-2572

www.colorado.gov/gccs

V Outdoors

Colorado

www.voutdoors.org

Volunteers for Outdoor Colorado

Colorado

303-715-1010

www.voc.org

ServeWyoming

Wyoming

866-737-8304

www.servewyoming.org

Volunteer Connection of Boulder County

Boulder

303-444-4904

www.volunteerconnection.net

Volunteer Center of the Pikes Peak Region

Colorado Springs

719-955-0764

www.volunteerpikespeak.org/pikes-peak-untied-way/volunteer/

Metro Volunteers

Denver

303-282-1234

www.metrovolunteers.org

United Way of Larimer County Volunteer Center

Fort Collins

970-407-7066

www.uwaylc.org

United Way of Weld County Volunteer Center

Greeley

970-353-4300

www.unitedway-weld.org

Volunteer Guide 2010 | CONTACTS

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

Metro Volunteers

444 Sherman St., Ste. 100, Denver, CO 80203

303-282-1234

www.metrovolunteers.org

As the expert in volunteerism in the metro-Denver area, Metro Volunteers mobilizes and cultivates volunteers as a vital force in our community. We have helped more than 200,000 people and countless organizations become active agents of change since our inception in 1994. Through volunteer engagement, leadership training and advocacy, Metro Volunteers helps individuals and organizations to transform their volunteer interests into meaningful experiences that make a powerful community impact.



Follow us on Twitter: www.twitter.com/metrovolunteers



Become a fan on Facebook: www.facebook.com/metrovolunteers



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, Denver Post ACTS (Denver Post 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.



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