



City of Sacramento
DOVIA Sacramento

YOUTH VOLUNTEER DIRECTORY

A comprehensive directory of nonprofit
organizations that welcome youth as volunteers

CITY OF SACRAMENTO
 Volunteer
Program

 **DOVIA**
SACRAMENTO
DIRECTORS OF VOLUNTEERS IN AGENCIES





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To download a copy of this document or *Get Involved! A How-to Volunteer Guide for Parents, Teachers & Youth* written by Mary Lynn Perry in PDF format, visit: www.doviasacramento.org or www.sacvolunteers.org.





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USING THE DIRECTORY

STEP 1: There are many different ways to help others in our community. You can visit senior citizens living in nursing homes, act as a camp counselor, clean up local rivers, sort food at a food bank, socialize animals at a local shelter or work with children... the list of ways to help is endless. Scan the listings in the directory to get some ideas about where your passion lies.

STEP 2: Look at the categorical listings of nonprofit organizations. Is there an area of interest that appeals to you? Once you've found an interest category you like, look through the alphabetical nonprofit organization listings to identify a few that match your specific wants, needs and schedule. What do you want to do when you're volunteering? When can you work?

STEP 3: Call or e-mail the organization where you think you may want to volunteer. Ask to speak to the contact person listed in this Directory or ask for the person in charge of volunteers. Introduce yourself and explain why you are calling. Volunteer Coordinators are often busy, so you may have to leave a message. If they do not call back in a couple of days, call again. If you have to leave a message in their voicemail, speak slowly and clearly. Here is an example of what you might say:

"Hi, my name is (your name) and I am a student at (name of your school). My phone number is (your phone number). I read about your organization in the Youth Volunteer Directory and I am interested in finding out about volunteer opportunities with your agency. I would appreciate it if you would call me back. Again I can be reached at (your phone number) at (a good time for you). Thank you."

STEP 4: When you speak to the volunteer coordinator, ask questions, then tell a little about yourself and the reason why you are calling. Be sure to ask questions so you can be sure this organization is a good match for you:

- What does your organization do and who do you serve?
- What type of work will I be doing as a volunteer?
- Do you provide training? Who will be my supervisor?
- Where are you located? (Is it convenient for you?)
- When do you need help? (Does it fit your schedule?)
- Are there any restrictions on what I can do based on my age?
- Do I need to commit for a certain length of time?

If you have questions about this Directory or need a little more personal assistance finding your perfect volunteer opportunity, contact the City of Sacramento Volunteer Program at (916) 808 - 8317 or email mperry@cityofsacramento.org.





HELPFUL HINTS FOR VOLUNTEERING

Be realistic and clear about the amount of time you can commit

It is easier to start small and increase your commitment rather than backing out because you are too busy to fit everyone into your schedule. Once you commit, people are counting on you.

Visit the organization before committing

Get a sense of the staff and clients and a feel for the overall environment you will be working in. You may want to visit two or three nonprofit organizations before choosing your favorite.

Find out about the agency's purpose and your role as a volunteer

Sometimes your volunteer task may seem like an insignificant contribution, but it can make all the difference to the people or the program you are supporting. Ask questions.

Ask for a job description of your volunteer work

Volunteer job descriptions help you decide if the work is an appropriate fit and it provides a set of standards or expectations when you do volunteer.

Ask about training and supervision

If an organization is asking you to perform a task, will they provide the support necessary for you to be successful?

Volunteering is an opportunity for personal growth

Do not be reluctant to request an evaluation of the work you perform and a letter of recommendation. Schools and employers alike value volunteerism, now more than ever.

Enthusiasm is key

The more excited you are about the program, the more enjoyable it will be to contribute the time necessary. A positive attitude benefits everyone.

Go for it!

You get out of your volunteer work what you put in. Volunteering requires no special degree or prior experience, simply a willingness to help.

Ask yourself these questions:

- Do I work better with others or alone?
- To what special causes am I drawn?
- Am I looking to challenge myself?
- Do I want to try the type of work I might want to do as a career in the future?
- Do I want to try something new?
- Am I comfortable asking people for support, money, or assistance?
- Do I want to do something related to my interests and hobbies?
- What are ten volunteer activities I would enjoy?
- Am I able to join a short-term or ongoing opportunity?



VOLUNTEER RIGHTS AND RESPONSIBILITIES

It is Your Right:

- To be assigned a job that is worthwhile and challenging.
- To receive orientation, training, and supervision necessary to do the job.
- To feel that your efforts have real purpose and contribute to the organization's mission.
- To receive feedback and evaluation on the work that you perform.
- To be trusted with any confidential information needed to carry out your assignment.
- To be treated with respect and as an equal partner with the organization.
- To be kept informed on relevant matters within the organization for whom you are working.
- That your time will not be wasted by poor planning or lack of coordination.

It is Your Responsibility:

- Not to take on more responsibility than you can handle.
- To perform the tasks assigned to you to the best of your ability.
- To meet time commitments or to provide notice so alternative arrangements can be made.
- To offer input on ways your tasks might be better performed.
- To follow organizational policies and procedures.
- To respect those confidences entrusted to you.
- To be open minded and respectful toward opinions shared with you.
- To notify the organization in advance of absences or schedule changes that may affect them.



CATEGORICAL LISTING OF AGENCIES

Animal Care

Folsom City Zoo Sanctuary
Front Street Animal Shelter
Happy Tails Pet Sanctuary
Placer SPCA
Sacramento Zoo
Wildlife Care Association

Arts and Culture

California Auto Museum
California State Capitol Museum
Fairytale Town
Historical Old Sacramento Foundation
Sacramento Children's Museum

Creating Strong Communities

2-1-1 Sacramento
American Red Cross Sierra - Delta Chapter
Folsom Cordova Community Partnership
Habitat for Humanity of Greater Sacramento
KidsFirst
Mothers Against Drunk Driving (MADD)
Powerhouse Ministries
Sacramento Ronald McDonald House
Sacramento Public Library
Safetyville USA
United Way California Capital Region
Weave, Inc.

Feeding the Hungry

Davis Community Meals
Elk Grove Food Bank Services
Meals on Wheels by ACC
River City Food Bank
Sacramento Food Bank & Family Services
St. Philomene Church
Wellspring Women's Center

Government Opportunities

City of Davis
City of Sacramento
City of Sacramento - District One Youth Advisory
Committee (YAC)
City of West Sacramento
Volunteer Income Tax Assistance (VITA)

Helping Those with Disabilities

Access Leisure and Paralympic Sport
Braille and Talking Book Library
California Council of the Blind
Lend a Heart Animal-Assisted Therapy
Project R.I.D.E. Inc.
Ride To Walk
Society for the Blind
Special Olympics Northern California
Very Inspirational People (VIP)

Healthcare

BloodSource
Mercy General Hospital
Pancreatic Cancer Action Network
Shriners Hospitals for Children Northern California

Housing the Homeless

My Sister's House
Next Move



CATEGORICAL LISTING OF AGENCIES CONT.

Protecting the Environment

American River Parkway Foundation
Breathe CA of Sacramento
City of Sacramento - Water Conservation
Cosumnes River Preserve
CRC's Students for a Sustainable Future
Keep California Beautiful
Sacramento Area Community Garden Coalition
Sacramento Tree Foundation
Tree Davis

Parks and Recreation

Arcade Creek Recreation and Park District
City of Sacramento Parks
City of Sacramento - District One Parks Leadership
Academy for Youth (PLAY)
City of Sacramento - Youth Nextdoor Ambassador
Program (YNAP)
Fulton-El Camino Recreation and Park District
Mission Oaks Parks and Recreation District
Orangevale Parks and Recreation District

Science and Technology

Discovery Museum Science & Space Center
Explorit Science Center

Supporting Seniors

50+ Wellness Program
Alzheimer's Association - Greater Sacramento
Asian Community Center Senior Services
Eskaton
Hart Senior Center
Oakridge Healthcare
Triple-R Adult Day Program
VolunCare at Bruceville Terrace

Youth and Mentoring

4-H Youth Development Program
California Youth Coalition
Chicks in Crisis, Inc.
Hands and Feet Homework Club
Sacramento S.T.A.R.T
The GreenHouse

ANIMAL CARE

Folsom City Zoo Sanctuary

Description: Animal sanctuary for Native North American Wildlife, Exotic, and Domestic Animals.

Volunteer Opportunities: Animal care and grounds-keeping.

Minimum Age: 16

Contact: Jill Lute-Faust

Email: jlutefaust@folsom.ca.us

Phone: (916) 355-8306

Address: 403 Stafford St., Folsom, CA 95630

Website: www.folsom.ca.us/depts/parks-n-recreation/zoo/

Social Media: (Facebook) [facebook.com/FolsomCityZooSanctuary](https://www.facebook.com/FolsomCityZooSanctuary)

Prerequisite: Previous animal care experience is desired.

Front Street Animal Shelter

Description: Operates the City of Sacramento's animal shelter, providing shelter and care to abandoned dogs, cats, rabbits, etc., with the goal of finding them a safe and nurturing home.

Volunteer Opportunities: Assist with shelter chores, special events, handling and exercising dogs and cats, office work, adoption clinics and education.

Minimum Age: 12 with adult supervision.

Contact: Janice Wagaman, Volunteer Coordinator

Email: jwagaman@cityofsacramento.org

Phone: (916) 808-8166

Address: 2127 Front St., Sacramento, CA 95818

Website: www.frontstreetshelter.org

Prerequisites: Application and Orientation. Sign up online.



Happy Tails Pet Sanctuary

Description: Dedicated to protecting and improving the lives of homeless and abused animals. Needy animals are rescued, nurtured, provided shelter and medical care (spaying/neutering) before being placed in loving homes.

Volunteer Opportunities: Feed and water animals, socialize cats by talking and playing, brush and groom cats, set up cages for the arrival of foster cats and kittens, clean cages and litter boxes.

Minimum Age: 12 (through age 17: part of Junior Program), 18+ as regular volunteer.

Contact: Mary Harrison, Jr. Program Coordinator

Email: happytailsjuniors@gmail.com

Phone: (530) 309 - 6279

Address: 6001 Folsom Blvd., Sacramento, CA 95819

Website: www.happytails.org

Prerequisites: An orientation session is required prior to volunteering. Sign up online.

Placer SPCA

Description: Dedicated to improving the lives of animals and people through our programs and services (adoption, reunification, education).

Volunteer Opportunities: Varied, details on website.

Minimum Age: 13 with parent or guardian, 18+.

Contact: Volunteer Program Manager

Email: volunteer@placerspca.org

Phone: (916) 782-7722 ext. 104

Address: 150 Corporation Yard Rd., Roseville, CA 95678

Website: www.placerspca.org

Prerequisites: Must attend training classes and commit to volunteering at least 4 hours/month for a minimum of 6 months.



Sacramento Zoo

Description: Inspires appreciation, understanding and respect for all living things through stimulating education, wholesome recreation and innovative species management.

Volunteer Opportunities: Summer Camp Counselor:

Assists instructors with weeklong camp classes for children. Duties include crafts, games, enrichment activities, scavenger hunts, face painting, overnight camp programs, and more.

Zoo Teens: Zoo Teens are a group of 13 – 19 year olds interested in animals, the Earth, and our community who volunteer their time on weekends at The Sacramento Zoo. Zoo Teens will develop their own ideals, views, and passions to help encourage zoo patrons to become better stewards of the Earth. Zoo Teens focus on educating the public about conservation, wildlife, and current events that affect the environment.

Minimum Age: 15

Contact: Sarah Musser, Teen Coordinator

Email: smusser@saczoo.org

Phone: (916) 808 - 7709

Address: 3930 Land Park Dr., Sacramento, CA 95822

Website: www.saczoo.org

Prerequisite: Summer Camp Counselor applications available February through April. Zoo Teen applications available mid-April through June.

Wildlife Care Association

Description: Dedicated to the rescue, rehabilitation, and release of local wildlife.

Volunteer Opportunities: Wildlife rehabilitation- learn about nutrition, how to feed/medicate/ID animals, environmental enrichment, and husbandry. Includes cleaning tasks. Preferred commitment of at least four hours a week during the slow season and five hours a week during the summer for at least 50 hours.

Minimum Age: 16 to work at facility,
18 to work with animals.

Contact: Sara Cobos

Email: wcavolunteers@yahoo.com

Phone: (916) 965 - 9453

Address: 5211 Patrol Rd., McClellan, CA 95652

Website: www.wildlifecareassociation.org

Social Media: (Facebook) facebook.com/pages/Wildlife-Care-Association, (Twitter) @SacramentoWCA

Prerequisite: None.

ARTS AND CULTURE

California Auto Museum

Description: Chronicles the development and impact of the automobile with over 150 classic vehicles on display including race cars, muscle cars, hot rods, luxury cars, and early models.

Volunteer Opportunities: Maintain newsletter/social networking sites, clean and detail vehicles, gift shop assistance, and help with special events.

Minimum Age: No minimum age with parent, age 16+ without supervision.

Contact: Adam Vargyas

Email: membership@calautomuseum.org

Phone: (916) 442-6802

Address: 2200 Front St., Sacramento, CA 95818

Website: www.calautomuseum.org

Social Media: (Facebook) www.facebook.com/CalAutoMuseum, (Twitter) @CaAutoMuseum

Prerequisites: None.

California State Capitol Museum

Description: Living museum of historical items, exhibits and tours offering information on California's political past.

Volunteer Opportunities: Guide visitors around the California State Capitol building providing interpretation on the historic rooms, legislative galleries, etc., operate the General Information Desk and participate in special events.

Minimum Age: 18, parent consent if under 18

Contact: Rachel Martinez

Phone: (916) 324-0319

Address: 10th and L Streets, State Capitol, Room B-27, 1315 10th St, Sacramento, CA 95814

Website: www.capitolmuseum.ca.gov

Prerequisites: Must complete training for long-term positions. Online Application.

Fairytale Town

Description: Fairytale Town is a nonprofit 2.5 acre outdoor children's literacy museum, whose mission is to promote the imagination, education, and creativity of children.

Volunteer Opportunities: Fairytale Town is looking for mature, dedicated, hard-working volunteers that would like to give back to their community. Potential volunteers should have a clear goal in mind, and strive to achieve that goal whenever they give service. We strive to develop strong relationships with our volunteers, to keep them coming back year after year to renew their commitment to the community and Fairytale Town.

Minimum Age: 13

Contact: Sarah Thomas, Education & Program Manager

Email: volunteers@fairytaletown.org

Phone: (916) 808 - 7462

Address: 3901 Land Park Dr., Sacramento, CA 95822

Website: www.fairytaletown.org

Prerequisite: Mandatory volunteer orientation.

Historic Old Sacramento Foundation

Description: The Historic Old Sacramento Foundation (HOSF) is a nonprofit, 501(c)3 organization dedicated to making Sacramento's history accessible to all. In partnership with the City and County of Sacramento, HOSF operates the Sacramento History Museum and creates interpretive programs in Old Sacramento. We encourage people to explore our shared history through exhibitions, education and programs, while supporting collections, preservation and partnerships.

Volunteer Opportunities: HOSF offers a Student Docent Program at the Sacramento History Museum. Mandatory training sessions typically occur in the spring of each year. Student Docents learn about the museum and our galleries and artifacts, along with fun activities like our craft corner and gold panning. Volunteering shifts are typically on the weekends and we require a 20-hour commitment over the course of a year.

Minimum Age: 14

Contact Person: Kristin Ryan

Email: kryan@cityofsacramento.org

Phone: (916) 808-4980

Address: 101 I St., Sacramento, CA 95814

Website: www.historicoldsac.org

Social Media: (Facebook) facebook.com/SacramentoHistoryMuseum

Prerequisite: Interested applicants must submit a Student Docent Application, which is available on our website, along with a letter of recommendation from a counselor or teacher.



Sacramento Children's Museum

Description: The Sacramento Children's Museum is designed to allow children from birth to eight years old to learn by doing!

Volunteer Opportunities: There are a wide range of volunteer opportunities including: exhibit/program assistance, special events, material prep and family volunteering.

Minimum Age: 10. Volunteers between the ages of 10-14 must volunteer with a parent or guardian.

Contact Person: Priya Kumar

Email: volunteer@sackids.org

Phone: (916) 638-7225 ext 110

Address: 2701 Prospect Park Dr., #120 Rancho Cordova, CA 95670

Website: www.sackids.org

Social Media: (Facebook) facebook.com/sacramentochildrensmuseum,

(Twitter) @sackidsmuseum

Prerequisites: Submit an application and attend a volunteer orientation.

CREATING STRONG COMMUNITIES

2-1-1 Sacramento

Description: 2-1-1 Sacramento is a free, confidential information and referral service, available 24 hours a day, 7 days a week.

Volunteer Opportunities: Volunteer in a call center and data resource environment. Communicate with people of diverse social, ethnic, and economic backgrounds in order to connect them with community resources, fulfilling a variety of needs.

Minimum Age: 16

Contact Person: Bob Diercks

Email: bdiercks@211sacramento.org

Phone: (916) 447-7063. Ext 102

Address: 8001 Folsom Blvd., First Floor, Sacramento, CA 95826

Website: www.211sacramento.org

Prerequisite: Volunteer Application.

American Red Cross Sierra - Delta Chapter

Description: The Red Cross is a humanitarian organization led by volunteers who provide relief to victims of disaster and help people prevent, prepare for and respond to emergencies.

Volunteer Opportunities: Student Internships, Youth-preparedness Educators, Red Cross High School and College Clubs, Community Ambassador Positions.

Minimum Age: 14

Contact: Myisha Aban,
Regional Youth Services Specialist

Email: Myisha.aban@redcross.org

Phone: (916) 993-7083

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Address: 1565 Exposition Blvd., Sacramento, CA 95815

Website: www.redcross.org/ca/sacramento

Social Media: (Facebook) www.facebook.com/

RedCrossCRC, (Twitter) @redcrosscrc,

(Blog) capitalcrosswords.com

Prerequisite: Online Application, Parental Consent Forms, Media Release.

Folsom Cordova Community Partnership

Description: Mobilizes and integrates resources that enhance the education, health and well-being of the children and families of our communities.

Volunteer Opportunities: Area 41- youth activities, safety net services, office work (preferably have some computer skills).

Minimum Age: 17

Contact: Chris Clark

Email: cclark@thefccp.org

Phone: (916) 361 -8684 x 281

Address: 10665 Coloma Rd., Rancho Cordova, CA 95670

Website: www.thefccp.org

Prerequisites: Application and volunteer orientation.

Habitat for Humanity of Greater Sacramento

Description: Habitat for Humanity of Greater Sacramento builds and repairs homes in Sacramento and Yolo County for low-income families using community support. At Habitat, we believe that everyone deserves a safe place to call home. Every year, Habitat for Humanity of Greater Sacramento utilizes over 2,500 volunteers to help change lives in our community.

Volunteer Opportunities: Habitat for Humanity of Greater Sacramento offers volunteer opportunities on our construction sites helping build Habitat homes for families in need, in our ReStore which is our retail outlet that sells new and used building supplies and furniture to help generate funds to support Habitat's mission, and in our office helping with data entry and various tasks.

Minimum Age: 16. Volunteers 16 and 17 on the construction site must have a parent or legal guardian present with them at all times. Volunteers 16 or 17 in the ReStore only require a permission slip to volunteer.

Contact Person: Nicole Turriaga

Email: NTurriaga@habitatgreatersac.org

Phone: (916) 440-1215 ext. 1104

Address: 819 North 10th St., Sacramento, CA 95811

Website: www.habitatgreatersac.org

Social Media: (Facebook) facebook.com/habitatgreatersac, (Twitter) @SacHabitat

Prerequisite: All volunteers must attend the one-hour "HabiTour" orientation prior to volunteering. HabiTour dates are available on the HabitatGreaterSac.org website.

KidsFirst

Description: Agency dedicated to helping parents and children with difficult life circumstances before problems become overwhelming.

Volunteer Opportunities: Tutoring in homework (M-Th, 4-6pm). Helping kids with reading, activities and special events. We have tutoring available for two groups-LEAP (6th-12th) LEAP Jr. (K-6). LEAP is open M-W 3:30-5:30 p.m. LEAP Jr. is open M-W 3:30-5:00 p.m.

Minimum Age: 14

Contact: Antoinette Manuel

Email: amanuel@kidsfirstnow.org

Phone: (916) 774-6802 x2500

Address: 124 Main St., Roseville, CA 95678

Website: www.kidsfirstnow.org

Social Media: (Facebook) facebook.com/KidsFirst, (Twitter) @Kidsfirst1234

Prerequisite: Application and orientation.

Mothers Against Drunk Driving (MADD)

Description: Mission is to stop drunk driving, support the victims of this violent crime and prevent underage drinking.

Volunteer Opportunities: Planning and organizing for special events, fundraising, administrative support, outreach/communications, work with local law enforcement and alcohol retailers, health fairs, and victim advocates.

Minimum Age: 13 (exceptions can be made).

Contact: Becky Wood, Youth Program Specialist

Email: Becky.wood@madd.org

Phone: (916) 481-6233 x6634

Address: 2233 Watt Ave., Ste. 230, Sacramento, CA 95825

Website: www.madd.org/local

Prerequisite: None.



Powerhouse Ministries

Description: A Christian community center that serves families and individuals in crisis with love and mercy to meet their physical, emotional, educational, social and spiritual needs.

Volunteer Opportunities: Maintenance and meal donations.

Minimum Age: 16 (younger with adult).

Contact: Andrea Butson, Volunteer Coordinator

Email: andrea@phmfolsom.org

Phone: (916) 983-0658

Address: 311 Market St., Folsom, CA 95630

Website: www.phmfolsom.org

Prerequisite: Please contact Andrea.

Sacramento Ronald McDonald House

Description: We provide lodging for families with sick children who live over 30 miles away from Sacramento.

Volunteer Opportunities: Outdoor Work Parties: The second Saturday of every month except December we meet from 9:30-noon to pull weeds, clean patio furniture, toys and more. You must sign up to attend. Teen Work Parties provide an opportunity to volunteer without attending a Volunteer Introduction. Folding linens and cleaning are



just some of the tasks to be done. They will be in 2 hour increments on various days. Teens may call to sign up.
Minimum Age: None. Children under 13 must come with an adult. Teens must have a youth waiver in order to volunteer.

Contact Person: Lois E. Polaschek,
Director of House Operations

Email: lpolaschek@rmhnc.org

Phone: (916) 734-4226

Address: 2555 49th St., Sacramento, CA 95817

Website: www.rmhnc.org

Social Media: (Facebook) facebook.com/RMHCNC

Prerequisites: Attendance is required prior to volunteering. An appointment is necessary to attend. Please call (916) 734-4230 to sign up for the next Volunteer Introduction.

Sacramento Public Library

Description: The Sacramento Public Library offers resources, services, and programs at all 28 branches throughout the Sacramento Metropolitan area. The Sacramento Public Library provides ideas, information, and resources to help our community discover, learn, and grow.

Volunteer Opportunities: Teen Advisory Board, computer help, Homework Zone Coach, program assistance, general library activities (shelving materials, cleaning).

Minimum Age: 13

Contact: Katherine McMillan

Email: volunteer@saclibrary.org

Website: www.saclibrary.org

Prerequisites: Submit an Application (visit website). Teens require signature of legal guardian/parent before starting.

Safetyville USA

Description: Dedicated to reducing preventable injuries and deaths to children through early awareness education.

Volunteer Opportunities: Stuffing envelopes, counting and sending out packets, computer tasks, verifying phone calls, handing out

information, onsite tour guides for health and safety tours and working special events.

Minimum Age: 18

Contact: Mark A. Shelton

Email: Mark@safetycenter.org

Phone: (916) 438 - 3380

Address: 3909 Bradshaw Rd., Sacramento, CA 95827

Website: www.safetycenter.org

Prerequisites: Application.

United Way California Capital Region

Description: Building stronger, healthier, and more compassionate communities in our region by partnering with local employers and nonprofits to improve people's lives.

Volunteer Opportunities: We provide resources and referrals to groups looking for opportunities within the community and the five county regions. We also offer several large-scale individual volunteer opportunities several times throughout the year.

Minimum Age: 14

Contact: Cole Forstedt

Email: volunteer@uwccr.org

Phone: (916) 856-3983

Address: 10389 Old Placerville Rd.,
Sacramento, CA 95827

Website: www.yourlocalunitedway.org

Social Media: (Facebook) facebook.com/UWCCR/,
(Twitter) @unitedwayccr

Prerequisite: None.

Weave, Inc.

Description: WEAVE is the primary provider of crisis intervention and counseling services for survivors of domestic violence and sexual assault in Sacramento County.

Volunteer Opportunities: Admin, fundraising events, retail stores.

Minimum Age: 16

Contact Person: Hannah Friedman

Email: hfriedman@weaveinc.org

Phone: (916) 319-4967 or (916) 448-2321
Address: 1900 K St., Sacramento, CA 95811
Website: www.weaveinc.org
Prerequisite: Volunteer Orientation. Dates and times on website.

FEEDING THE HUNGRY

Davis Community Meals

Description: Provides low-income and homeless individuals and families with housing, food and human services to help them rebuild their lives.

Volunteer Opportunities: Food preparation, cooking, serving, and clean up (any age). Other volunteer duties vary within the shelter/transitional housing program and cold weather shelter, for those over 18.

Minimum Age: 12

Contact: Harmony Scopazzi

Email: volunteersatdcm@sbcglobal.net

Phone: (530) 220 - 4089

Address: 1111 H St., Davis, CA 95616

Website: www.daviscommunitymeals.org

Prerequisite: Application for shelters (prerequisites vary depending on location where volunteering).

Elk Grove Food Bank Services

Description: Provides food security and other services to those in need through emergency food and clothing distribution, senior programs and Life Skills classes.

Volunteer Opportunities: Receptionist, sort food, stock shelves, pack boxes, courtesy clerk, sort and distribute clothes. Shifts: Monday – Friday, 9:00am - 2:00pm.

Minimum Age: 18

Contact Person: Phyllis Davis

Email: Phyllis@egfbs.org

Phone: (916) 685-8453

Address: 9820 Dino Dr., Ste 140, Elk Grove, CA 95624

Website: www.elkgrovefoodbank.org

Prerequisite: Fill out an online application, return in person, by mail or by fax (916) 714-9931. Attend mandatory orientation.

Meals on Wheels by ACC

Description: Provides nutritious meals and socialization services to seniors in Sacramento and western Placer County.

Volunteer Opportunities: Girl/Boy Scouts, churches, school groups, etc. Assist with or host card-making events, provide office support with special projects or help with café activities. Special food or other drives may be arranged.

Minimum Age: High school without adult supervision, younger ages allowed in groups.

Contact: Jennette Wells

Email: volunteer@mowsac.org

Phone: (916) 444-9533 ext. 160

Address: 7375 Park City Dr., Sacramento, CA 95831

Website: www.mowsac.org

Prerequisites: Volunteer orientation (for some positions).



River City Food Bank

Description: As Sacramento's oldest, continuously-serving food bank, our mission is to alleviate hunger in Sacramento County by providing healthy emergency food and other assistance, offering referrals, and promoting self-sufficiency through a variety of programs. From seniors to children, from the homeless to the working poor, we assist all struggling individuals and families in Sacramento County.

Volunteer Opportunities: Work as a "personal shopper" on our Choice Food Distribution line. Assist clients in bagging their groceries. Help unload/load the truck. Assist with stocking and sorting bulk food items.



Minimum Age: 15
Contact Person: Jena Robinson
Email: jrobinson@rivercityfoodbank.org
Phone: (916) 446-2627
Address: 1800 28th St., Sacramento, CA 95816
Website: www.rivercityfoodbank.org
Social Media: (Facebook)
facebook.com/RiverCityFoodBank

Sacramento Food Bank & Family Services

Description: Helping families move toward self-sufficiency through free services including Food, Clothing, Parent Education, Adult Education and Youth Education.

Volunteer Opportunities: Youth-appropriate volunteer opportunities include: Food Program (sorting/bagging food at our Distribution Center or distributing food at offsite food distributions), Clothing Program (sorting/hanging clothing), or Parent Education (sorting donated baby supplies).

Minimum Age: 10. Ages 10-15 must volunteer alongside a parent/guardian.

Contact Person: Robin Simpson,
Volunteer Services Manager

Email: volunteer@sacramentofoodbank.org

Phone: (916) 925-3240 ext. 123

Address: Oak Park facility at 3333 Third Ave., Sacramento CA 95817 and Distribution Center at 1951 Bell Ave., Sacramento CA 95838.

Website: www.sacramentofoodbank.org

Social Media: (Facebook) facebook.com/sfbfs, (Twitter) [@sacfoodbank](https://twitter.com/sacfoodbank)

Prerequisite: Must attend 1.5 hour volunteer orientation. Sign up at www.sacramentofoodbank.org.

St. Philomene Church

Description: Sharing God's bounty by feeding the hungry.

Volunteer Opportunities: Set up tables and chairs, prepare dinner, and clean up.

Minimum Age: 14

Contact: Gerald Hansen

Email: gerald.hansen@att.net

Phone: (916) 481-6757

Address: 2320 El Camino Ave., Sacramento, CA 95821 (School gym).

Website: www.stphilomene.com

Prerequisite: Please dress conservatively.

Wellspring Women's Center

Description: Wellspring is a daytime drop-in center that serves a healthy breakfast to women and children every weekday between 7:30 and 11:30 a.m. We offer other services as well: art and craft classes, social work services and more.

Volunteer Opportunities: Wellspring utilizes up to 16 volunteers each weekday. Volunteers help prepare simple meals, assist in serving the food, greeting the guests at the door and bagging give-aways, such as diapers and travel sized toiletries.

Minimum Age: 14

Contact Person: Terri Tork

Email: terri@wellspringwomen.org

Phone: (916) 454-9688 ext 202

Address: 3414 4th Ave., Sacramento, CA 95817

Website: www.wellspringwomen.org

Social Media: (Facebook) facebook.com/wellspringwomen, (Twitter) [@WWC1987](https://twitter.com/WWC1987),

Prerequisite: None other than being friendly and comfortable working with a diverse population of women and children.

GOVERNMENT OPPORTUNITIES

City of Davis

Description: Want to do something meaningful in the Davis community? Whether you are looking to adopt a park, assist with community events, offer your professional skills, or lend your talents in other ways, you'll find there are endless opportunities to get involved in causes that matter to you right in the community

of Davis.

Volunteer Opportunities: Adopt A Park Chip-In Events, Davis Day of Service, Connections Café at the Davis Senior Center, Urban Forestry Mulching and Nursery Volunteers.

Minimum Age: Varies. 14 without parent or guardian.

Contact Person: Kellie Vitaich

Email: kvitaich@davispd.org

Phone: (530) 747-5419

Address: 2600 5th St., Davis, CA 95818

Website: <http://cityofdavis.org/city-hall/police-department/volunteer-program>

Prerequisite: Varies by program.

City of Sacramento

Description: The City of Sacramento offers a variety of short-term and ongoing volunteer opportunities for youth and teens.

Volunteer Opportunities: Animal care, parks cleanups, after-school programs, special events.

Minimum Age: 12

Contact: Mary Lynn Perry,
Volunteer Coordinator

Email: mperry@cityofsacramento.org

Phone: (916) 808-8317

Address: 915 I St., First Floor, Sacramento, CA 95814

Website: www.sacvolunteers.org

Social Media: (Facebook) [facebook.com/sacvolunteers](https://www.facebook.com/sacvolunteers), (Twitter) @sacvolunteers, (Instagram) @cityofsacvolunteers, (Pinterest) [pinterest.com/sacvolunteers](https://www.pinterest.com/sacvolunteers/), (Flickr) [flickr.com/photos/sacvolunteers](https://www.flickr.com/photos/sacvolunteers/)

Prerequisites: Application (Waivers for onetime events).

City of Sacramento - Youth Advisory Committee (YAC)

Description: The Youth Advisory Committee creates strong and independent leaders for tomorrow. Members serve as a voice of the youth and as representatives of the District One office.

Volunteer Opportunities: Members work on and participate in a number of events and projects aimed at serving the local community.

Minimum Age: High school students.

Contact: Elena Quintero,

District One Parks & Youth Liaison

Email: equintero@cityofsacramento.org

Phone: (916) 410-4998

Address: City Hall, 915 I St., 5th Floor, Sacramento, CA 95814

Website: www.AngeliqueAshby.com/PLAY

Social Media: (Facebook)

[facebook.com/NatomasDistrict1PLAY](https://www.facebook.com/NatomasDistrict1PLAY)

Prerequisites: Bring completed waiver to first meeting/
event: www.AngeliqueAshby.com/YAC

Sign up: www.d1yac.eventbrite.com.



City of West Sacramento

Description: West Sacramento Parks & Recreation consists of three separate functions: a parks division, recreation division and our Tree Program. The Parks Department provides recreation and leisure opportunities with its park facilities and recreation programming.

These programs are designed to help local residents improve their overall health and quality of life.

Volunteer Opportunities: Junior Giants youth baseball program, Junior NBA youth basketball program, Sports Camp and Special Events.

Minimum Age: 14

Contact Person: Chris Froshaug

Email: chrisf@cityofwestsacramento.org

Phone: (916) 617-4770

Address: 2801 Jefferson Blvd., West Sacramento, CA 95691

Website: www.WestSacFun.org

Social Media: (Facebook) [facebook.com/westsacfun](https://www.facebook.com/westsacfun), (Twitter) @WestSacFun

Prerequisite: Background Check &



Fingerprinting;
If 8 hours or less of volunteer time, no prerequisites.

Volunteer Income Tax Assistance (VITA)

Description: Volunteer Income Tax Assistance offers free tax help to low-income people.

Volunteer Opportunities: VITA Program - prepare tax returns, event assistance-screener, greeters and runners.

Minimum Age: High school.

Contact: Diana Clay, VITA Coordinator

Email: diana.clay@uwccr.org

Phone: (916) 368-3059

Address: 10389 Old Placerville Rd.,
Sacramento, CA 95827 (school gym)

Website: www.yourlocalunitedway.org

Prerequisites: Online application.

HELPING THOSE WITH DISABILITIES

Access Leisure and Paralympic Sport

Description: The mission of Access Leisure is to provide and facilitate recreation programs and services for people with disabilities to optimize the experience of living. We do this through a variety of programs such as: creating opportunities for people with special needs to access competitive and recreational sports, special events, social and fitness programs, camping, and outdoor education. Access Leisure serves children, teens, and adults of all abilities.

Volunteer Opportunities: There are many volunteer opportunities available with Paralympic Sport Club programs and Social programs, evenings and weekends.

Minimum Age: 15 with parental attendance.

Contact Person: Jenny Yarrow or Paula Black

Email: jyarrow@cityofsacramento.org or

pblack@cityofsacramento.org

Phone: (916) 808-6017 or (916) 808-1205

Address: 5735 47th Ave., Sacramento, CA 95824

Website: www.cityofsacramento.org/ParksandRec/Recreation/Special-Needs.

Braille and Talking Book Library

Description: Lends books in Braille and on digital audio cartridge, and downloadable digital braille/audio books to blind and otherwise print disabled people in 48 Northern CA counties.

Volunteer Opportunities: Assist with book inspections, machine cleaning, telephone surveying, shelving, pulling books, checking books.

Minimum Age: 14

Contact: Mike Marlin

Email: mike.marlin@library.ca.gov

Address: 900 N St., Sacramento, CA 95814

Phone: (916) 654-0640

Website: www.btbl.ca.gov

Prerequisites: Application. Check for volunteer positions on our web site: <http://www.library.ca.gov/about/jobs/volunteer>.

California Council of the Blind

Description: Since 1934, the California Council of the Blind, the largest organization of Californians with visual impairments, has been working to improve the lives of persons who are blind or visually impaired. We have local affiliates throughout the state, and a membership of approximately 1,500. Our services include: scholarships to blind college students, no-interest loans to those seeking, or attempting to retain, employment, information and referral services, and most importantly advocacy on behalf of those with visual impairments.

Volunteer Opportunities: Please call the Council office for further information.

Contact Person: Jeff Thom, Council President.

Email: ccotb@ccbnet.org

Phone: (916) 995-3967

Address: 1303 J St., Suite 400,
Sacramento, CA 95814-2900

Website: www.ccbnet.org
Social Media: (Facebook) facebook.com/CCBState
Prerequisite: Please call the Council office for more information.

Lend a Heart Animal-Assisted Therapy

Description: An all-volunteer organization that provides animal-assisted therapy services to a variety of facilities.

Volunteer Opportunities:

Sacramento area.

Minimum Age: 10 with parent/guardian participation.

Email: lendaheart.aat@gmail.com

Address: PO Box 60617,
Sacramento, CA 95860

Website: www.lendaheart.org

Prerequisites: Complete an application online.



Project R.I.D.E. Inc.

Description: Provides recreational therapeutic horseback riding instruction to people with special needs.

Volunteer Opportunities: Side walkers and leaders to assist directly in lessons, additional opportunities available. No horse experience required.

Minimum Age: 14

Contact: Marisa DeSalles, Suzi Lawton

Email: volunteer@projectride.org

Phone: (916) 685 - 7433

Address: 8840 Southside Ave., Elk Grove, CA 95624

Website: www.projectride.org

Social Media: (Facebook) facebook.com/projectRIDEinc,
(Twitter) @ProjectRide_Inc

Prerequisite: Attend training held monthly.

Ride To Walk

Description: A therapeutic riding program for individuals with disabilities. Our mission is to enhance the lives of children, young adults and adults with disabilities by providing innovative therapeutic horseback riding

activities that are recreational in nature and adapted to the individual's needs and abilities. Ride To Walk strives to provide a positive support system for individuals with disabilities, their parents/caregivers, and the community.

Volunteer Opportunities: Side-walker, horse grooming, horse leading, landscaping, and fundraising.

Minimum Age: 16

Contact: Tammy McKie, Office Manager or Sandy Acevedo, Community Outreach/Event Coordinator

Email: ridetowalk@sbcglobal.net

Phone: (916) 434-0693 (Ranch),
(916) 791-2747 (Office)

Address: (Ranch) 1630 Highway 193,
Lincoln, CA 95648, (Office) 720
Sunrise Ave., Suite D110,
Roseville, CA 95661

Website: www.ridetowalk.org

Social Media: (Facebook) facebook.com/RideToWalk

Prerequisite: None.

Society for the Blind

Description: Society for the Blind is a full service, nonprofit agency providing services and programs for people who are blind or have low vision. Serving 26 counties in Northern California, Society for the Blind is located in midtown Sacramento.

Volunteer Opportunities: Access News – a reading service that allows volunteers to record current news, magazines, circulars, and other items of interest so that people who are blind or low vision can listen to these publications through the telephone. Time commitments are very flexible and you can record from home as well as in our studio.

Minimum Age: 13

Contact: Lina Lloyd, Volunteer Coordinator

Email: volunteer@societyfortheblind.org

Address: 1238 S St., Sacramento, CA 95811

Website: www.societyfortheblind.org

Social Media: (Facebook) facebook.com/SocietyForTheBlind, (Twitter) @Society4Blind

Prerequisites: Access News readers must also complete an in-person interview with our

Access News coordinator. Please email volunteer@societyfortheblind.org to schedule.

Special Olympics Northern California

Description: Provides athletic opportunities to children and adults with intellectual disabilities, instilling the confidence they need to succeed in life.

Volunteer Opportunities: Timing, scorekeeping, lunch service, awards at competitions, assist coaches during practices, general office work.

Min Age: 12 with adult supervision, 16+ without adult supervision.

Contact: Julie Rodriguez, Senior Sports Manager

Email: julier@sonc.org

Phone: (916) 375-1930, x203

Address: 1401 Halyard Dr., Suite 100,
West Sacramento, CA 95691

Website: www.sonc.org

Social Media: (Facebook) facebook.com/SONorCal,
(Twitter) @SONorCal

Prerequisite: Application and online orientation.

Very Inspirational People (VIP)

Description: Provides opportunities for inspirational athletes with developmental disabilities.

Volunteer Opportunities: Work directly with athletes during sporting activities, assist with lunches, dinner and special events; become a timer, coach, or score keeper.

Minimum Age: 14

Contact: Donna Adams

Email: adams.f@sbcglobal.net

Phone: (916) 606-5844

Address: Varies during the seasons. Refer to website for location of events.

Website: www.vipinfo.org

Prerequisite: Please email to sign up.

HEALTHCARE

BloodSource

Description: BloodSource, not-for-profit since 1948, provides lifesaving and life-sustaining services to millions of people throughout Northern and Central California and across the nation when needed. Through a network of blood donor centers and mobile drives and a passionate volunteer donor base, the BloodSource mission is dedicated to providing blood and services to those in need. Together, with our communities, we are the source for a precious and perishable resource for which there is no artificial substitute. We have great volunteer opportunities for volunteers to provide customer service at mobile blood drives, donor centers and our offices. (BloodSource is not able to utilize volunteers in any clinical or medical capacity.)

Volunteer Opportunities: For ages 14 years+: childcare and mascot positions at our large blood drives and community events. For ages 16 years+: volunteers can assist at our blood drives, refreshment lounges and clerical duties at our headquarters offices.

Minimum Age: 16 years for most opportunities, 14 years for some event opportunities.

Contact Person: Jana Emery or Jeri Van Winkle

Email: volunteers@bloodsource.org

Phone: (916) 456-1500

Address: 10536 Peter A McCuen Blvd.,
Mather, CA 95655

Website: www.bloodsource.org

Mercy General Hospital

Description: Dedicated to building healthy communities, healing and wellness.

Volunteer Opportunities: Information desk (assist visitors) and clerical work.

Minimum Age: 15

Contact: Kim Bakken

Email: kimberly.bakken@dignityhealth.org

Address: 4001 J St., Sacramento, CA 95819

Phone: (916) 453-4559



Website: www.mercygeneral.org
Prerequisites: Interview and orientation.

Pancreatic Cancer Action Network

Description: Creating hope in a comprehensive way through research, patient support, community outreach and advocacy for a cure.

Volunteer Opportunities: There are many ways you can support the local fight and join other friendly volunteers committed to fighting pancreatic cancer. Whether you have ten minutes or are looking for a more extensive commitment, we have a role for you. Our volunteers focus on several key areas: raising general awareness, media, education and outreach to healthcare professionals, advocacy and fundraising and awareness events.

Minimum Age: N/A

Contact: Meghan Feenstra

Email: mfeenstra@pancanvolunteer.org

Phone: (310) 725-0025

Website: www.pancan.org/volunteer

Social Media:

(Facebook) facebook.com/PanCAN.Sacramento

Prerequisites: N/A.

Shriners Hospitals for Children Northern California

Description: A pediatric medical center, treating children 18 years of age and younger in need of acute care with burns, orthopedic conditions, spinal cord injuries, or cleft lip/palate.

Volunteer Opportunities: For 18 years and older: School room tutors, medical records, therapeutic play, clerical, surgery, ICU, radiology, clinical lab, outpatient clinic, arts and crafts.

Summer Youth Program: Designed for youth to gain work experience in a health care setting. June through August only, deadline to submit applications and essay of 500 words, is April 1st. 12 positions available.

Senior Projects: Restricted to hospital guidelines.
Special Events: Primarily outside hospital, community health fairs, holiday events and fundraisers.

Minimum Age: 16

Contact: Lillian Nelson

Email: lnelson@shrinenet.org

Phone: (916) 453-2086

Address: 2425 Stockton Blvd., Sacramento, CA 95817

Website: www.shrinerschildrens.org

Prerequisite: Volunteer application.



HOUSING THE HOMELESS

My Sister's House

Description: A safe haven for Asian and Pacific Islander and other underserved women and children impacted by domestic violence, sexual assault, and human trafficking.

Volunteer Opportunities: Assist women and children, answer crisis line, translate for clients, or help with special events.

Minimum Age: 16

Contact: Staff

Email: volunteermsh@gmail.com

Phone: (916) 930-0626

Address: 3053 Freeport Blvd., # 120, Sacramento, CA 95818

Website: www.my-sisters-house.org

Prerequisites: Download application online.

Next Move

Description: Next Move's mission is to move homeless families and individuals to high levels of self-reliance. Our Youth in A.C.T.I.O.N (Achieving Change Together in Our Neighborhood) program strives to provide structured volunteer service opportunities in our Children's Service department, Community Donation Center



and Family Shelter kitchen. We are also in the process of adding volunteer opportunities in our Family Services Departments within our Permanent Supportive Housing. These services directly assist our client's and Next Move's ability to maximize resources, as well as diversity in delivery of services/programs to clients.

Volunteer Opportunities: Host Donation Drives at your school, large or small group projects, Family Shelter Kitchen, Family Shelter Children's Services Programs (Kids Club, Family Fun Fridays, Holiday Events), Donations Center (Customer Service & Sorting/Cleaning), host a Holiday Party, host a meal/carnival, work a Special Event/Fundraiser, paint/murals, landscape or garden.

Minimum Age: 12. Youth younger than 16 must volunteer with an adult (some exceptions apply).

Contact Person: Marilyn Mann

Email: mmann@nextmovesacramento.org

Phone: (916) 454-2120 x304

Address: 2925 34th St., Sacramento, CA 95817

Website: www.nextmovesacramento.org

Social Media: (Facebook) [facebook.com/nextmovesac](https://www.facebook.com/nextmovesac)

Prerequisite: Attend a volunteer orientation.

PROTECTING THE ENVIRONMENT

American River Parkway Foundation

Description: The mission of the American River Parkway Foundation is to support the preservation and enjoyment of the American River Parkway by fostering environmental education, stewardship and volunteer opportunities. We take pride in the Parkway!

Volunteer Opportunities: We use volunteers for river clean-ups, special events, or restoration and invasive plant programs and more.

Minimum Age: N/A. Volunteers under the age of 18 must have an adult fill out a Youth Waiver, and volunteers under the age of 14

must have an adult present.

Contact Person: Jordan Powell

Email: volunteer@arpf.org

Phone: (916) 486-2773

Address: 5700 Arden Way, Carmichael, CA 95608

Website: www.arpf.org

Social Media: (Facebook) [facebook.com/ARParkway](https://www.facebook.com/ARParkway), (Twitter) @arpfsac, (Instagram) @arpfsac

Prerequisite: N/A.

Breathe CA of Sacramento

Description: Works towards cleaning the air through a variety of local clean air programs, and supports organizations that are also working to improve air quality in our communities.

Volunteer Opportunities: Become a member of the Youth Advisory Board. See movies for free and help counter the glamorization of tobacco in film by participating in our Thumbs Up! Thumbs Down!

Minimum Age: 14

Contact: Raquel Lopez

Email: rlopez@sacbreathe.org

Phone: (916) 444- 5900 ext. 208

Address: 909 12th St., Suite 100, Sacramento, CA 95814

Website: www.sacbreathe.org

Prerequisites: Fill out application.

City of Sacramento - Water Conservation

Description: We are here to help City of Sacramento customers use water wisely, which both preserves our limited water resources and can save customers money on their utility bills.

Volunteer Opportunities: Most of our volunteer opportunities take place during the spring and summer. Volunteers will help put together packets for home owners, organize and help inventory supplies, prepare mailings and door hangers. Volunteers may also be utilized to help out at community outreach events and distribute door hangers throughout the community.

Minimum Age: 13+ (9+ with parent or guardian supervision).

Contact: Maureen Coulson

Email: mcoulson@cityofsacramento.org

Phone: (916) 808-5605

Address: 2260 Glen Ellen Cir., Sacramento, CA 95822

Website: www.cityofsacramento.org/Utilities/Conservation

Prerequisites: Volunteer application.

Cosumnes River Preserve

Description: The Cosumnes River Preserve consists of over 50,000 acres (70+ square miles) of wildlife habitat and agricultural lands. The Preserve is centered along the Cosumnes River, its floodplains and riparian habitat. The Cosumnes River Preserve provides wintering habitat for over 100,000 winter migratory birds each year.

Volunteer Opportunities: Become a Volunteer Naturalist which staffs the Visitor Center on weekends, leads nature walks, guides paddling tours, conducts outreach events, assists with bird surveys and other activities. Join our Habitat Restoration Team and become an environmental steward and help maintain and restore the Preserve's natural resources. Habitat Restoration Workdays are great opportunities to get your hands dirty and make an impact on your local environment and are ideal for scouts or students looking for service-learning hours.

Minimum Age: Some volunteer opportunities are available for children over the age of 8. Volunteers under 16 must be accompanied by a parent/guardian.

Contact Person: Kyle Bowlin, Outreach & Volunteer Coordinator

Email: Bowlink@saccounty.net

Phone: (916) 826-0927

Address: 13501 Franklin Blvd., Galt, CA, 95632

Website: www.cosumnes.org

Social Media: (Facebook) [facebook.com/CosumnesRiverPreserve](https://www.facebook.com/CosumnesRiverPreserve), (Twitter) @CosumnesRiverP

Prerequisite: None.



CRC's Students for a Sustainable Future

Description: The Students for a Sustainable Future Club was created by students at Cosumnes River College with a deep passion for people, our planet, and progress. We believe in the power of students and grassroots movements to affect change on our campus and in our communities. SSF Club provides a space to foster leadership and empower students to organize effective sustainability initiatives, campaigns, service projects, and educational programs in an effort to make our college a more just and sustainable place to learn.

Volunteer Opportunities: Service projects, environmental campaign canvassing and other misc. related tasks.

Minimum Age: 18

Contact Person: Prof. Debra Sharkey

Email: crssfclub@gmail.com

Phone: (916) 691-7210

Address: 8401 Center Pkwy., Sacramento, CA 95823

Website: crssfclub.com

Social Media: (Facebook) [facebook.com/crssfclub](https://www.facebook.com/crssfclub), (Twitter) @crssfclub
Prerequisite: None.

Keep California Beautiful

Description: Its mission is to ignite individual, community, corporate responsibility and pride through active resource conservation and waste minimization to enhance California's beauty for generations to come. A great way for youth to learn about our program is during our upcoming informational webinars.

Visit www.GreenCASchools.org to register!

Volunteer Opportunities: Highway pickup, park beautification and recycling programs.

Minimum Age: 14

Contact: Staff

Email: info@keepcabeautiful.org



Phone: (661) 831-2321

Address: 1822 21st St., #400,
Sacramento, CA 95811

Website: www.keepcabeautiful.org

Social Media: (Facebook) facebook.com/KeepCaliforniaBeautiful, (Twitter) @keepcabeautiful

Prerequisite: None.

Sacramento Area Community Garden Coalition

Description: Provides community gardening and community greening projects.

Volunteer Opportunities: Weeding, garden maintenance and other projects as they are available.

Min Age: 12

Contact: Bill Maynard

Email: wmaynard@cityofsacramento.org

Phone: (916) 508 - 6025

Address: N/A

Website: www.saccommunitygardens.org

Prerequisites: Fill out waiver.

Sacramento Tree Foundation

Description: The Sacramento Tree Foundation is a community benefit organization working to build healthy, livable communities in the Sacramento region by growing the best urban forest in the nation. We are leading the effort to plant 5 million trees in the Sacramento region. Since 1982, we have been building partnerships and empowering communities to envision the best places to live and invest in their urban forest. We do this by educating, advocating and lending support for tree plantings. Why trees? Because...Cool breezes grow here. Shade trees shield our homes, roadways, and parking lots from the scorching summer heat. Shade trees can lower a household's cooling costs by nearly one-third - saving money while keeping us comfortable. Homes with shade trees also have higher property values. Healthy bodies grow here. Trees and green spaces can improve our health. People are more likely to be physically active in neighborhoods where trees are plentiful.

Areas with trees invite contemplation and recreation – essential for restoring our bodies and minds. Friendships grow here. Trees bring people together. They create social spaces where people gather and foster a sense of belonging. Neighborhoods with green spaces are tighter-knit, safer, and more livable. Fresh air grows here. Trees are nature's way of cleaning our air. Tree leaves absorb pollutants, produce oxygen, and make cleaner air for us to breathe.

Volunteer Opportunities: October through the end of April- tree planting opportunities throughout the Sacramento region on Saturdays from 9am to 12pm. Average of 2 to 3 events per month. May through the end of September- tree care events on Saturdays and some weekday evenings. Average of 2 events per month. To view volunteer events, visit www.sactree.com/events.

Minimum Age: 6

Contact Person: Heather Smith

Email: volunteer@sactree.com

Phone: (916) 924-8733

Address: 191 Lathrop Way, Suite D,
Sacramento CA 95815

Website: www.sactree.com

Social Media: (Facebook) facebook.com/sactree, (Twitter) @SacTree

Prerequisite: Volunteers should wear closed-toe shoes, appropriate clothing, and bring a water bottle.

Tree Davis

Description: Tree Davis is a non-profit organization with a mission to expand and enhance the urban forest of Davis and surrounding communities by teaching the community to plant and care for trees. Check our website for one-time volunteer opportunities.

Volunteer Opportunities: Our volunteer opportunities are centered around tree planting, tree care, and tree monitoring. We currently have programs in Davis and will be starting a major tree planting program in West Sacramento in the fall of 2015. Besides one time tree planting and care opportunities, we also support volunteer leaders in neighborhoods that wish to

organize their block to plant trees.

Minimum Age: None

Contact Person: Kelly Conroy

Email: info@treedavis.org

Phone: (530) 758-7337

Address: P.O. Box 72053, Davis, CA 95617

Website: www.treedavis.org

Social Media: (Facebook) facebook.com/TreeDavis/54682344026

Prerequisite: None, but anyone under 18 must have parents sign a waiver before volunteering, and those under 16 must have an adult chaperone.

PARKS AND RECREATION

Arcade Creek Recreation and Park District

Description: Providing recreational opportunities and park services to community. Consists of two community parks, a neighborhood park and two natural creek trail areas!

Volunteer Opportunities: Help with special events or at school programs. Assist students with homework questions, play activities/games.

Minimum Age: 16

Contact: Julie Leber

Email: jleber@acrpd.com

Phone: (916) 482-8377

Address: 4855 Hamilton St., Sacramento, CA 95841

Website: www.acrpd.com/Volunteer_Opportunities.html

Prerequisites: Fill out online application.

City of Sacramento Parks

Description: Maintains more than 210 parks and open spaces, totaling more than 2,000 acres.

Volunteer Opportunities: One-day and special events for groups only. Activities vary by season and include

but are not limited to: gardening, weeding, pruning, planting, brush clearing, spreading mulch, litter and invasive plant removal, and playground or play field preservation or improvement.

Minimum Age: 18 & younger with adult.

Contact: Richard Perez, Volunteer Coordinator

Email: rperez@cityofsacramento.org

Phone: (916) 808-2285

Address: 5730 24th St., Building 3, Sacramento, CA 95822

Website: www.cityofsacramento.org/parksandrecreation

Prerequisites: Application online.



City of Sacramento - District One Parks Leadership Academy for Youth (PLAY)

Description: Members learn, apply, and teach park maintenance techniques to other volunteers in their local parks.

Volunteer Opportunities: Beautify parks throughout North Natomas. Oversee clean-up events for other organizations, including registration, tool distribution, training, etc. Lots of individual, partnered, and group opportunities.

Minimum Age: Middle school & high school students, plus college-aged volunteers

Contact: Elena Quintero, District One Parks & Youth Liaison

Email: equintero@cityofsacramento.org

Phone: (916) 410-4998

Address: City Hall, 915 I St., 5th Floor, Sacramento, CA 95814

Website: www.AngeliqueAshby.com/PLAY

Social Media: (Facebook)

facebook.com/NatomasDistrict1PLAY

Prerequisites: Bring completed waiver to first meeting/event: www.AngeliqueAshby.com/PLAY. Sign up: www.d1play.eventbrite.com.



City of Sacramento – Youth Nextdoor Ambassador Program (YNAP)

Description: This new program engages high schoolers and young adults directly in their own neighborhood in District One through Nextdoor.com.

Volunteer Opportunities: Members promote Nextdoor, share park-related and other events and programs held by the District One office, help direct neighbors to the appropriate City departments for services, reports neighborhood issues, and more.

Minimum Age: High school students and 18-25 year olds.

Contact: Elena Quintero,
District One Parks & Youth Liaison

Email: equintero@cityofsacramento.org

Phone: (916) 410-4998

Address: City Hall, 915 I St., 5th Floor,
Sacramento, CA 95814

Website: www.AngeliqueAshby.com/PLAY

Social Media: (Facebook) facebook.com/
NatomasDistrict1PLAY

Prerequisites: Bring completed waiver to first meeting/
event: www.AngeliqueAshby.com/YNAP

Sign up: www.d1play.eventbrite.com.

Fulton-El Camino Recreation and Park District

Description: The district is an independent, special, recreation and park district governed by a five-member, elected Board of Directors. Currently the district comprises 80 acres of developed parkland and two underdeveloped acres. The district offers many recreation opportunities including: classes, special events, adult and youth sports, preschool, before and after school, aquatics programs, senior programs and teen outdoor programs.

Volunteer Opportunities: Fulton-El Camino District events and fundraisers, Annual Sacramento Creek Week, Park clean up, office assistance.

Minimum Age: 12

Contact Person: Jaden Delfer, Recreation Coordinator II

Email: jdelfer@fecrecpark.com

Phone: (916) 927-3802

Address: 2201 Cottage Way, Sacramento, CA 95825

Website: www.fecrecpark.com

Social Media: (Facebook) facebook.com/FECRECPARK,
(Twitter) @FECrecreation

Prerequisite: N/A.

Mission Oaks Parks and Recreation District

Description: Provides programs and recreational opportunities to all ages in the Arden, Arcade, and Carmichael communities.

Volunteer Opportunities: Assist in the front desk, help prepare, serve and clean up daily lunch program, after-school team leaders, camp leaders, and a variety of special events (from Egg Hunts, Concerts to Dances).

Minimum Age: N/A

Address: 3344 Mission Ave., Carmichael, CA 95608

Phone: (916) 488-2810

Website: www.morpd.com/aboutus/jobs_at_parks

Prerequisites: Fill out application, more specific prerequisites necessary for working with kids.

Orangevale Parks and Recreation District

Description: Recreation District in Orangevale.

Volunteer Opportunities: Volunteering at monthly events.

Minimum Age: 13

Contact: Sheila King

Email: sheila@ovparks.com

Phone: (916) 988 - 4373

Address: 6826 Hazel Ave., Orangevale, CA 95662

Website: www.ovparks.com

Prerequisites: Fill out application.

SCIENCE AND TECHNOLOGY

Discovery Museum Science & Space Center

Description: A family-focused educational institution dedicated to enriching the lives of local residents and visitors to the Sacramento region by encouraging the exploration of history, nature and space.

Volunteer Opportunities: Children's weekend activities, special events, administrative support.

Minimum Age: 16

Contact Person: Volunteer Coordinator

Email: volunteers@powerhousesc.org

Phone: (916) 808-3942

Address: 3615 Auburn Blvd.,
Sacramento, CA 95821

Website: www.thediscovery.org

Social Media: (Facebook) [facebook.com/DiscoveryMuseumScienceAndSpaceCenter](https://www.facebook.com/DiscoveryMuseumScienceAndSpaceCenter)

Prerequisite: N/A.

Explorit Science Center

Description: Our mission is to ignite and foster curiosity about science and nature through inquiry and discovery. We do this by providing opportunities for hands-on science exploration to about 65,000 people in 17 Northern California counties each year through mobile and on-site programs that relate principles of science to everyday life.

Volunteer Opportunities: Summer camp assistant, science teaching assistant: present programs to visiting schools, exhibit assistant: assist in planning and fabricating interactive hands-on exhibits, Explorit store volunteer, administrative volunteer, special events planning, artist, or photographer.

Minimum Age: 12

Contact: Alfreda Wei

Email: alfredaw@explorit.org

Phone: (530) 756-0191

Address: 3141 5th St., Davis, CA 95618

Website: www.explorit.org

Social Media: (Facebook) [facebook.com/explorit.fb](https://www.facebook.com/explorit.fb).

SUPPORTING SENIORS

50+ Wellness Program

Description: Programs specifically targeting the 50+ population. Current programs offered: Exercise, Soccer Tournament, sports, Senior Weeks at Camp Sacramento, Tai Chi, Raja Yoga, and Stretching and Strengthening.

Volunteer Opportunities: Annual "Sports For Life!" Soccer Tournament, traditionally held the last weekend in April. Volunteers duties, but not limited to: Set-up and close down of the tournament

headquarters, registering participants, award medals, keep stats, serve lunch, sell tournament souvenirs. Senior Weeks at Camp Sacramento: Looking for volunteers to host workshops in arts, dance, nature observation, creative writing, crafts but not limited to the above mentioned activities.

Minimum Age: 16 - Soccer Tournament.

Contact Person: Pat Goree-Richards,
50+ Wellness Program Coordinator

Email: pgoree@cityofsacramento.org

Phone: (916) 808-1593

Address: South Natomas Community Center, 2921 Truxel Rd., Sacramento, CA 95833

Website: www.cityofsacramento.org/ParksandRec/Recreation/older-adult-services/Programs/50-plus

Prerequisite: Some programs are fee based. Must purchase punch cards prior to participation in the program.





Alzheimer's Association - Greater Sacramento

Description: Our goal is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health. In our office, we provide education, support and advocacy.

Volunteer Opportunities: Help with special events (e.g., Walk to End Alzheimer's), fundraising, office work, information booths, advocacy, materials distribution and updating resource directories.

Minimum Age: 15 (14 and younger with adult).

Contact Person: Linda Carey

Email: licarey@alz.org

Phone: (916) 930-9080

Address: 1455 Response Rd., Ste. 190, Sacramento, CA 95815

Website: www.alz.org/norcal

Social Media: (Facebook) facebook.com/AlzheimersCalifornia, (Twitter) @alznorcalnorvev

Prerequisite: Submit application at http://alz.org/norcal/in_my_community_10781.asp

Asian Community Center Senior Services

Description: ACC Senior Services is a nonprofit organization that provides programs and services to seniors and family caregivers in the community.

Volunteer Opportunities: Resident Escorts: Escort residents outside to enjoy the garden and outdoors. Hours flexible (1-2 hours). Located at ACC Care Center (7801 Rush River Dr., Sacramento, CA 95831). Minimum age: 15.

Entertainer: Sing or play an instrument to entertain senior residents. Schedule flexible (1 hour). Located at ACC Care Center (7801 Rush River Dr., Sacramento, CA 95831). Minimum age: Inquire.

Special Events: On-call to assist with various events around the year. Duties may include: setup, breakdown, putting up decorations, wrapping raffle prizes, etc. Minimum age: 15

(inquire if younger)

Minimum Age: Inquire.

Contact Person: Khonnie Lattasima, Volunteer Manager

Email: klattasima@accsv.org

Phone: (916) 394-6399 ext. 143

Address: 7374 Park City Dr., Sacramento, CA 95831

Website: www.accsv.org

Social Media: (Facebook) facebook.com/accsv, (Twitter) @ACCSeniorSvc

Prerequisite: Fill out a Volunteer Interest form – available at website or pick up at ACC Senior Services (Campus location) – 7334 Park City Dr., Sacramento, CA 95831.

Eskaton

Description: Eskaton is Northern California's leading nonprofit provider for innovative health, housing and social opportunities for older adults.

Volunteer Opportunities: Available at multiple locations. Assist with games, arts and crafts, visit with residents, wheelchair chauffer, create life biographies, work events or share your talents such as singing or playing an instrument.

Minimum Age: Each community varies on age, but most have opportunities for volunteers younger than 18 years old.

Contact: Darlene Cullivan

Email: Darlene.cullivan@eskaton.org

Phone: (916) 334-0810, ext. 1177

Address: 5105 Manzanita Ave., Carmichael, CA 95608

Website: www.eskaton.org

Prerequisites: Volunteer application and orientation.

Oakridge Healthcare

Description: Skilled nursing facility providing 24-hour care for the elderly.

Volunteer Opportunities: Assist with activities, arts and crafts, bingo, and socialize with seniors.

Minimum Age: 16

Contact: Margret Atwater, Activity Director

Phone: (916) 782-3188

Email: N/A

Address: 310 Oakridge Dr., Roseville, CA 95678

Website: www.oakridgehealthcare.net

Prerequisites: Application.

Triple-R Adult Day Program

Description: Provides respite for caregivers, recreation for seniors with memory loss and resources for families.

Volunteer Opportunities: Activities include games, crafts, cooking, music, dancing, walks, exercise; visit with the clients and provide companionship.

Minimum Age: 14

Contact: Nina Moran

Email: nmoran@cityofsacramento.org

Phone: (916) 808-8375

Address: Triple-R has three locations: Midtown, Greenhaven, & North Sacramento.

Website: www.tripler.org

Prerequisite: Application. Ongoing volunteers must do a TB test.

VolunCare at Bruceville Terrace

Description: Dedicated to improving the life for residents in a skilled nursing facility.

Volunteer Opportunities: Socialize with the residents: read, do activities, be a caring friend.

Minimum Age: 15. Ages 17 and younger need parent signature.

Contact: George Arhelger

Email: george.arhelger@dignityhealth.org

Phone: (916) 423-6155

Address: 8151 Bruceville Rd., Sacramento, CA 95823

Website: <https://hospitals.dignityhealth.org/sacramento/Pages/hospitals/methodist-hospital-of-sacramento/Methodist-Hospital-of-Sacramento.aspx>

Prerequisites: Pick up application at Methodist Hospital (located at 7500 Hospital Dr., Sacramento, CA 95823).

YOUTH AND MENTORING

4-H Youth Development Program

Description: There is something for everyone in our programming. Whether it be taking responsibility of an animal or teaching children at an environmental science camp, the goal of our program is to help young people to discover and develop their potential and grow into competent, contributing and caring citizens.

Volunteer Opportunities: Youth Camp Counselors for 4-H On the Wild Side Camp, Teen Teacher for the 4-H Youth Experiences in Science Program.

Minimum Age: 14 with parental consent.

Contact Person: Jen Henkens

Email: sacramento4h@ucanr.edu

Phone: (916) 875-6530

Address: 4145 Branch Center Rd., Sacramento, CA 95827

Website: www.cesacramento.ucanr.edu/4H/

Social Media: (Facebook) facebook.com/pages/Sacramento-County-4-H

Prerequisite: Application.



California Coalition for Youth (California Youth Crisis Line)

Description: California Youth Crisis Line operates 24 hours a day, seven days a week as a statewide emergency response system for youth and their families in crisis or need.

Volunteer Opportunities: Crisis Counselors, Outreach Volunteers, Interns.

Minimum Age: 16

Contact: Carly Smith

Email: cycl@calyouth.org

Phone: (916) 514-4464



Address: PO Box 161448, Sacramento, CA 95816

Website: www.youthcrisisline.org

Social Media: (Facebook) [facebook.com/cayouthcrisisline](https://www.facebook.com/cayouthcrisisline), (Twitter) @calyouth

Prerequisite: Application, Interview, Reference Check, Background Check, Training. All volunteers receive 40 hours of training before taking crisis calls.

Chicks in Crisis, Inc.

Description: We assist women and teens who are currently pregnant or already parenting as well as foster and homeless youth.

Volunteer Opportunities: Assist with harvesting in the garden, painting, cutting lawns, raking, weed eating, pulling weeds, watering lawns, feeding the chickens, assisting with collecting items when donations are dropped off. Filing, sorting and bundling clothing, assist with sweeping, mopping, throwing out garbage, clean restrooms, help set up for events.

Minimum Age: 15

Contact Person: Gloria Benavides

Email: Gloria.chicksincrisis@gmail.com

Phone: (916) 683-5537

Address: 9455 East Stockton Blvd., Elk Grove, CA 95624

Website: www.chicksincrisis.org

Social Media: (Facebook) [facebook.com/OfficialCIC](https://www.facebook.com/OfficialCIC)

Prerequisite: Email or call Gloria if interested in volunteering.

Hands and Feet Homework Club

Description: We are a community service organization that exists to lovingly assist elementary students, who live in under-served apartment communities, with their homework. We provide a safe environment for kids to develop their physical abilities through outdoor playtime, their creative genius thru arts and crafts, and their social skills by interacting with positive role models.

Volunteer Opportunities: Currently servicing students at the Agave Apartment Homes, 10070 Willard Pkwy., Elk Grove, CA 95757, every Monday and Wednesday from 2:30-4:30 p.m.

Minimum Age: 13

Contact Person: Sharon Thurmond, President

Email: sharonthurmond@gmail.com

Phone: (916) 419-3711

Website: www.empoweringthefuture.org

Prerequisite: Call the contact person and complete a volunteer application.

Sacramento S.T.A.R.T.

Description: After school program for grades K-6.

Volunteer Opportunities: Homework assistance, enrichment, ex: (arts and crafts, singing, music, dancing), and recreation.

Minimum Age: 12

Website: www.sacstart.org or <http://bttr.im/bbxu6>

Prerequisites: Volunteers need to be at least 12 years old and in middle school.

The GreenHouse

Description: The GreenHouse is a nonprofit organization offering after-school tutoring, mentoring, spiritual development, and leadership development for under-resourced youth.

Volunteer Opportunities: Help at-risk youth reach proficiency in school through tutoring, enrichment workshops, and building relationships in our afterschool programming for 1st-6th grade (M,W,F 3:00 - 5:30) or 7th-12th grade (T, Th 3:30 - 5:30). Minimum commitment is once a week for 2 to 2.5 hours.

Minimum Age: 16

Contact: Josiah Gorter, Volunteer Coordinator

Email: josiah@thegreenhousecenter.org

Phone: (616) 644-6310

Address: 2201 Northview Dr., Sacramento, CA 95833

Website: www.thegreenhousecenter.org

Social Media: (Facebook)

[facebook.com/page/The-GreenHouse](https://www.facebook.com/page/The-GreenHouse)

Prerequisite: Call the contact person and complete a volunteer application.



