

# Youth Volunteer Directory



**A Comprehensive Directory  
of Non-Profit Organizations that  
Welcome Youth As Volunteers.**

- ★ Give Back to Your Community
- ★ Plan Your Future Career
- ★ Make a Difference
- ★ Develop New Skills

**VolunteerCenter**  
**OF SACRAMENTO**

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

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For additional copies of the directory please contact the  
Volunteer Center of Sacramento at (916) 567-3100  
or [info@volunteersac.org](mailto:info@volunteersac.org).

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.volunteersac.org](http://www.volunteersac.org) and click on Programs.

*(Please do not photocopy without consent from  
the Volunteer Center of Sacramento.)*

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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 of where your passion lies.

**STEP 2:** Look at the categorical listings of non-profit organizations. Is there an interest category that appeals to you?

Once you've found an interest category you like, look through the alphabetical non-profit 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:

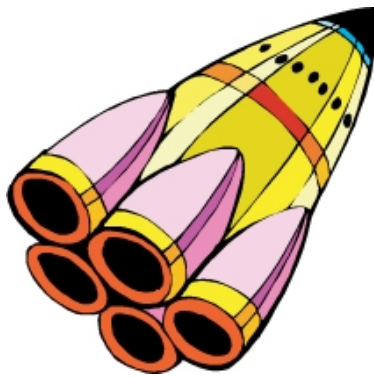
*"Hi, my name is (your name) and I am a student at (name of your school). My phone number is (your phone number). I read about your organization in the Youth Volunteer Directory and I am interested in finding out about volunteer opportunities at your agency. I would appreciate it if you would call me 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 and 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?)
- 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 Volunteer Center of Sacramento at (916) 567-3100 or [info@volunteersac.org](mailto:info@volunteersac.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 than back out because you are too busy to fit everyone into your schedule. Once you have signed up for something, people are counting on you.

### **Visit the organization before committing**

Get a sense of the staff and clients you will be working with and a feel for the overall environment. You may want to visit two or three non-profit 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're 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 into it. Volunteering requires no special degree or prior experience, simply a willingness to help.

## MATCHING YOUR TALENTS TO THE OPPORTUNITIES

### Ask yourself these questions:

- Do I work better with others or alone?
- Am I comfortable working in challenging environments?
- Do I like selling, soliciting, or negotiating?
- Am I comfortable asking people for support, money, or assistance?
- Do I work best when I direct my own efforts, or when others are in charge?
- Do I enjoy doing work I know I can easily do, or do I enjoy stretching my limits?
- To what special causes am I drawn?
- What are ten volunteer activities I would enjoy?

**Remember to visit [www.volunteersac.org](http://www.volunteersac.org) for more  
volunteer opportunities and check mark  
the “Opportunities for Volunteers 18 & Under” box!**

## VOLUNTEER RIGHTS AND RESPONSABILITIES

### **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**

City of Sacramento Animal Care Services  
County of Sacramento Animal Care and Regulation  
Folsom City Zoo Sanctuary  
Happy Tails  
Hearts & Hooves  
Homeward Bound Golden Retriever Rescue & Sanctuary, Inc.  
Placer County SPCA  
Puppy Love Rescue  
Sacramento Zoo  
Wildlife Care Association

### **Arts and Culture**

California Auto Museum  
California Museum  
California State Capitol Museum  
Celebration Arts Theater  
Crocker Art Museum  
Discovery Museum  
Fairytale Town  
Folsom History Museum  
KVIE Public Television

### **Build Healthy Communities**

American Heart Association  
American Red Cross  
BloodSource  
Breaking Barriers  
Child Abuse Prevention Council of Placer County  
City of Sacramento  
Cosumnes Community Service District  
Folsom Cordova Community Partnership  
Mothers Against Drunk Driving (MADD)

Oak Park Community Center  
Pancreatic Cancer Action Network  
Powerhouse Ministries  
Resource Area for Teachers (RAFT)  
United Way, California Capital Region

### **Civic Engagement**

Sacramento County Youth Commission  
Safetyville USA

### **Child Care**

4<sup>th</sup> "R" Child Care Program  
Child Abuse Prevention Council of Placer County  
Greenhouse Community Enrichment Center  
Ronald McDonald House Charities

### **Feed the Hungry**

Church of the Harvest  
Davis Community Meals  
Food Bank of Yolo County  
Food Not Bombs  
Loaves and Fishes  
Pierce Food Closet  
River City Community Services  
Sacramento Food Bank and Family Services  
Sacramento Hunger Coalition  
Meals on Wheels  
St. Philomene Church  
Wellspring Women's Center

### **Government Opportunities**

Internal Revenue Service  
City of Sacramento

## **Help People with Disabilities**

Horses for Healing  
Lend a Heart Animal-Assisted Therapy  
Ride to Walk  
Project R.I.D.E.  
Saddle Pals  
Society for the Blind  
Special Olympics of Northern California  
Very Inspirational People (VIP)

## **Hospitals**

Mercy General Hospital  
Shriner's Hospitals for Children

## **Housing the Homeless**

Habitat for Humanity  
Sacramento Area Emergency Housing Center  
St. John's Shelter for Women and Children  
My Sister's House

## **Libraries/Literacy Programs**

Amazing Facts Ministries  
Braille and Talking Library  
Sacramento Public Library  
Sacramento S.T.A.R.T.

## **Protecting the Environment**

American River Parkway Foundation  
Breathe CA of Sacramento  
ECOS, Environmental Council of Sacramento  
Effie Yeaw Nature Center  
Keep California Beautiful  
Sacramento Area Community Garden Coalition  
Sacramento Tree Foundation  
Tree Davis

## **Parks /Recreation /Camp Counseling**

Arcade Creek Recreation and Park District  
City of Sacramento Parks and Urban Forest  
Fulton-El Camino Parks and Recreation District  
Mission Oaks Parks and Recreation  
North Highlands Recreation Park District  
Orangevale Parks and Recreation District

## **Science and Technology**

Discovery Museum Science & Space Center  
Explorit Science Center

## **Supporting Seniors**

50+ Wellness Program  
Asian Community Center  
Eskaton  
Folsom Convalescent Hospital  
Greenhaven Country Place  
Oakridge Healthcare  
Triple “R” Adult Day Center  
VolunCare at Bruceville Terrace

## **Volunteer Centers/Referral Organizations**

Volunteer Center of Sacramento  
United Way  
InfoLine Sacramento, 2-1-1

## **Youth Mentoring**

4-H Youth Development Program  
Boys & Girls Club of Sacramento  
California Youth Crisis Line (CYCL)  
Chicks in Crisis  
Family Service Agency of Greater Sacramento, The Effort  
Hands and Feet Homework Club  
Moral Values Program

No Youth Left Behind Foundation of America  
Washington Neighborhood Center  
WIND Youth Services

#### **4-H Youth Development Program**

**Description:** helps diverse young people discover and develop their potential and grow into competent, contributing, and caring citizens.

**Volunteer Opportunities:** environmental camp counselors and engage in science activities with youth.

**Min Age:** 14

**Contact:** Samantha Thompson

**Email:** cesacramento@ucdavis.edu

**Phone:** (916) 875-6811

**Address:** 4145 Branch Center Road Sacramento, CA 95827

**Website:** www.cesacramento.ucdavis.edu

**Prerequisite:** Application

#### **4<sup>th</sup> “R” Child Care Program**

**Description:** This after-school program for K-6 welcomes volunteers to teach arts and crafts, music, dramatic skits, cheerleading or sports activities. Volunteers also share their knowledge of science & biology, through experiments and projects.

**Volunteer Opportunities:** Tutor children, teach arts & crafts, and supervise sport activities.

**Min Age:** 16

**Contact:** Corina Fong

**Email:** cfong@cityofsacramento.org

**Phone:** (916) 808-6025

**Address:** 5735 47th Avenue Sacramento, CA 95824

**Website:** www.cityofsacramento.org/ParksandRecreation/4thR

**Prerequisite:** Application

#### **50+ Wellness Program**

**Description:** Provides information on health and wellness in the greater Sacramento area as well as offering programs to promote health and vitality for adults over age 50.

**Volunteer Opportunities:** Volunteers assist in soccer tournament April 30 & May 1, 2011. Typical duties include event set up and take down, athlete check-in, distributing participant t-shirts, replenishing refreshments, serving lunch, and customer service.

**Min Age:** 16 and under with Adult

**Contact:** Kim Metcalf, Coordinator

**Email:** fiftypluswellness@cityofsacramento.org

**Phone:** 916-808-1593

**Address:** 2921 Truxel Road Sacramento, CA 95833

**Website:** www.cityofsacramento.org/parksandrecreation

**Prerequisites:** None

### **Amazing Facts Ministries**

**Description:** Amazing Facts is a Christian ministry dedicated to sharing the gospel of Jesus Christ and the three angels' message of Revelation 14.

**Volunteer Opportunities:** Send out literature, ship and box products, reply to emails, grade online bible studies.

**Min Age:** No minimum age with Adult Permission

**Contact:** Ana Arreygue

**Email:** aarreygue@amazingfacts.org

**Phone:** (916) 434-3880 x7206

**Address:** P.O. Box 1058 Roseville, CA 95678

**Website:** www.amazingfacts.org

**Prerequisites:** None

### **American Heart Association**

**Description:** Committed to reduce the rates of disability and death from cardiovascular diseases and stroke by reaching into the community and forming local branches to educate the public.

**Year Round Opportunities:** Clerical, data entry, telephones, assemble goodie bags, help with health fairs, and distribute literature.

**Min. Age:** 16

**Contact:** Ashley Goforth, Volunteer Coordinator

**Email:** Ashley.goforth@heart.org

**Phone:** (916) 446-6505

**Address:** 2007 O Street Sacramento, CA 95814

**Website:** www.americanheart.org

**Prerequisites:** Application

### **American Red Cross, Sacramento Sierra Chapter**

**Description:** 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:** Summer Health Fairs, Information Booths, and Hand out Literature.

**Min Age:** 15 (14 & younger with Adult)

**Contact:** Kathie O'Ray, Volunteer Resources Coordinator

**Email:** orayk@sacsierraredcross.org

**Phone:** (916) 993-7070 x 8

**Address:** 1565 Expedition Blvd., Sacramento, CA 95826

**Website:** [www.sacsierraredcross.org](http://www.sacsierraredcross.org)

**Prerequisites:** Application, Orientation, Background Check and Parent Waiver.

### **American River Parkway Foundation**

**Description:** Dedicated to the preservation, protection, enhancement, and appreciation of 5,000 acres of natural resource on the 23 miles of the American River Parkway.

**Year Round Opportunities:** Clean-ups, plant, cage and maintain oak trees, removal of invasive plants.

**Min Age:** 15 (14 and under with Adult)

**Contact:** Stacy Carlson, Volunteer Coordinator

**Email:** [volunteer@arpf.org](mailto:volunteer@arpf.org)

**Phone:** (916) 486-2773

**Address:** 5700 Arden Way Carmichael, CA 95608

**Website:** [www.arpf.org](http://www.arpf.org)

**Prerequisites:** Application

### **Arcade Creek Recreation and Park District**

**Description:** The Arcade Creek Recreation and Park District has two community parks, one neighborhood park and two natural creek trail areas.

**Volunteer Opportunities:** After School Program: helping kids with homework, reading, activities. Special events.

**Min Age:** 15

**Contact:** Julie Leber, Community Resources Director

**Email:** jleber@arcadecreekrecreation.com

**Phone:** (916) 482-8377

**Address:** 4855 Hamilton Street Sacramento, CA 95841

**Website:** www.arcadecreekrecreation.com

**Prerequisite:** Application with Parent Signature

### **Asian Community Center**

**Description:** Promotes the general welfare and enhances the quality of life for our community by identifying, developing, and providing culturally sensitive health and social services for older adults.

**Volunteer Opportunities:** Office Support, Mailings, Activities Assistant, Gardening, Laundry, Fundraisers, Craft & Bake Sale, Car Wash, Beautification Projects.

**Min Age:** 15

**Contact:** Khonnie Lattasima, Volunteer Coordinator

**Email:** volunteer@accsv.org

**Phone:** (916) 393-9026 x 225

**Address:** 7375 Park City Drive Sacramento, CA 95831

**Website:** www.accsv.org

**Prerequisite:** TB test if volunteering at nursing home

### **BloodSource**

**Description:** BloodSource consistently provides a readily available, safe blood supply to the Sacramento Community.

**Volunteer Opportunities:** Assist with Refreshments, Education, and Outreach at Blood Drives Throughout the Area.

**Min Age:** 16

**Min Time Commitment:** 6 months

**Contact:** Jana Emery or Jeri Van Winkle

**Email:** jana.emery@bloodsource.org or jeri.vanwinkle@bloodsource.org

**Phone:** (916) 456-1500. Ask to speak with Volunteer Services.

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

**Website:** www.bloodsource.org

**Prerequisites:** Application and Orientation

## **Boys & Girls Club of Sacramento**

**Description:** Inspires and enables all young people to reach their full potential as productive, caring, responsible citizens.

**Volunteer Opportunities:** Tutoring, homework assistance, computer technology, arts & crafts, snack preparation, athletics, game room, health & life skills.

**Min Age:** 16

**Contact:** Janna Tessman

**Email:** jtessman@bgcsac.org

**Address:** 1117 G Street Sacramento, CA 95814 or 5212 Lemon Hill Ave.

**Phone:** (916) 392-1350

**Website:** www.bgcsac.org

**Prerequisites:** Application

## **Braille and Talking Library**

**Description:** Lends books in Braille and long-playing records and cassette tapes to blind and disabled people.

**Volunteer Opportunities:** Assist with book inspections, machine cleaning, data entry, shelving, pulling books, light computer work, checking books out.

**Min Age:** 14

**Contact:** Mike Marlin

**Email:** mmarlin@library.ca.gov

**Address:** 900 N Street Sacramento, CA 95814

**Phone:** (916) 654-0640

**Website:** www.btbl.ca.gov

**Prerequisites:** Application

## **Breaking Barriers**

**Description:** Assists in the preventing and diagnosis of HIV/AIDS and provides care for people living with HIV/AIDS and women with breast cancer.

**Volunteer Opportunities:** Transit partners, driving to or from medical appointments, in-home support, household tasks, and office assistance.

**Min Age:** 16 (No minimum age if with Adult)

**Contact:** Rachel Pearman

**Email:** Rachel@bbcsc.org

**Address:** 2200 21st Street Sacramento, CA 95818

**Phone:** (916) 447-2437

**Website:** [www.breakingbarriers.org](http://www.breakingbarriers.org)

**Prerequisites:** None

### **Breathe CA of Sacramento**

**Description:** Their mission is dedicated to healthy air and preventing lung and other air-pollution related diseases by partnering with youth, advocating public policy, supporting air pollution research, and educating the public.

**Volunteer Opportunities:** Mentoring in youth programs (youth advocacy, advisory board, and movie review), folding and stuffing, counting donations, program assistance.

**Min Age:** 14

**Contact Information:** Raquel Lopez

**Email:** [rlopez@sacbreathe.org](mailto:rlopez@sacbreathe.org)

**Phone:** (916) 444-5900

**Address:** 909 12<sup>th</sup> Street Sacramento, CA 95814

**Website:** [www.sacbreathe.org](http://www.sacbreathe.org)

**Prerequisites:** Application

### **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:** newsletter, maintain social networking sites, clean and detail vehicles, gift shop assistance, and special events.

**Minimum Age:** No minimum age with parent; 16 unsupervised.

**Contact:** Karen McClafin

**Email:** [director@calautomuseum.org](mailto:director@calautomuseum.org)

**Phone:** (916) 442-6802

**Address:** 2200 Front Street Sacramento, CA 95818

**Website:** [www.calautomuseum.org](http://www.calautomuseum.org)

**Prerequisites:** None

## **California Council of the Blind**

**Description:** CCB's vision is that culture, laws, programs, and attitudes throughout California are inclusive of all people, especially persons who are blind or visually impaired.

**Volunteer Opportunities:** standard office tasks such as shredding, mailing, typing Braille; reading for or running errands for the blind during Northern California Convention of the Blind

**Minimum Age:** 16

**Contact:** Lily McCray

**Email:** lily.mccray@ccbnet.org

**Phone:** (800) 221-6359

**Address:** 1510 J Street Suite 125, Sacramento CA 95814

**Website:** www.ccbnet.org

**Prerequisites:** None

## **California Museum**

**Description:** This museum tells the story of California's History, Women and the Arts.

**Volunteer Opportunities:** Clerical, Museum Assistant, Tour Guide, Special Events.

**Minimum Age:** 15

**Contact:** Shelly Atkinson or Erin Crump

**Email:** satkinso@ss.ca.gov or ecrump@sos.ca.gov

**Phone:** (916) 651-1412

**Address:** 1020 O Street Sacramento, CA 95814

**Website:** www.californiamuseum.org

**Prerequisites:** None

## **California State Capitol Museum**

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

**Volunteer Opportunities:** Leading tours, museum gift shop, special events

**Min Age:** 16

**Contact:** Program Coordinator

**Email:** vipp@parks.ca.gov

**Phone:** (916) 324-0312 x 217 or (916) 653-9069

**Address:** 1315 10<sup>th</sup> Street Sacramento, CA 95814

**Website:** [www.capitolmuseum.ca.gov](http://www.capitolmuseum.ca.gov)

**Prerequisites:** Online Application

### **California Youth Coalition**

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

**Volunteer Opportunities:** Crisis counselors, volunteer coordinator, and/or outreach representative

**Min Age:** 16

**Contact:** Program Coordinator

**Email:** [cycl@calyouth.org](mailto:cycl@calyouth.org)

**Phone:** (916) 340-0505

**Address:** PO Box 161448 Sacramento, CA 95816

**Website:** [www.youthcrisisline.org](http://www.youthcrisisline.org)

**Prerequisites:** Pre-screening, Interview and Application. All crisis counselors receive 40 hours of training prior to receiving crisis calls.

### **Chicks in Crisis**

**Description:** Dedicated to reducing the number of infants facing abandonment, foster care, abuse, or death by giving pregnant women in crisis the opportunity to make informed choices.

**Volunteer Opportunities:** Sorting clothes, assembling hygiene packs and gift packs, clerical and office tasks.

**Min Age:** 14 (No Minimum Age with Adult)

**Contact:** Gloria, Outreach Program Manager

**Email:** [neyna1997@yahoo.com](mailto:neyna1997@yahoo.com)

**Phone:** (916) 441-1243

**Address:** 8517 Bond Road Elk Grove, CA 95624

**Website:** [www.chicksincrisis.org](http://www.chicksincrisis.org)

**Prerequisites:** Application

### **Child Abuse Prevention Council of Placer County**

**Description:** Agency dedicated to preventing child abuse.

**Volunteer Opportunities:** Tutoring in Homework Club Monday-Wednesday 4-6pm.

**Min Age:** 14

**Contact:** Mariel Grisales, Youth Volunteer Coordinator

**Email:** mgrisales@kidsfornow.org

**Phone:** (916) 772-2272

7311 Galilee Drive, Suite 105 Roseville, CA 95678

**Website:** www.childresources.org

**Prerequisites:** Application

### **Church of the Harvest**

**Description:** To build people in their knowledge and relationship with God.

**Volunteer Opportunities:** Assist with food ministry.

**Min Age:** 16

**Contact:** Pastor Cindy Costa

**Email:** info@churchofharvest.com

**Phone:** (916) 727-2684

**Address:** 8127 Auburn Blvd. Citrus Heights, CA 95610

**Website:** www.churchofharvest.com

**Prerequisite:** None

### **City of Sacramento**

**Description:** Volunteers are welcomed to help provide services and programs to its citizens. The City is committed to maintaining a close relationship between the community volunteers and the City government

**Volunteer Opportunities:** Fairs, festivals, performances, children's activities.

**Min Age:** 12

**Contact Information:** Mary Lynn Perry, Volunteer Coordinator

**Email:** mperry@cityofsacramento.org

**Phone:** (916) 808-8317

**Address:** 915 I Street, Second Floor Sacramento, CA 95814

**Website:** www.cityofsacramento.org/volunteers

**Prerequisites:** Application

### **City of Sacramento Parks and Urban Forests**

**Description:** Maintains more than 210 developed 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.

**Min Age:** 18 & younger with Adult

**Contact:** Julie Mier, Volunteer Program Coordinator

**Email:** [jmier@cityofsacramento.org](mailto:jmier@cityofsacramento.org)

**Phone:** (916) 808-2285

**Address:** 5730 24th Street, Building 3 Sacramento, CA 95822

**Website:** [www.cityofsacramento.org/parksandrecreation](http://www.cityofsacramento.org/parksandrecreation)

**Prerequisites:** Application

### **City of Sacramento Animal Care Services**

**Description:** Operates the City of Sacramento's animal shelter, impounds loose and stray animals, and provides pet adoption services.

**Volunteer Opportunities:** Assist with special events, handling and exercising dogs and cats, pet grooming and bathing, office work, adoption clinics and education.

**Min Age:** 13

**Contact:** Wambui Prouty

**Email:** [wprouty@cityofsacramento.org](mailto:wprouty@cityofsacramento.org)

**Phone:** (916) 808-8166

**Address:** 2127 Front Street Sacramento, CA 95818

**Website:** [www.cityofsacramento.org/generalservices/animal-care](http://www.cityofsacramento.org/generalservices/animal-care)

**Prerequisites:** Application and Orientation (Second Wednesday of each month)

### **County of Sacramento Animal Care and Regulation**

**Description:** provides public safety and protects the health and welfare of the animals in our communities.

**Volunteer Opportunities:** Adoption assistance, dog walking, cat socializing, bathing, grooming, and reuniting lost pets with their owners, office tasks.

**Min Age:** 16

**Contact:** Celeste Ingrid, Volunteer Coordinator

**Email:** [ingridc@SacCounty.net](mailto:ingridc@SacCounty.net)

**Phone:** (916) 875-5848

**Address:** 4290 Bradshaw Ave. Sacramento, CA 95827

**Website:** [www.msa2.saccounty.net](http://www.msa2.saccounty.net)

**Prerequisite:** Orientation second Wednesday of each month from 6-7:30pm at 4145 Branch Center (corner of Kiefer & Branch Center)

### **Crocker Art Museum**

**Description:** In addition to its fine permanent art collection and special shows, the Crocker provides programs for families, children, teens, and adults.

**Volunteer Opportunities:** The Crocker's newly formed Teen Action Team gives youths the opportunity to plan program "for teens, by teens." Team meets monthly.

**Min Age:** 13

**Contact:** Emma Moore

**Email:** [emoore@cityofsacramento.org](mailto:emoore@cityofsacramento.org)

**Phone:** (916) 808-1961

**Address:** 216 O Street Sacramento, CA 95814

**Website:** [www.crockerartmuseum.org](http://www.crockerartmuseum.org)

**Prerequisite:** Call in Advance

### **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. Other volunteer duties vary within the shelter/transitional housing program and cold weather shelter.

**Minimum Age:** 12

**Contact:** Harmony Scopazzi

**Email:** [volunteersatdcm@sbcglobal.net](mailto:volunteersatdcm@sbcglobal.net)

**Phone:** (530) 756-4008

**Address:** 1111 H Street Davis, CA 95616

**Website:** [www.daviswiki.org/davis\\_community\\_meals](http://www.daviswiki.org/davis_community_meals)

**Prerequisite:** None

### **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, Museum Store Assistant, Special Events, Administrative support.

**Min Age:** 16

**Contact:** Ruby Shin, Volunteer Coordinator

**Email:** rshin@powerhousesciencecenter.org

**Phone:** (916) 575-3942

**Address:** 3615 Auburn Blvd. Sacramento, CA 95821

**Website:** www.thediscovery.org

**Prerequisite:** Six month commitment

### **ECOS, Environmental Council of Sacramento**

**Description:** Environmental organization that supports coordinated land use and transportation planning discourages urban sprawl and encourages preservation and enhancement of the ecology of our open spaces and reduction of pollution.

**Volunteers Opportunities:** ECOS has many volunteer opportunities from research, to outreach, to projects and special events.

**Minimum Age:** 14

**Contact:** John Ellison, Program Director

**Email:** volunteer@ecossacramento.net

**Address:** 909 12<sup>th</sup> Street, Suite 100 Sacramento, CA 95814

**Phone:** (916) 444-0022

**Website:** www.ecosacramento.net

**Prerequisite:** Application

### **Effie Yeaw Nature Center**

**Description:** Committed to creating a greater awareness, understanding and appreciation of the natural and cultural resources of Sacramento.

**Volunteer Opportunities:** Animal Care Assistant- help clean, feed, and tend to resident animals which are mostly snakes, hawks, and owls. Vacation Fun Days Assistant- assist staff in teaching children about nature - tasks include setting up, signing kids in and out, helping with crafts or science activities, going on hikes, and

clean up. Special Event Assistant- set up and take down lights and chairs during special events.

**Min Age:** 14

**Contact:** Jamie Washington, Volunteer Coordinator

**Email:** washingtonj@SacCounty.NET

**Address:** 2850 San Lorenzo Way Carmichael, CA 95608 (Ancil Hoffman Park)

**Phone:** (916) 489-4918 x 224

**Website:** www.msa2.saccounty.net/parks/effieyeaw/Pages/default.aspx

**Prerequisites:** Orientation and Training (depending on task)

## **Eskaton**

**Description:** Eskaton is northern California's leading provider for innovative health, housing and social opportunities for seniors.

**Volunteer Opportunities:** Volunteer opportunities vary. Examples include assisting with bingo, art projects, or card games, socializing with the residents, or sharing your talents such as singing or playing an instrument.

**Min Age:** Some Eskaton facilities have opportunities for volunteers less than 18 years of age. Please contact Eskaton for further information.

**Contact:** Terri Becker

**Email:** [terri.becker@eskaton.org](mailto:terri.becker@eskaton.org)

**Phone:** (916) 334-1072 x 1407

**Address:** 5105 Manzanita Avenue Carmichael, CA 95608

**Website:** www.eskaton.org

**Prerequisites:** Varies

## **Explorit Science Center**

**Description:** Engage people in science experiences that touch lives.

**Year Round Opportunities:** Science Teaching Assistants for Summer Camp & Year Round. Assist visitors with exhibits.

**Min Age:** 12

**Contact:** Kristin Sizemore, Volunteer Coordinator

**Email:** Kristin@explorit.org

**Phone:** (530) 756-0191

**Address:** 2801 Second Street Davis, CA 95618

**Website:** www.explorit.org

**Prerequisites:** Application

### **Fairytale Town**

**Description:** Fairytale Town is a 2.5 acre children's literacy museum, dedicated to the imagination creativity and education of children.

**Volunteer Opportunities:** Costumed characters, animal assistant, maintenance help, theatre usher, theatre assistant, storytelling, front gate greeters, candle making, arts & crafts, event prep, office assistant.

**Minimum Age:** 13

**Contact:** Sharlene Lal-Hernandez, Education & Program Coordinator

**Email:** [volunteers@fairytaletown.org](mailto:volunteers@fairytaletown.org)

**Phone:** (916) 808-7979

**Address:** 3901 Land Park Drive Sacramento, CA 95822

**Website:** [www.fairytaletown.org](http://www.fairytaletown.org)

**Prerequisite:** Mandatory Orientation held in January, April, July, & October

### **Family Service Agency of Greater Sacramento, The Effort**

**Description:** Transforms and improves lives by offering an integrated continuum of mental health care, addictions treatment, and health care services for individuals, families, and the community in the Sacramento region.

**Volunteer Opportunities:** Work with the recreation staff on activities for elementary children, and other events.

**Min Age:** 16

**Contact:** Richard Cook

**Email:** [info@theeffort.org](mailto:info@theeffort.org)

**Phone:** (916) 325-5556

**Address:** 1820 J Street Sacramento, CA 95814

**Website:** [www.theeffort.org](http://www.theeffort.org)

**Prerequisites:** Application

### **Folsom Convalescent Hospital**

**Description:** The Folsom Convalescent Home specializes in making the elderly feel important and cared for with dignity.

**Volunteer Opportunities:** Assisting with various activities.

**Min Age:** 16

**Contact:** Gloria Gourden, Activity Director

**Phone:** (916) 985-3641

**Address:** 510 Mill Street Folsom, CA 95630

**Website:** [www.folsom.ca.us](http://www.folsom.ca.us)

**Prerequisites:** Application

### **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:** food prep, sort donations, create food boxes, provide play care and read to children.

**Min Age:** 16

**Contact:** Robert Farley

**Email:** [rfarley@thefccp.org](mailto:rfarley@thefccp.org)

**Phone:** (916) 361-8684 x 247

**Address:** 10455 Investment Circle Rancho Cordova, CA 95670

**Website:** [www.thefccp.org](http://www.thefccp.org)

**Prerequisites:** Application

### **Folsom History Museum**

**Description:** Home to a wonderful collection of artifacts and treasures that chronicle the settlement and development of the Folsom area.

**Volunteer Opportunities:** Touring visitors, helping in janitorial duties, assisting in the museum store, offering administrative support along with special events.

**Min Age:** 16 (younger with an adult)

**Contact:** Mary Mast or Melissa Pedroza

**Email:** [info@folsomhistorymuseum.org](mailto:info@folsomhistorymuseum.org)

**Phone:** (916) 985-2707

**Address:** 823 Sutter Street Folsom, CA 95630

**Website:** [www.FolsomHistoryMuseum.org](http://www.FolsomHistoryMuseum.org)

**Prerequisite:** Call in Advance

### **Folsom City Zoo Sanctuary**

**Description:** The Folsom City Zoo Sanctuary is historically committed to educational and interpretive concepts, exhibits, and programs that stress the

intrinsic worth of every animal as an individual living being, as well as a species.

**Volunteer Opportunities:** Zookeeper Aide and Junior Keeper ZAP Program.

**Min Age:** 11 (16 for Zookeeper Aide)

**Contact:** Kay Banyard, Volunteer Coordinator/Zookeeper

**Email:** kbanyard@folsom.ca.us

**Phone:** Email only please

**Address:** 403 Stafford Street Folsom, CA 95630

**Website:** www.folsomzoo.com

**Prerequisites:** Complete Application and Orientation. Love for animals!

### **Food Bank of Yolo County**

**Description:** Helping to feed the hungry in Yolo County.

**Volunteer Opportunities:** Reception, bilingual in Spanish to help nutritionist, and general warehouse work.

**Min Age:** 17

**Contact:** Teryl Warren

**Email:** teryl@foodbankyc.org

**Phone:** (530)-668-0690

**Address:** 1244 Fortna Avenue Woodland, CA

**Website:** ww.foodbankyc.org

**Prerequisites:** Closed toe, closed heel shoes and a willing heart!

### **Food Not Bombs**

**Description:** Every Sunday at 1:30pm Food Not Bombs serves free vegetarian food to people in need. Everything is transported via bike trailer.

**Volunteer Opportunities:** Serve food, help with food preparation, pick up food donations, clean up, copy and/or distribute flyers, table at businesses or events or organize a fundraiser.

**Min Age:** Open to all ages, 12 and under must be accompanied by an adult.

**Contact:** Davida Douglas

**Email:** sactofoodnotbombs@yahoo.com

**Phone:** (916) 451-6503 or (916) 441-4812

**Address:** Caesar Chavez Park (10<sup>th</sup> & I Street)

**Website:** www.sacramentofnb.com

**Prerequisites:** None

### **Fulton-El Camino Parks and Recreation District**

**Description:** Provides recreational activities for all ages, including sports, special interest classes, aquatics, preschool, senior club and more.

**Volunteer Opportunities:** Park clean ups, special children's events

**Min Age:** 13

**Contact:** Teri deRosier, Recreation Coordinator

**Email:** tderosier@fecrecpark.com

**Phone:** (916) 927-3802 x 114

**Address:** 2201 Cottage Way Sacramento, CA 95825

**Website:** www.fecrecpark.com

**Prerequisites:** Application

### **Greenhaven Country Place**

**Description:** Dedicated to bringing out the best in seniors through activities, exercise, and music.

**Volunteer Opportunities:** Helping out with activities, arts & crafts, one on one visitation, bingo, cooking, and reading. Groups welcome

**Min Age:** 14

**Contact:** Karen Sterjen

**Email:** karen.sterken@eskaton.org

**Phone:** (916) 393-2550

**Address:** 455 Florin Road Sacramento CA 95831

**Website:** www.eskaton.org

**Prerequisite:** Must have parent sign application

### **Greenhouse Community Enrichment Center**

**Description:** Cultivates a thriving community by nurturing the emotional, spiritual, intellectual, and physical development of youth and inspires them to grow to their full potential.

**Volunteer Opportunities:** Study Buddy to help first-sixth graders with homework, encourage positive social interaction, and help them keep focused on activities. Mondays, Wednesdays, and Fridays from 3:00-5:30pm.

**Minimum Age:** 16

**Contact:** Kacie Stratton

**Email:** kacie@thegreenhousecenter.org

**Phone:** (916) 402-7978

**Address:** 718 Northfield Drive Sacramento, CA 95833

**Website:** [www.thegreenhousecenter.org](http://www.thegreenhousecenter.org)

**Prerequisite:** Six month commitment, application and finger printing.

### **Habitat for Humanity**

**Description:** Prospective Homeowners, Staff and Volunteers build houses to help promote a strong community.

**Volunteer Opportunities:** Construction, Warehouse, Office and Special Events.

**Min Age:** 16 & up with Adult

**Contact:** Christine Roybal, Director of Programs & Services

**Email:** [croybal@shfh.org](mailto:croybal@shfh.org)

**Phone:** (916) 440-1215 x1115

**Address:** 8351 Umbria Avenue Bldg 5, Bay 1 Sacramento, CA 95828

**Website:** [www.shfh.org](http://www.shfh.org)

**Prerequisites:** Application, HabiTour, Volunteer Orientation & Safety Training

### **Hands and Feet Homework Club**

**Description:** Hands and Feet Homework Club serves K-12<sup>th</sup> grade residents of low income apartment complexes with after school homework help, reading and math intervention and enrichment activities (arts and crafts, cooking projects, science projects, sports, etc.)

**Volunteer Opportunities:** Tutoring

**Contact:** Ann Donaghy

**Email:** [ann\\_donaghy@yahoo.com](mailto:ann_donaghy@yahoo.com)

**Phone:** (916) 575-8930

**Address:** 4887 Crest Drive, Sacramento, CA 95835

**Website:** [www.empoweringthefuture.org](http://www.empoweringthefuture.org)

**Prerequisites:** N/A

### **Happy Tails**

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

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

**Min Age:** 12

**Contact:** Mary Harrison, Junior Program Coordinator

**Email:** happytailsjuniors@gmail.com

**Phone:** (916) 708-8235

**Address:** 6001 Folsom Blvd Sacramento, CA 95819

**Website:** www.happytails.org

**Prerequisites:** Application & Attend Orientation with Parent (Second Saturday of the Month at 2pm)

### **Hearts & Hooves**

**Description:** brings miniature horses to people who need therapeutic healing in hospitals, nursing homes, hospices and special schools - anywhere their warm touch is needed.

**Volunteer Opportunities:** escorting mini's on visits and at special events, administrative assistance and ranch maintenance.

**Minimum Age:** 8

**Contact:** Maureen Ferreria

**Email:** hhooves@yahoo.com

**Phone:** (916) 991-3480

**Address:** P.O. Box 2175 North Highlands, CA 95660

**Website:** www.heartsandhooves-sacramento.org

**Prerequisites:** Online Application

### **Homeward Bound Golden Retriever Rescue & Sanctuary, Inc.**

**Description:** Securing safe, loving homes for displaced or homeless Golden Retrievers at a no-kill sanctuary.

**Volunteer Opportunities:** Administrative Support, Bath/Grooming, Walking, Training, Play Groups, Feeding, Kennel Cleaning, Socializing, Landscape/Gardening

**Minimum Age:** 13

**Contact:** Don Fuller

**Email:** volunteering@homewardboundgoldens.org

**Phone:** (916) 655-1410

**Address:** 7495 Natomas Road Elverta, CA 95626

**Website:** [www.homewardboundgoldens.org](http://www.homewardboundgoldens.org)

**Prerequisites:** Application

### **Horses for Healing**

**Description:** Dedicated to enhancing the physical and spiritual well-being of special needs individuals and their loved ones through involvement with horses.

**Volunteer Opportunities:** Setting up games, cleaning up the arena, assisting at the gate, side-walking with student, special events.

**Minimum Age:** 14

**Contact:** Diana Kemmerle

**Email:** [info@horsesforhealing.org](mailto:info@horsesforhealing.org)

**Phone:** (530) 887-9573

**Address:** 13355 Bell Brook Drive Auburn, CA 95602

**Website:** [www.horsesforhealing.org](http://www.horsesforhealing.org)

**Prerequisites:** Sign up through website.

### **InfoLine Sacramento, 2-1-1 Sacramento**

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

**Volunteer Opportunities:** Link callers with social service programs using database, collect and record demographic data on callers, communicate with people of diverse social, ethnic, and economic backgrounds.

**Minimum Age:** 16

**Contact:** Laurie Simon

**Email:** [laurie.simon@211sacramento.org](mailto:laurie.simon@211sacramento.org)

**Phone:** (916) 442-4273 x101

**Website:** [www.211sacramento.org](http://www.211sacramento.org)

**Prerequisite:** Application

### **Internal Revenue Service**

**Description:** Volunteer Income Tax Assistance and Tax Counseling for the Elderly. The VITA Program offers free tax help to low- to moderate-income people.

**Volunteer Opportunities:** Greeters, welcome and sign in the clients and answer general questions. Runners assist reviewers and preparers in whatever fashion is

necessary. Volunteer from February 1 through April 15.

**Minimum Age:** 14

**Contact:** Carolyn Louderback

**Email:** carolyn.louderback@irs.gov

**Phone:** 916-974-5046

**Address:** 4330 Watt Avenue Sacramento CA 95821

**Website:** www.irs.gov

**Prerequisites:** Application

### **Keep California Beautiful**

**Description:** Its mission is to ignite individual, community and corporate responsibility and pride through active resource conservation and waste minimization to enhance California's beauty for generations to come.

**Volunteer Opportunities:** highway pickup, park beautification, recycling programs

**Min Age:** 11

**Contact:** Christine Flowers

**Email:** cflowers@cleanca.org

**Phone:** 916-368-9301

**Address:** 8950 Cal Center Drive Suite 145 Sacramento, CA 95826

**Website:** www.keepcaliforniabeautiful.com

**Prerequisite:** Application

### **KVIE Public Television**

**Description:** Non-profit television station dedicated to providing quality educational programs to the central valley.

**Volunteer Opportunities:** On-Air Phone banks

**Min Age:** 16, however High School Students may form a volunteer phone bank of 8-16 people with an adult supervisor in attendance.

**Contact:** Andrea Guirdry

**Email:** aguirdry@kvie.org

**Phone:** (916) 641-3594

**Address:** 2030 W. El Camino Ave Sacramento CA 95833

**Website:** www.kvie.org

**Prerequisites:** Vary; please visit our website for more info

## **Lend a Heart Animal-Assisted Therapy**

**Description:** An animal-assisted therapy program involves volunteers taking their skilled therapy dogs and cats to visit individuals in nursing homes, hospitals, convalescent centers and schools or institutions for the mentally and physically handicapped

**Volunteer Opportunities:** Youth volunteers may attend & actively perform services at therapy program visits and fundraisers on an ongoing basis. Minimum commitment of once a month.

**Min Age:** 10-17 must be accompanied by adult Lend-A-Heart Member.

**Contact:** Volunteer Coordinator

**Email:** [info@lendaheart.org](mailto:info@lendaheart.org)

**Phone:** Email Only

**Address:** P.O. Box 60617 Sacramento, CA 95860

**Website:** [www.lendaheart.org](http://www.lendaheart.org)

**Prerequisites:** Application, Orientation, Training

## **Loaves and Fishes**

**Description:** Feeds the hungry and shelters the homeless by providing an oasis of welcome, safety, and cleanliness for men, women and children seeking survival services.

**Volunteer Opportunities:** Kitchen Help, Prepare & Serve Meals, Clean Up, Wash dishes, Mop Floors, and Set Tables.

**Min Age:** 14

**Contact:** Sandra Morris, Volunteer Coordinator

**Email:** [volunteer@SacLoaves.org](mailto:volunteer@SacLoaves.org)

**Phone:** (916) 446-0874

**Address:** 1321 North C Street Sacramento CA 95814

**Website:** [www.sacloaves.org](http://www.sacloaves.org)

**Prerequisite:** Please call ahead. Orientation if Long Term.

## **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:** Special Events: Planning & Organizing. Fundraising, Administrative, Outreach & Communications, Work with Local Law Enforcement &

Alcohol Retailers, Health Fairs, and Victim Advocates.

**Minimum Age:** 13 (exceptions can be made)

**Contact:** Becky Wood, Program Specialist

**Email:** BWood@maddcalifornia.org

**Phone:** (916) 481-6233 x109

**Address:** 2222 Watt Avenue, Suite C1 Sacramento CA, 95825

**Website:** www.madd.org

**Prerequisite:** Application with Parent Signature and Orientation

### **Mercy General Hospital**

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

**Volunteer Opportunities:** Information Desk (assist visitors), Hospitality Cart (offering refreshments), Clerical Work and Nursing Assistance.

**Minimum Age:** 14

**Contact:** Ajeshni Jouhal

**Email:** Ajeshni.Jouhal@chw.edu

**Address:** 4001 J Street Sacramento, CA 95819

**Phone:** (916) 453-4559

**Website:** www.mercygeneral.org

**Prerequisites:** Interview & Orientation

### **Mission Oaks Parks and Recreation District**

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

**Volunteer Opportunities:** Front desk, help prepare serve and clean up the daily lunch program, bingo caller, camp leaders, and a variety of special events from Egg Hunts to Concerts and Dances.

**Minimum Age:** 12

**Contact:** Rich Jennings

**Email:** rjennings@morpd.com

**Address:** 3344 Mission Avenue Carmichael CA 95608

**Phone:** (916)488-7276 x 3008

**Website:** www.morpd.com

**Prerequisites:** Application

## **Moral Values Program**

**Description:** The mission is to build stronger youth through the principals of the program which are: Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit

**Volunteer Opportunities:** Helping children with homework, reading, art projects, swimming pool supervision, sports activities, snack time, serve dinner, general office work.

**Minimum Age:** 16

**Contact:** Angie Murray, Volunteer Coordinator

**Email:** Please call

**Phone:** (916) 421-1995

**Address:** 2891 32<sup>nd</sup> Avenue Sacramento, CA 95824

**Website:** [www.mvpsacramento.com](http://www.mvpsacramento.com)

**Prerequisites:** None

## **My Sister's House**

**Description:** a safe haven for Asian and Pacific Islander women and children impacted by domestic violence.

**Volunteer Opportunities:** assist shelter clients, answer help line, translate for clients or help with special events.

**Min Age:** 16

**Contact:** Angela Chi

**Email:** [info@my-sisters-house.org](mailto:info@my-sisters-house.org)

**Phone:** (916) 428-7378 or (916) 868-7820 or (916) 930-0626

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

**Website:** [www.my-sisters-house.org](http://www.my-sisters-house.org)

**Prerequisites:** Download application online.

## **No Youth Left Behind Foundation of America**

**Description:** Help remove the barriers that face the "At Risk Youth" population

**Volunteer Opportunities:** Mentors, tutors, assist in the sports program. Groups welcome.

**Min Age:** 12

**Contact:** Chameka Roberts

**Email:** [mika\\_nylb@live.com](mailto:mika_nylb@live.com)

**Phone:** 916-919-7460

**Address:** 8011 Elsie Ave. Sacramento, CA 95828

**Website:** [www.noyouthleftbehindfoundation.org](http://www.noyouthleftbehindfoundation.org)

**Prerequisites:** Application

### **North Highlands Recreation and Park District**

**Description:** Provides park, recreational facilities and programs to the public.

**Volunteer Opportunities:** Work with elementary school children in after school programs. Help needed for annual community events: Halloween and Christmas parties, Easter Egg Hunt and Carnival.

**Minimum Age:** 16

**Contact:** Christie Dentry, Recreation Supervisor

**Email:** [christie@nhrpd.org](mailto:christie@nhrpd.org)

**Phone:** (916) 332-7440

**Address:** 6040 Watt Avenue North Highlands, CA 95660

**Website:** [www.nhrpd.org](http://www.nhrpd.org)

**Prerequisites:** Application

### **Oak Park Community Center**

**Description:** Provides recreation activities and food to the Oak Park community.

**Volunteer Opportunities:** General cleaning set up & break down of special events. 4<sup>th</sup> Wednesday of the month help distribute food and prepare grocery bags. Help with bingo and other recreation activities.

**Minimum Age:** 15

**Contact:** Dee Dee Cornelius

**Email:** [dcorneli@cityofsacramento.org](mailto:dcorneli@cityofsacramento.org)

**Phone:** (916) 808-6151

**Address:** 3425 Martin Luther King Jr. Blvd. Sacramento, CA

**Website:** [www.cityofsacramento.org](http://www.cityofsacramento.org)

**Prerequisites:** None

### **Oakridge Healthcare**

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

**Volunteer Opportunities:** Assist with Activities, Arts & Crafts, Bingo, and converse with seniors.

**Min Age:** 16

**Contact:** Evel Rosales, Activity Director

**Phone:** (916) 782-3188

**Address:** 310 Oakridge Drive Roseville, CA 95661

**Website:** [www.oakridgehealthcare.net](http://www.oakridgehealthcare.net)

**Prerequisites:** Application

### **Old Sacramento Living History Program**

**Description:** To teach while entertaining the history of Old Sacramento and to create a living street museum with authentically costumed characters, performing re-enactments, giving tours, and participating in events.

**Volunteer Opportunities:** Assist with set up of the tents and site, tear-down and general assistance during the time of the program.

**Minimum Age:** 14

**Contact Information:** Janessa West

**Email:** [jwest@cityofsacramento.org](mailto:jwest@cityofsacramento.org)

**Phone:** (916) 808-4980

**Address:** 101 I Street Sacramento, CA 95814

**Website:** [www.oldsacramentolivinghistory.com](http://www.oldsacramentolivinghistory.com)

**Prerequisites:** Application

### **Orangevale Parks and Recreation District**

**Description:** Provides recreational programs for children and adults.

**Volunteer Opportunities:** Maintenance and office work.

**Minimum Age:** 16

**Contact:** Brandy Kunakey, Recreation Supervisor

**Email:** [kunakeyorpd@sbcglobal.net](mailto:kunakeyorpd@sbcglobal.net)

**Phone:** (916) 988-6140

**Address:** 6826 Hazel Avenue Orangevale, CA 95662

**Website:** [www.orangevalecommunitycenter.com](http://www.orangevalecommunitycenter.com)

**Perquisites:** Application

### **Pancreatic Cancer Action Network**

**Description:** dedicated to working together to advance research, support patients and create hope for those affected by pancreatic cancer.

**Volunteer Opportunities:** fundraising events, education and outreach (health fairs), general help at raising awareness for Pancreatic Cancer.

**Minimum Age:** 16

**Contact:** Melissa Tobin

**Email:** mtobin@pancanvolunteer.org

**Phone:** (916) 494-3815

**Website:** www.pancan.org

**Prerequisite:** None

### **Pierce Food Closet**

**Description:** Prepares and serves food to the hungry in West Sacramento.

**Volunteer Opportunities:** Bag and distribute food.

**Minimum Age:** 16

**Contact:** Ruby Pierce

**Email:** None

**Phone:** (916) 371-6343

**Address:** 2113 Manchester Street West Sacramento

**Website:** www.targethunger.com

**Prerequisite:** None

### **Placer SPCA**

**Description:** Dedicated to facilitating the humane treatment of animals in Placer County as well as a safer, healthier community overall.

**Volunteer Opportunities:** With parent supervision: dog and cat socializing, special events, fostering, mobile pet unit, dog walker.

**Minimum Age:** 13

**Contact:** Cory Bertoglio, Volunteer Coordinator

**Email:** volunteer@placerspca.org

**Phone:** (916) 782-7722 x 104

**Address:** 150 Corporation Yard Road Roseville, CA 95678

**Website:** www.placerspca.org

**Prerequisite:** Orientation

### **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:** Office work, maintenance, food closet, child care.

**Minimum Age:** 14 (younger with adult)

**Contact:** Lisa Neuman

**Email:** phoffice@powerhouse-ministries.org

**Phone:** (916) 983-0658 x 204

**Address:** 705 Wales Drive, Folsom, CA 95630

**Website:** www.powerhouse-ministries.org

**Prerequisite:** None

### **Project R.I.D.E.**

**Description:** Offers therapeutic horseback riding instruction to children and adults with special needs.

**Volunteer Opportunities:** Stable management, office work, barn and ranch workdays, fundraisers, side walker, horse feeder, stable assistant.

**Minimum Age:** 14 (younger with adult)

**Contact:** Marisa DeSalles, Volunteer Coordinator

**Email:** volunteer@projectride.org

**Phone:** (916) 685-7433

**Address:** 8840 Southside Avenue Elk Grove, CA 95624

**Website:** www.projectride.org

**Prerequisite:** Application

### **Puppy Love Rescue**

**Description:** Rescues, fosters, sprays/neuters, adopts out homeless cats and dogs.

**Volunteer Opportunities:** Help at adoption clinics, make phone calls, transport animals to and from vets. Foster a pet for 2 weeks.

**Minimum Age:** 12

**Contact:** Debra Armstrong, President

**Email:** debbie@puppylove-lovecats.org

**Phone:** (916) 649-1805

**Address:** PO Box 13543 Sacramento, CA 95853

**Website:** [www.puppyloverescue.com](http://www.puppyloverescue.com)

**Prerequisite:** Application and Orientation

### **Resource Area for Teachers (RAFT)**

**Description:** Provides teachers and those who teach children inexpensive materials, lessons, activity kits, and resources to encourage hands on learning, in the classroom or community group.

**Volunteer Opportunities:** Greeting, membership assistance, floor assistance, baggers, computer/tech sales, sticker and retail assistance, helping with lamination, book making, copying, dye-cutting, shelf stocking, helping customers load items.

**Minimum Age:** 12

**Contact:** Mark Anderson

**Email:** [sacraft@grant.k12.ca.us](mailto:sacraft@grant.k12.ca.us)

**Phone:** (916) 640-1442

**Address:** 3136 Howard Street McClellan, CA 95652

**Website:** [www.raftsac.org](http://www.raftsac.org)

**Prerequisite:** Submit a youth waiver downloadable on website.

### **Ride to Walk**

**Description:** Therapeutic horseback riding program for neurologically challenged children and young adults.

**Volunteer Opportunities:** Groomer, side walker, horse leader, grooming and arena monitor, clean up.

**Minimum Age:** 14

**Contact:** Susan Brouwer

**Email:** [ridetowalk@sbcglobal.net](mailto:ridetowalk@sbcglobal.net)

**Phone:** (916) 434-0693

**Address:** Office: 8485 Barton Road Granite Bay, CA 95746

Riding Facility: 1630 Highway 193 Lincoln, CA 95648

**Website:** [www.ridetowalk.org](http://www.ridetowalk.org)

**Prerequisite:** Application

### **River City Community Services**

**Description:** Serves anyone experiencing hunger from anywhere in Sacramento County. Offers nutritionally balanced 3 day emergency food supply and shelter assistance.

**Volunteer Opportunities:** Help at food closet bagging food, placing food orders for families, clerical work. Hours are 11:30-3pm.

**Minimum Age:** Under 16 with Adult

**Contact:** Eileen Thomas, Executive Director

**Email:** ethomas@rivercityfoodbank.com

**Phone:** (916) 446-2627

**Address:** 1319 27<sup>th</sup> Street Sacramento, CA 95816

**Website:** www.rivercitycommunityservices.org

**Prerequisites:** Interview

### **Ronald McDonald House Charities**

**Description:** provides affordable, temporary housing to families who must travel to the Sacramento-area to receive medical treatment for their seriously ill or injured child at any of the area hospitals.

**Volunteer Opportunities:** yard maintenance, pull weeds, trim bushes and pick up trash. Second Saturday every month from 9:30-12pm except in December.

**Minimum Age:** None, Under 12 with Adult.

**Contact:** Lois Polaschek

**Email:** lpolaschek@rmhcnc.org

**Phone:** (916) 734-4226

**Address:** 2555 49<sup>th</sup> Street Sacramento, CA 95817

**Prerequisites:** Signed consent form

### **Sacramento Area Community Garden Coalition**

**Description:** To serve as a network for groups and individuals dedicated to promoting, creating and preserving community gardens/urban agriculture in the Sacramento Area by providing resources, information, education and advocacy that fosters nutrition, and community.

**Volunteer Opportunities:** Help with fence installation, irrigation installation, tractor tilling, and seasonal garden clean ups.

**Minimum Age:** Under 12 with adult supervision

**Contact:** Bill Maynard

**Email:** sacgc@ulink.net

**Phone:** (916) 508-6025

**Address:** 3611 Del Paso Blvd. Sacramento, CA 95838

**Website:** www.saccommunitygardens.org

**Prerequisites:** Application and waiver form

### **Sacramento Area Emergency Housing Center**

**Description:** Moving Homeless Families and Individuals to Higher Levels of Self-sufficiency and Self-reliance.

**Volunteer Opportunities:** Reading/Playing, Tutoring, and Homework Help with Children, Gardening, Painting, and Site Clean-up

**Min Age:** 16 (10 & Older with Adult)

**Contact:** Janice Wagaman

**Email:** volunteer@saehc.org

**Phone:** (916) 454-2120 x302

**Address:** 2411 Alhambra Blvd. Suite 110, Sac, CA 95817

**Website:** www.saehc.org

**Prerequisite:** Brief interview with parent/guardian and background check

### **Sacramento County Youth Commission**

**Description:** The commission is a voice for youth in local government.

**Volunteer Opportunities:** Represent the commission in the community by participating in special events and meeting.

**Min Age:** 13

**Contact:** Michele Watts

**Email:** mwatts@communitycouncil.org

**Phone:** (916) 447 7063 x361

**Address:** 700 H Street Suite 2450, Sacramento, CA 95814

**Website:** www.youthcommission.saccounty.net

**Prerequisite:** Application

### **Sacramento Food Bank and Family Services**

**Description:** Provides food assistance and 11 programs and services for the surrounding area

**Volunteer Opportunities:** Food distribution program (bagging, sorting), clothing program (sorting, hanging), mother baby program (sorting baby clothes)

**Minimum Age:** 10

**Contact:** Robin Simpson, Volunteer Manager

**Email:** volunteer@sfbs.org

**Phone:** (916) 456-1980

**Address:** 3333 3<sup>rd</sup> Avenue Sacramento CA 95817 (Main Facility) or  
2469 Rio Linda Blvd. Sacramento CA 95815 (Saca Center)

**Website:** www.sfbs.org

**Prerequisites:** Orientation

### **Sacramento Hunger Coalition**

**Description:** Public education, outreach, and advocacy to reduce hunger and food insecurity in the Sacramento area.

**Volunteer Opportunities:** Outreach events, general office and clerical work, graphic design brochures and website.

**Minimum Age:** 16

**Contact:** Alan Lange

**Email:** a;ange@communitycouncil.org

**Phone:** (916) 447-7063 x 360

**Address:** 909 12th Street # 200 Sacramento, CA 95814

**Website:** www.communitycouncil.org

**Prerequisites:** Interview

### **Sacramento Public Library**

**Description:** Provides open access to diverse resources and ideas that inspire learning, promote reading and enhance community life.

**Volunteer Opportunities:** Greeter, helping customers, reshelv books, mend books and other materials, type book labels, various special events.

**Minimum Age:** 12

**Contact:** Lynnette Hernandez, Volunteer Coordinator

**Email:** cenvolunteer@saclibrary.org

**Phone:** (916) 264-2920 x 3

**Address:** 828 I Street Sacramento, CA 95814

**Website:** [www.saclibrary.org](http://www.saclibrary.org)

**Prerequisites:** None

### **Sacramento S.T.A.R.T.**

**Description:** Provides after school literacy focused programs in elementary schools in the city and county of Sacramento.

**Volunteer Opportunities:** Middle and High School students are welcome to help with homework and other activities.

**Min Age:** 13

**Contact:** Cecilia Jacquez

**Email:** [cjacquez@cityofsacramento.org](mailto:cjacquez@cityofsacramento.org)

**Phone:** 916-808-6156

**Address:** 8795 Folsom Blvd. Suite 101 Sacramento, CA 95826

**Website:** [www.sacstart.org](http://www.sacstart.org)

**Prerequisites:** Application

### **Sacramento Suzuki Violin Studio**

**Description:** Our success is a tribute to the efforts and enthusiasm of our many fine volunteers. If you can offer your time and talents, let us know! SSVS is a great chance to be a part of something fun, exciting, and to make a real difference in children's lives and our community.

**Volunteer Opportunities:** Make prototypes for arts and crafts, making costumes for musical theater

**Minimum Age:** 12

**Contact:** Clara Litman

**Email:** [clara.suzukiviolinstuido@yahoo.com](mailto:clara.suzukiviolinstuido@yahoo.com)

**Phone:** (916) 638-2304

**Address:** 10702 Alicante Way Rancho Cordova, Ca 95670

**Website:** <http://www.sacsuzukiviolinstudio.com/>

**Prerequisites:** None.

## **Sacramento Region Sports Education Foundation**

**Description:** The SRSEF provides necessary administrative and logistical support to sporting events held in Sacramento and encourages youth interest and participation in sports by displaying educational exhibits and providing instructive clinics for community youth.

**Volunteer Opportunities:** packet-stuffing, resetting equipment, assisting athletes during events

**Minimum Age:** 14+ with adult

**Contact:** Stephanie Valdez

**Email:** svaldez@cityofsacramento.org

**Phone:** (916) 808-2400

**Address:** 1030 15th Street Suite 200, Sacramento CA 95814

**Website:** www.sacsports.com

**Prerequisites:**

## **Sacramento Tree Foundation**

**Description:** Creates a legacy of trees for future generations by building the best urban forest for the Sacramento region.

**Volunteer Opportunities:** Planting, Pruning and Caring for Trees, Nursery and Office Work, Special Events.

**Min Age:** 16 (5 & Older with Adult)

**Contact Information:** Meredith King, Volunteer Coordinator

**Email:** volunteer@sactree.com

**Phone:** (916) 924-8733 x122

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

**Website:** www.sactree.com

**Prerequisite:** None

## **Sacramento YMCA**

**Description:** Strengthens communities by working side by side with neighbors to make sure everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.

**Volunteer Opportunities:** summer camps, special events

**Min Age:** 16

**Contact:** Samantha Doffo

Email: [sdoffo@ymcasuperiorcal.org](mailto:sdoffo@ymcasuperiorcal.org)

Phone: (916) 452-9622 x116

Address: 2021 W Street, Sacramento, CA 95818

Website: [www.ymcasuperiorcal.org](http://www.ymcasuperiorcal.org)

Prerequisite: None

## **Sacramento Zoo**

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

**Volunteer Opportunities:** Assist instructors with weeklong camp classes for children. Duties include crafts, games, enrichment activities, scavenger hunts, face painting, and overnight camp-outs and more.

**Min Age:** 15

**Contact:** Amanda Castaneda, Teen Supervisor

**Email:** [acastaneda@cityofsacramento.org](mailto:acastaneda@cityofsacramento.org)

**Phone:** (916) 808-7714

**Address:** 3930 Land Park Drive Sacramento, CA 95822

**Website:** [www.saczoo.com](http://www.saczoo.com)

**Prerequisite:** Summer Youth Counselors Apply by April.

## **Saddle Pals**

**Description:** A therapeutic horsemanship program that provides services to individuals with physical or developmental disabilities.

**Volunteer Opportunities:** Side walker, assist with lessons, horse handlers, sweep walkways, cleaning manure from pastures, weed flower beds, horse feeder.

**Minimum Age:** 12

**Contact:** Nellie Neves, Volunteer Coordinator

**Email:** [spvolunteers@yahoo.com](mailto:spvolunteers@yahoo.com)

**Phone:** (916) 726-7257 x 2

**Address:** 7616 Telegraph Avenue Orangevale, CA

**Website:** [www.ucpsacto.org](http://www.ucpsacto.org)

**Prerequisite:** Orientation

## **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, verification phone calls, handing out information and working special events.

**Minimum Age:** 16

**Contact:** Pamela Gates

**Email:** pamela@safetycenter.org

**Phone:** (916) 366-7233 x239

**Address:** 3909 Bradshaw Road, Sacramento, CA 95827

**Website:** www.safetycenter.org

**Prerequisites:** Application

## **Shriners Hospitals for Children**

**Description:** Pediatric healthcare system which provides excellent no cost medical care to children with orthopedic problems, spinal cord or burn injuries.

**Volunteer Opportunities:** Recreation therapy, medical records, nursing, environmental services, out patient clinic, school room tutors and special events.

**Summer:** This program is designed for young volunteers 16-18 years old. High school students are provided with work experience in a health care setting.

**Application Deadline:** April 1

**Senior Projects:** Students wishing to fulfill Senior Project requirements for graduation may shadow medical staff, learn about art therapy, child life, burn prevention education & collect donations for patients.

**Deadline:** October 15

**Min Age:** 16

**Contact:** Lillian Nelson

**Email:** lnelson@shrinenet.org or cbones@shrinenet.org

**Phone:** (916) 453-2087

**Address:** 2425 Stockton Blvd. Sacramento, CA 95817

**Website:** www.shrinehq.org

**Prerequisite:** None

## **Society for the Blind**

**Description:** Empowers individuals who are blind or have low vision to live productively and independently.

**Volunteer Opportunities:** Read and record newspapers, magazines and books so clients can listen to publications by telephone and various special events.

**Min Age:** 14

**Contact:** Robyn Crose, Volunteer Coordinator

**Email:** rcrose@societyfortheblind.org

**Phone:** (916) 889-7518

**Address:** 1238 S Street Sacramento, CA 95811

**Website:** www.societyfortheblind.org

**Prerequisite:** None

## **Special Olympics Northern California**

**Description:** Provides year-round sports training and competition in a variety of Olympic-type sports for children and adults with developmental disabilities.

**Volunteer Opportunities:** Time and monitor competitions, assist coaches during practices, general office work.

**Minimum Age:** Under 16 with Adult

**Contact:** Jeff Ruthenberg, Regional Sports Director

**Email:** jeffr@sonc.org

**Phone:** (916) 375-1930 x207

**Address:** 3841 N. Freeway Blvd. # 280 Sacramento, CA 95834

**Website:** www.sonc.org

**Prerequisite:** Application

## **St. John's Shelter for Women and Children**

**Description:** Supports homeless women with children to advance from a point of crisis to a position of self-sufficiency.

**Volunteer Opportunities:** Kitchen Help, Donation Sorting, Office Assistance, and Children's Program.

**Min Age:** 16

**Contact:** Ronita Iulio, Volunteer Coordinator

**Email:** riulio@stjohnsshelter.org

**Phone:** (916) 453-1482

**Address:** 4410 Power Inn Road Sacramento, CA 95826

**Website:** [www.stjohnsshelter.org](http://www.stjohnsshelter.org)

**Prerequisite:** None

### **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:** Jeannie Bastion

**Email:** None

**Phone:** (916) 920-0978

**Address:** 2320 El Camino Sacramento, CA 95821

**Website:** None

**Prerequisite:** None

### **Tree Davis**

**Description:** enhances and expands urban forest by inspiring the people of our community to plant and care for trees.

**Volunteer Opportunities:** planting, pruning and taking care of trees.

**Minimum Age:** 14

**Contact:** Maia Kazaks

**Email:** [info@treedavis.org](mailto:info@treedavis.org)

**Phone:** (530) 758-7337

**Address:** 203 F Street Davis, CA 95616

**Website:** [www.treedavis.org](http://www.treedavis.org)

**Prerequisite:** please wear close toed shoes and work attire.

### **Triple "R" Adult Day Center**

**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, and exercise, visit with the clients and provide companionship,

**Minimum Age:** 14

**Contact:** Stephanie Wilson

**Email:** [smwilson@cityofsacramento.org](mailto:smwilson@cityofsacramento.org)

**Phone:** (916) 808-1591

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

**Website:** [www.tripler.org](http://www.tripler.org)

**Prerequisite:** Application

### **United Way, California Capital Region**

**Description:** Building stronger, healthier, 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 volunteers (groups & individuals) looking for opportunities within the community and five-county region.

**Min Age:** 12

**Contact:** Cherie Parsons

**Email:** [cparsons@uwccr.org](mailto:cparsons@uwccr.org)

**Phone:** (916) 368-3000

**Address:** 10389 Old Placerville Road Sacramento, CA 95827

**Website:** [www.uwccr.org](http://www.uwccr.org)

**Prerequisite:** None

### **Very Inspirational People (VIP)**

**Description:** Provides opportunities for inspirational athletes with developmental disabilities.

**Volunteer Opportunities:** work directly with athletes during sport activities, score keeping, timer, coach, assist with lunches and dinner and special events.

**Min Age:** 14

**Contact:** Donna Adams

**Email:** [adams.f@sbcglobal.net](mailto:adams.f@sbcglobal.net)

**Phone:** (916) 988-1548

**Address:** Varies during the seasons

**Website:** [www.vipinfo.org](http://www.vipinfo.org)

**Prerequisite:** Please email to sign up.

### **Very Special Arts of California at Sacramento**

**Description:** The National VSA Arts mission at all levels is to promote the creative power in people with disabilities.

**Volunteer Opportunities:** Setting up and cleaning up for special events, hands-on art workshops with kids during events

**Min Age:** 10+ with adult

**Contact:** Mikan Gosuico

**Email:** vsamikan@yahoo.com

**Phone:** (916) 277-6806

**Address:** 4660 Natomas Blvd. Suite #120-225

**Website:** www.vsasacramento.org

**Prerequisite:** None

### **VolunCare at Bruceville Terrace**

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

**Year Round Opportunities:** Adopt-a-Grandparent program, resident outings, one-on-one visits, tours, assistance with meals, office work, fund raising, decorating and pet therapy.

**Min Age:** 14

**Contact:** Jenny Cohn, Volunteer Coordinator

**Email:** Please Call

**Phone:** (916) 423-5949

**Address:** 8151 Bruceville Road Sacramento, CA 95823

**Website:** www.methodistsacramento.org

**Prerequisites:** Application

### **Volunteer Center of Sacramento**

**Description:** VCS matches volunteers with volunteer opportunities. Call us if you are having trouble finding a place to volunteer!

**Volunteer Opportunities:** One-day, On-going, and special Heart of Sacramento Projects, Global Youth Service Day

**Minimum Age:** 5

**Contact:** Katrina Balcius or Christine Wallace

**Email:** info@volunteersac.org

**Phone:** (916) 567-3100

**Address:** 1300 Ethan Way Suite 600 Sacramento, CA 95825

**Website:** [www.volunteersac.org](http://www.volunteersac.org)

**Prerequisite:** Application

### **Washington Neighborhood Center**

**Description:** provides a safe and positive environment for youth and young adults and assists them in the process of development with emphasis on developing healthy minds, bodies, and spirits.

**Volunteer Opportunities:** depending on skills: tutoring, administrative tasks, cleaning, community outreach, and fundraising.

**Minimum Age:** 10 with parent.

**Contact:** Magaly Novelo

**Email:** [wnc916@gmail.com](mailto:wnc916@gmail.com)

**Phone:** (916) 444-6833 or (916) 482-2037

**Address:** 400 16<sup>th</sup> Street, Sacramento, CA 95814

**Website:** [www.akathecenter.com](http://www.akathecenter.com)

**Prerequisite:** Call after 5:30pm, application.

### **Wellspring Women's Center**

**Description:** drop in center for low income women and children.

**Volunteer Opportunities:** serve breakfast and/or assist in the children's play area.

**Minimum Age:** 14

**Contact:** Sister Jane McKirchy

**Email:** [wellspringwomen@comcast.net](mailto:wellspringwomen@comcast.net)

**Phone:** (916) 454-9688 ext 202

**Address:** 3414 4<sup>th</sup> Avenue Sacramento, CA 95817

**Website:** [www.wellspringwomen.org](http://www.wellspringwomen.org)

**Prerequisite:** None

### **Wildlife Care Association**

**Description:** a non-profit organization that rehabilitates injured, orphaned and sick wild animals, without government funding.

**Year Round Opportunities:** Phone volunteers, nursery and rehabilitation of wildlife

**Min Age:** 16

**Contact:** Cassondra Yarlott

**Email:** wcaivolunteers@yahoo.com

**Phone:** (916) 956-WILD

**Address:** 5211 Patrol Road McClellan, CA 95652

**Website:** www.wildlifecareassociation.net

**Prerequisite:** Application

### **WIND Youth Services**

**Description:** Engages youth experiencing homelessness who need safety from the streets and access to resources to help them move from crisis to healthy functioning and independence.

**Volunteer Opportunities:** Help with various activities with youth such as cooking classes, photography classes, art classes and the newsletter.

**Minimum Age:** Under 14 with Adult

**Contact:** Melissa Binger or Uylous Ingrim

**Email:** bingm28@hotmail.com

**Phone:** (916) 443-8333

**Address:** 701 Dixieanne Avenue Sacramento, CA 95815

**Website:** www.windyouth.org

**Prerequisites:** None

**Notes:**



**Volunteer Center of Sacramento**



1111 Howe Avenue, Suite 600, Sacramento, CA 95825

Phone: 916.567.3100

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