Should you need any additional copies, please visit our website for a pdf version of the brochure.

www.uwwesternct.org

1150 Summer Street, Stamford, CT 06905
Phone: 203-348-7714

For more information and updates
Please e-mail: stefanie.docimo@uwwesternct.org
VOLUNTEERING

“We make a living by what we get, we make a life by what we give.”
~ Winston Churchill

Thank you for your interest in volunteering. Sharing your time and talents is a valuable contribution to your community. We hope you get as much from your volunteer experience as those you serve.

BENEFITS OF VOLUNTEERING

- Learn a new skill
- Meet interesting people
- Gain a new perspective
- Be a part of a team
- Caring is contagious
- It is FUN!

SEEKING A VOLUNTEER POSITION

- Phone the nonprofit agency and ask to speak with the volunteer coordinator.
- Let the volunteer coordinator know how you found out about the volunteer opportunity.
- Describe your interest in volunteering and your availability.
- Give a brief description of your skills, work history or previous volunteer experience.
- Ask to meet with the volunteer coordinator to learn more about the volunteer position.

VOLUNTEER TIPS

- Nonprofits rely on their volunteers. Please let your agency contact know if you are unable to volunteer or if your schedule changes.
- No task is meaningless. Tasks such as stuffing envelopes or making copies are a big help to staff members. Your willingness to help with any task is much appreciated.
- Be open to training.
- Be prepared to observe confidentiality rules.
- Have FUN!

OPPORTUNITIES HELPING WITH ADMINISTRATIVE/OFFICE WORK

Liberation Programs: 141 Franklin Street, Stamford
Contact: Elaine Osowski: 203-604-1144
Email: elaine.osowski@liberationprograms.org
Volunteers are needed to assist with distribution of agency pamphlets and brochures to Stamford churches, social service agencies, libraries, etc. Help with general office work.

New Neighborhoods, Inc.: 76 Progress Drive, Suite 140, Stamford
Contact: Lillie Washington, 203-359-2215 x22
Email: lwashington@nnistamford.org
Office Assistant
Assistance needed for basic office functions.

Stamford Historical Society: 1508 High Ridge Road, Stamford
Contact: Jane Flounders: 203-329-1183 | Email: janeflo@aol.com
The Historical Society has many volunteer opportunities for students. While the hours (Thursday through Saturday from 11 until 4pm) make it difficult for students to come in during the week, we have a full schedule on Saturdays. There are openings in the Photo Collection where volunteers work on a range of jobs from computer input to scanning material to filing photos. Opportunities are available for work on upcoming exhibits and special research projects. Volunteer help is needed in the research library on Saturdays. Full training is given by the research librarian. Receptionist help is always welcomed, particularly on Saturdays. This position has many functions; receptionist, exhibit docent and research assistant. Full training is provided for all aspects of the position.

Students can volunteer once a month, twice a month, or weekly, whichever suits your schedule. Volunteers can select the hours that best fit his/her schedule.

Volunteer Ideas for Youth

Project Ideas – Make a dinner/cookies/pies/cake/candy; Drives-Story book, new games/puzzles, back to school items; gently used: toys, linens, blankets, towels; gently used: clothing/coats, hats, gloves, men’s suits, pajamas, socks, shoes, boots, undergarments-baby, children, women & men; Toiletry items—great to save from hotel stays; Knit hats for homeless; Kitchen items-pots & pans; Furniture; First aid kits; Eyeglasses; Animal supplies/pet rescue.

Food Collection Ideas – non perishable food items
Canned-meats, fish, vegetables, rice, beans, coffee, tea, peanut butter, jelly, soup, cereal, applesauce, fruit juice, dried packaged fruit snacks, pasta, macaroni & cheese, powdered milk & Parmalet.
Stamford Museum & Nature Center: 39 Scofieldtown Road, Stamford
Contact: Cathryn Oulighan: 203-322-1646 Ext. 6530
The Stamford Museum has ongoing opportunities for volunteers in farm animal care, clerical, computer work, and special events. Volunteers are needed to help out at the following special events held at the Museum:
· Harvest Festival: Saturday and Sunday, Oct. 19 & 20, 10:30am-3:00pm
· Trick or Treat on the Farm: October 27, 11:30-3:00
· Touch A Truck: Sunday, November 3, 10:30am-3:00pm
· Maple Sugar Weekend: Saturday & Sunday, March 1 & 2, 10:30am-3:00pm
· Take A Hike Week: Scavenger Hunt - April date to be determined, please call for information
· Egg Hunt: Saturday, April 19, 9:30 AM - 12:45 PM
· Earth Day Project: April 20, 9:00 AM - 12:00 noon
· Spring on the Farm: Saturday & Sunday, May 17 & 18, 10:30am-3:00pm

Domestic Violence Crisis Center (DVCC): 777 Summer Street, Stamford
Contact: Volunteer Coordinator 203-588-9100
Email: Volunteer@dvccct.org
Students in grades 9-12 can work with the DVCC throughout the towns of Westport, Weston, Wilton, Darien, Norwalk, New Canaan, and Stamford to help eliminate domestic and interpersonal violence in the home, school and community. Students can volunteer with PeaceWorks, our violence prevention education program, through Teen PeaceWorks, our teen dating violence awareness groups led by and for teens, as well as for our agency in general by providing childcare and community outreach at local events. All student volunteers must attend a 30-hour educational seminar to become certified.

Inspirica (formerly St. Luke’s Lifeworks): 141 Franklin Street, Stamford
Contact: Kellu Leather 203-273-0137
Email: Kleather@inspiricact.org
Inspirica’s Volunteer Program
Assist the Director of Voluntary Services to recruit, place and support volunteers to make a difference in the lives of families and individuals experiencing homelessness. Improve your organizational and networking talents to increase the capacity of Inspirica to fulfill its mission of breaking the cycle of homelessness by helping people achieve — and maintain — permanent housing and stability in their lives. Put your marketing and social networking skills to work.

Opportunities Helping in Social Services, pages 8-15
American Red Cross CT & Rhode Island Region
ARI of Connecticut
Domestic Violence Crisis Center
Family Centers
Family & Children’s Agency, Inc.
Food Bank of Lower Fairfield County
Friendly Visitors & Shoppers Program
Inspirica
Liberation Programs
Neighbors Link Stamford
New Covenant House of Hospitality
New Neighborhoods, Inc.
Pegasus Therapeutic Riding
Person to Person
Scofield Manor
Sexual Assault Crisis and Education Center
Smith House
Stamford Hospital/Tully Health Center
The Leukemia & Lymphoma Society - CT Chapter
Voluntary Services for the Blind

Opportunities Helping at Museums, the Arts, Nature, pages 16-18
Bartlett Arboretum & Gardens
Bruce Museum
Inspirica
Stamford Museum & Nature Center
Stamford Public Education Foundation
The Yerwood Center

Opportunities Helping with Administrative/Office Work, page 18-19
Family Centers
Domestic Violence Crisis Center
Inspirica
Liberation Program
New Neighborhoods, Inc.
Stamford Historical Society
Girls & Boys Club of Stamford: 347 Stillwater Avenue, Stamford
Contact: Jeff Pytlak: 203-324-0594 | Email: jjpwl@bgcastamford.org
Website: www.bgcastamford.org
Volunteers are needed to help children and youth with homework, assist with arts and crafts, music programs, technology, games and team sports. In addition, individuals can volunteer to assist the Club’s Youth Development Specialists in the administration of programs. All Club programs are centered around the Club’s mission: “To enable all young people, especially those who need us most, to reach their full potential as productive, caring, and responsible citizens.” Please visit our website to download the application.

Bruce Museum: 1 Museum Drive, Greenwich
Contact: Mary Ann Lendenmann: 203-413-6746
Email: mlendenmann@Brucemuseum.org
Are you creative? Little kids love the Bruce Museum, there is always some activity to involve them. Our youth volunteers help with creative projects at Family Days, Special Events, and the Annual Arts/Crafts Festivals through out the year.
Volunteers are needed to help out, in three hour shifts, at the following special events held at the Museum:

• Art Festival: Saturday & Sunday, Oct. 12th & 13th, 2013
• Craft Festival
• Greenwich St. Patrick’s Day Parade

Childcare Learning Centers: 64 Palmer’s Hill Road, Stamford, 203-653-1337
Individuals interested in volunteering, Contact: Barbara Garvin-Kester at barbaragarvin-kester@clcastamford.org,
Volunteer Groups interested in volunteering, Contact: our Development Dept.
Sonya Kelepecz at sonyakelepecz@clcastamford.org
Groups of students or clubs supervised by an adult are welcome to volunteer at one of CLC’s 8 locations throughout Stamford. Opportunities include reading to a classroom of children, helping on a project, or engaging in small group activities. Volunteers are also needed to help at special events such as field days in the spring, CLC welcomes gently used toys, electronics, art supplies and gently used books; all of which can be collected from student-driven school drives. The after-school hours are from 3 to 5 pm on weekdays and the children range in age from 6 weeks to 5 years.

Creative Learning @ FPC 1101 Bedford Street, Stamford
Contact: Joanie Merrell 203-965-8390
Email: jmcreateivelearning@gmail.com
High School Student Volunteers are needed to assist children with reading and homework in our after school program. Many of our students would fall through the achievement gap without this support. Homework help often consists of working closely with a student to assist with understanding in math, writing and reading assignments. Homework is done from 3:30-5:00pm daily. This is an opportunity to get to know the children and contribute to their success. Additionally we seek artists, both visual artists and performing musicians to share their talents, enriching the lives of these children. A commitment of weekly service is helpful.

OPPORTUNITIES WORKING WITH CHILDREN

OPPORTUNITIES HELPING AT MUSEUMS, THE ARTS & NATURE

Bartlett Arboretum & Gardens: 151 Brookdale Road, Stamford
Contact: Franco Becchi, Volunteer Facilitator
Email: fbecchi@bartlettarboretum.org
The Bartlett Arboretum & Gardens is a 91 acre natural setting in Stamford, (north of Merritt Parkway Exit 35 off High Ridge Road). There are volunteer opportunities year round both outside and inside. Outside, there are always cleanup, weeding, watering, raking, planting and other horticultural maintenance projects for gardeners of all levels of ability and interest from beginners to Master Gardeners. The property has 10 trails that require routine maintenance, pruning, etc. In addition, the Bartlett is host to year round cultural events including indoor and outdoor concerts, art shows, adult classes (yoga, meditation, art, photography) and volunteers are needed for one day events and/or a series. There are in door opportunities in the library, herbarium (dried plant collection), and classrooms for filing, date entry, and more. The Bartlett hosts a Spring and Fall Plant sale and several Family Day activities (Halloween, Christmas, Arbor Day, etc) for one day or weekend opportunities. Volunteers from high schools, church groups, scout troops, eagle scouts, corporations in large or small groups are always welcome and projects are customized to meet the needs of the group. The Bartlett Arboretum & Gardens is a VOLUNTEER FRIENDLY ORGANIZATION!!!

Bruce Museum: 1 Museum Drive, Greenwich
Contact: Mary Ann Lendenmann: 203-413-6746
Email: mlendenmann@Brucemuseum.org
If you like the beach become a naturalist at Bruce Museum’s Seaside Center at Greenwich Point. Learn and teach visitors about our coastal environment as well as the animals and plants found in Long Island Sound. Assist the Summer Naturalist with educational programs and activities. Training is provided. The Center is open during the summer months of July and August, Wednesdays through Sunday from 11 am to 5 pm. Commitment is one 3 to 4 hour shift per week.

Inspirica (formerly St. Luke’s Lifeworks): 141 Franklin Street, Stamford
Contact: Kelly Leather: 203-388-0137
Email: Kleather@inspiricact.org
Inspirica’s Beautification Program
Groups of volunteers can do outdoor clean up and gardening projects in a number of locations in the Stamford area. We welcome individuals or groups bringing their own thoughts and creative ideas to support and assist in all our program areas.

SoundWaters: 1281 Cove Road, Cove Island Park Stamford
Contact: Dianne Selditch: 203-406-3302
SoundWaters has opportunities for high school students at least 15 years old who are interested in working for a non-profit education organization that emphasizes education and respect for the environment, especially the marine environment. Volunteers can help by greeting visitors, answering the phone and explaining exhibits; staffing the marine exhibit room; feeding the fish and cleaning the tanks; helping with the touch tank; and maintaining the learning lab. Volunteers can (with approval of SoundWaters educator) assist educators with programs or participate in their own research projects. Volunteers may be needed after school, on Saturdays during the summer, during SoundWaters Make a Difference Days in the fall and spring and at selected area environmental festivals.
Inspirica (formerly St. Luke’s LifeWorks): 141 Franklin Street, Stamford
Contact: Cathryn Oulighan: 203-322-1646 Ext. 6530, Email: jfatow@familycenters.org
Inspirica’s 2013 Holiday Gift Collection – Help by collecting, wrapping, decorating, sorting and personalizing nearly 10,000 gifts for the December 2013 Holiday Gift Collection. Organize a personalized toy drive to contribute to a happy holiday for families affected by homelessness, poverty and/or HIV/AIDS.
For the Holidays - Thanksgiving with Inspirica
Collect frozen turkeys and all the side fixin’s for families in Stamford’s South End. Collect paper grocery bags and cardboard boxes to decorate as Thanksgiving baskets and help sort and organize donations of food to fill them up. Help with food distribution! Help pass out Thanksgiving baskets the Tuesday before Thanksgiving. Inspirica Donation Drives
Plan and run a donation drive for items needed in Inspirica programs: welcome kits for children staying in the Family Program, welcome kits for women in the Women’s Housing Program, cleaning supplies, non-perishable foods (especially breakfast items and health snacks). If you are interested please contact us for more information.

The Salvation Army: 198 Selleck Street, Stamford
Contact: Walter Droz: 203-359-2320, Email: Walter.Droz@use.salvationarmy.org
Volunteers are needed for holiday sorting and packaging of foods. Volunteers are also needed for “ringing the bells,” and helping in our holiday “toy shop.”

Stamford Hospital: Shelburne Road at West Broad Street, Stamford
Contact: Karl Pollock 203-275-5520 | Email: kpollock@stamhealth.org
Hope in Motion’s signature Walk, Run & Ride event to benefit the Bennett Cancer Center, will be held in June 2014. We have many volunteer opportunities for the day of the event as well as leading up to the event. Please visit our website at www.hope-in-motion.org for more information.

Stamford Museum & Nature Center: 39 Scofieldtown Road, Stamford
Contact: Cathryn Oulighan: 203-322-1646 Ext. 6530
The Stamford Museum has ongoing opportunities for volunteers in farm animal care, clerical, computer work, and special events. Volunteers are needed to help out at the following special events held at the Museum in 2013-2014:
• Harvest Festival: Saturday and Sunday, Oct. 19 & 20, 10:30am-3:00pm
• Trick or Treat on the Farm; October 27, 11:30 - 3:00
• Touch A Truck; Sunday, November 3, 10:30am-3:00pm
• Maple Sugar Weekend; Saturday & Sunday, March 1 & 2, 10:30am-3:00pm
• Take A Hike Week: Scavenger Hunt - April date to be determined, please call for information
• Egg Hunt; Saturday, April 19, 9:30 AM - 12:45 PM
• Earth Day Project; April 20, 9:00 AM - 12:00 noon
• Spring on the Farm: Saturday & Sunday, May 17 & 18, 10:30am-3:00pm

NEON: 34 Woodland Avenue, Stamford
Contact: Lisa James: 203-352-4880 | Email: ljames@neoncaa.org
NEON Afterschool Academy is located at 34 Woodland Ave in the South End of Stamford and currently serves over 100 youth in the after-school and recreational programs. To enrich programming, NEON Afterschool Academy encourages and recruits high school volunteers to assist teachers in the classroom. Responsibilities consist of support with homework, cultural activities, recreational activities, arts and crafts projects, as well as positive role modeling for all of our youth. We are looking for volunteers who have experience with working with school age children in grades K – 8

Domus: Lion’s Den Afterschool Program 83 Lockwood Avenue (east side) / Chester Addison Community Center 245 Selleck Street (west side), Stamford, CT
Contact: Julia Wade: 203-324-4277 Ext. 24 | Email: jwade@domuskids.org
Website: http://domuskids.org/get-involved/volunteer/
Domus is multi-service organization serving nearly 1000 youth every year who have not been successful in traditional school settings. On the east side our afterschool program offers an educationally fun way for about 100 middle school students (aged 11-14) and volunteers to interact. On the west side, about 150 elementary school students (aged 5-10) from the surrounding low-income neighborhood benefit from an afterschool program that supports education while introducing them to the outside world.
If you have a skill or a passion, find your volunteer home with us! Do you bake, draw, write poetry, dance, read sheet music, or sing? Are you mathematically inclined, on the school newspaper, or are sports your thing? Or how about organizing a toiletry, food or backpack drive? From a one-time project to once a week, email me and I’ll help you figure out how to help us.

Family Centers 40 Arch Street, Greenwich, CT 06830
Contact: Jennifer Flatow: 203-869-4848 x2240
Email: jfatow@familycenters.org
Family Centers’ Early Care and Education Program -
Family Centers’ Early Care and Education Program is in need of devoted volunteers who can assist daily in the classroom with our children. We offer two daily volunteer shifts: mornings between 8:45-12:45 and afternoons between 2:45-5:45. Volunteers can work directly with the manager of volunteer services to determine a schedule that is convenient for them. We have three locations in Greenwich: The Arch Street Preschool (40 Arch Street), The Gateway Preschool (2 Chapel Street) and our Armstrong Court location which is home to our School Readiness program. Our classroom opportunities are available Monday through Friday from October through August. All volunteers will be supervised by licensed early childhood education teachers, and will help facilitate activities and learning experiences for children between the ages of 2 and 5 years old. Interested volunteers should have experience working with young children, or experience in an early childhood setting. The minimum age requirement to volunteer is 15 years old, and those volunteers over the age of 18 must submit to a background check. Family Centers’ Early Childhood Education Program is accredited by NAEC (National Association for the Education of Young Children).
All volunteers are required to come in for a personal interview and to complete the application process.
For an application and more information please visit http://www.kidsincrisis.org

Darien. first Thursday of the month, during the school year, at the Depot Teen Center in special events; organize fundraisers, clothing, food and toy drives; raise members plan activities for our youngest residents (newborn

The Kids in Crisis Youth Corps is a group of high school volunteers from throughout Connecticut children, teens and parents dealing with abuse, neglect, family conflict and more. The Kids in Crisis Youth Corps is a group of high school volunteers from throughout Fairfield County, who are dedicated to furthering the Agency’s mission. Youth Corps members plan activities for our youngest residents (newborn – age 13); volunteer for special events; organize fundraisers, clothing, food and toy drives; raise awareness about Kids in Crisis, and much more! Youth Corps members meet first Thursday of the month, during the school year, at the Depot Teen Center in Darien.

For an application and more information please visit http://www.kidsincrisis.org

All volunteers are required to come in for a personal interview and to complete the application process.

Kids in Crisis: One Salem Street, Cos Cob Contact: Kristen Tomasiwicz: 203-622-6556 Email: ktomasiwicz@kidsincrisis.org

Kids in Crisis provides free, round-the-clock help for Fairfield County, Connecticut children, teens and parents dealing with abuse, neglect, family conflict and more. The Kids in Crisis Youth Corps is a group of high school volunteers from throughout Fairfield County, who are dedicated to furthering the Agency’s mission. Youth Corps members plan activities for our youngest residents (newborn – age 13); volunteer for special events; organize fundraisers, clothing, food and toy drives; raise awareness about Kids in Crisis, and much more! Youth Corps members meet first Thursday of the month, during the school year, at the Depot Teen Center in Darien.

For an application and more information please visit http://www.kidsincrisis.org

All volunteers are required to come in for a personal interview and to complete the application process.

Voluntary Services for the Blind: 945 Summer Street, Stamford Contact: Gini Ott: 203-324-6611, ext. 2 Email: virginiaott@voluntaryservicesfortheblind.org

VSB volunteers enhance the lives of visually impaired clients by providing any of the following services: Friendly Visitor, Reader, Clerical Assistant, Shopper, Driver. Volunteers contribute their time weekly, biweekly, or monthly; a six month commitment is requested. Requirements include a desire to help, two letters of reference, and a brief training session; for Shoppers and Drivers a DMV background check is done and proof of specific levels of automobile insurance must be provided. VSB holds an annual recognition/educational event for volunteers.

American Liver Foundation Liver Life Walk Fairfield County: 127 Washington Ave., North Haven Contact: Kriten Link: 203-234-2022 | Email: klink@liverfoundation.org

Join us for our 4th Annual Liver Life Walk at Commons Park, Harbor Point in Stamford on Sunday, September 29th. Timing would be from 8am – 1pm. Jobs include set up, breakdown, registration, food and beverage, water stations, etc!

Bartlett Arboretum & Gardens: 151 Brookdale Road, Stamford Contact: Franco Becchi, Volunteer Facilitator Email: fbecchi@bartlettarboretum.org

The Bartlett Arboretum & Gardens is a 91 acre natural setting in Stamford, (north of Merritt Parkway Exit 35 off High Ridge Road). There are volunteer opportunities year round both outside and inside. Outside, there are always cleanup, weeding, watering, raking, mulching and other horticultural maintenance projects for gardeners of all levels of ability and interest from beginners to Master Gardeners. The property has ten trails that require routine maintenance, pruning, etc. In addition, the Bartlett is host to year round cultural events including indoor and outdoor concerts, art shows, adult classes (yoga, meditation, art, photography) and volunteers are needed for one day events and/or a series. There are in door opportunities in the library, herbarium (dried plant collection), and classrooms for filing, date entry, and more. The Bartlett hosts a Spring and Fall Plant sale and several Family Day activities (Halloween, Christmas, Arbor Day, etc) for one-day or weekend opportunities. Volunteers from high schools, church groups, scout troops, eagle scouts, corporations in large or small groups are always welcome and projects are customized to meet the needs of the group. The Bartlett Arboretum & Gardens is a VOLUNTEER FRIENDLY ORGANIZATION!!!

Family Centers: 40 Arch Street, Greenwich, CT 06830 Contact: Jennifer Flatow: 203-869-4848 Email: jflatow@familycenters.org

Recreational Activity Leader. Family Centers’ network of preschool classes located in Greenwich is looking for volunteers to share their special talents with our children. We are looking for volunteers to lead the children in activities around sports, music and movement, and dance. Volunteers would host a group activity for between 15-20 children ages 3-5 years old. The activity should last for 30 minutes and take place once a month. We have multiple locations and encourage interested volunteers to contact us to discuss the specifics of their talent and how it would best fit with our schools and children’s needs. The minimum age requirement to volunteer is 15 years old, and those volunteers over the age of 18 must submit to a background check.

All volunteers are required to come in for a personal interview and to complete the application process.
Volunteers are needed as peer leaders to help raise awareness in the high school as well as in the community. Sexual Assault Awareness month in April and we need volunteers to work with us during the months prior to prepare for a successful campaign. In addition, HS students help with special projects to include health fairs to raise awareness about The Center and our services.

The Leukemia & Lymphoma Society - CT Chapter: 372 Danbury Rd., Ste. 200, Wilton, CT 06897 | Website: www.lls.org/ct
Contact: Kristen Angell, Campaign Coordinator, Light The Night & Special Events 203-685-1400 | VOIP/Ext 1415 | Email: Kristen.Angell@lls.org

Opportunities helping with special events. We offer internship opportunities in our Wilton office during office hours (M-F 9am-5pm) and are in need of day of event volunteers for the following events:

Fairfield County - Newtown: Saturday, September 28, 2013
Newtown Youth Academy, Newtown
Volunteers needed 4pm-8pm
New Haven County: Saturday, October 5, 2013
Lighthouse Point Park, New Haven
Volunteers needed 4pm-8pm
Fairfield County - Norwalk: Friday, October 18, 2013
Calf Pasture Beach, Norwalk
Volunteers needed 4pm-8pm

REGISTER FOR OUR LIGHT THE NIGHT WALK TODAY! www.lightthenight.org/ct
Pineapple Classic 5k with obstacles
at Greenwich Polo Club, Greenwich, CT
Saturday, May 17, 2014 – Volunteers needed 8am-4pm
www.pineappleclassic5k.org/ct

Stamford Hospital;/Tully Center: Shelburne Road at West Broad Street, Stamford

Tully Health Center: 34 Strawberry Hill Court, Stamford Contact: Christina Price 203-276-7358 | Email: cprice@stamhealth.org
Stamford Hospital and The Tully Health Center welcome students ages 14 and older who are interested in volunteering in an environment of medical professionals to apply for their Junior Volunteer Program. Students must be able to make a commitment of 50 hours during the school year or 25 hours over the summer to be considered. In addition, each applicant is expected to submit a typed 150 word essay that explains why they want to volunteer and illustrates the qualities that make them an exceptional candidate for the Junior Volunteer Program. Various opportunities are available to Junior Volunteers, giving consideration to students’ interests and level of skill. All volunteers are required to have a tuberculosis test and show proof of immunizations. Volunteers will be provided with orientation and training.

Liberation Programs: 141 Franklin Street, Stamford
Contact: Elaine Osowski: 203-604-1144
Email: elaine.osowski@liberationprograms.org
Volunteers are needed to help provide child care for infants and children at our Families in Recovery Program at 141 Franklin Street while mothers are in counseling sessions: Time slots are available in the morning, afternoon and early evening. Planning and executing a holiday party for 10 mothers and 8 children at the Families in Recovery Program and preparation of simple refreshments for a Sunday afternoon gathering of residents and their families at Liberation House on Main Street.

New Neighborhoods, Inc.: Stamford, Opportunity at MLK Jr. Apartments (40 Stillwater Ave.) and Friendship House (25 Perry Street)
Contact: Lillie Washington; 203–359-2215 ext. 22
Email: lwashington@nnistamford.org

Tutors needed: Kids Teaching Kids!
If you have a FAVORITE SUBJECT and wish to impart your knowledge and enthusiasm with younger children who may be struggling with this subject, here is your chance to teach and inspire others. Work with tenants of all ages in computer labs at our Martin Luther King Jr. Apartments, Friendship House Apartments and Marshall Commons properties. Maintenance of a child’s vegetable garden is needed are computer mentors.

Stamford Public Education Foundation: 733 Summer Street, Suite 203, Stamford
Contact: Matthew Quinones: 203-965-7733
Email: Mquinones@spefcte.org
The Stamford Public Education Foundation supports the students and teachers in Stamford’s Public Schools. High School student volunteers are needed to tutor middle school students who need extra help in math, reading, writing, science or social studies. The tutoring sessions take place one a week during the first hour of the afterschool program from 3pm to 4pm Monday through Thursday.

The Yerwood Center: 90 Fairfield Avenue, Stamford
Contact: Siobhan Mathew; 203-327-2790 ext. 20.
Email: Smatthew@yerwoodcenter.org
The Yerwood Scholars Program, an after school program for children in grades K-5, is looking for volunteers to help in areas such as homework (tutoring), snack time, performing arts, or help supervise recreational activities. The Center also encourages student volunteers to come up with specific projects that they would like to do with the children. The Yerwood Center has various computer literacy programs for adults and children. To download an application, please visit www.yerwood.com/volunteer.
OCCUPANCIES HELPING IN SOCIAL SERVICES

American Red Cross Connecticut and Rhode Island Region: with local offices at: 51 Main Street, New Canaan or 39 Leroy Avenue, Darien
Contact: Theresa.Addison@CTRedCross.org | Website: www.ctredcross.org
Volunteers ages 16-18 help support registration and canteen at local blood drives.

ARI of Connecticut: 174 Richmond Hill Avenue, Stamford
Contact: Gerard Gasparino: 203-324-9258 Ext. 3023
Email: gasparino@arict.org
Volunteers can help adults with developmental disabilities by joining the volunteer team at ARI of Connecticut. There are many volunteer opportunities available during the day, evening or on weekends. Volunteering can be a weekly activity or done at special events such as parties, dinner outings or the Special Olympics. There are opportunities for volunteering at activities such as art class, bingo, parties, aqua aerobics, fundraising events and much more.

Domestic Violence Crisis Center (DVCC): 777 Summer Street, Stamford
Contact: Volunteer Coordinator 203-588-9100
Email: Volunteer@dvccct.org
Students in grades 9-12 can work with the DVCC throughout the towns of Westport, Weston, Wilton, Darien, Norwalk, New Canaan, and Stamford to help eliminate domestic and interpersonal violence in the home, school and community. Students can volunteer with PeaceWorks, our violence prevention education program, through Teen PeaceWorks, our teen dating violence awareness groups led by and for teens, as well as for our agency in general by providing childcare and community outreach at local events. All student volunteers must attend a 30-hour educational seminar to become certified.

Family & Children’s Agency, Inc., Junior Project Friendship Program: 9 Mott Avenue, Norwalk, CT 06850
Contact: Maxx Holmes: 203-523-5715 Email: MHolmes@fagency.org
Be a mentor in the Jr. Project Friendship mentoring program that matches high school juniors and seniors with “Little Friends” ages 8-12. Each week “Big Friends” and their “Little Friends” spend time with one another in the community. We encourage free or low cost activities such as going to the beach, playing sports, or sharing an interest or hobby. There is also an opportunity to be a mentor on-site at our After School Program at Norwalk Community College (information listed above). Volunteers commit to three hours a week, for one full year. Days and times are flexible. Juniors and Seniors are eligible to volunteer. Please visit our website to learn more about Junior Project Friendship or to obtain an application: www.FamilyAndChildrensAgency.org

Pegasus Therapeutic Riding: 310 Peach Lake Rd., Brewster, NY
Contact: Lynn Peters, Volunteer Manager: 845-669-8235 X 109 or lpeters@pegasustr.org
Pegasus provides equine-centric therapeutic programs for a diverse spectrum of individuals with needs, celebrating their abilities through fun, innovative, goal-driven activities. Volunteer opportunities are available in Connecticut at our Greenwich location and on a limited basis at our Darien location. Most opportunities are available at Pegasus Farm in Brewster where the program runs 6 days per week, year round. Volunteers must be 14 years old and must complete a three hour orientation program. No prior experience with horses or people with special needs is required. Opportunities for volunteers include side walking with students or leading horses during classes, grooming and tacking horses to prepare them for the lesson program, general barn assistance, assistance in The Rider’s Closet located at the Pegasus Farm in Brewster and helping at special events. Volunteers interested in working in Pegasus programs should be willing to commit the same hours and days each week.

Person to Person: 1864 Post Road, Darien
Contact: Janet King: 203-655-0048 Email: jking@2pddarien.org
All area high school students are welcome to join Person-to-Person’s Youth Group which volunteers on Thursdays from 4:00 pm to 6:00 pm, during the school year and on Saturdays from 9:00 am to 12:00 Noon from September-July. Student volunteers can help with a variety of tasks including answering phones, greeting clients, making appointments, sorting donated clothes and helping clients pick out items for their families, making up food bags or helping clients select food when they have been referred, and putting client information into the data base. Students organize fundraising events to support the Holliday Toy Store Event.

Scofield Manor: 614 Scofieldtown Road, Stamford
Contact: Maureen Neuberger 203-329-2388
Email: MNeuberger@CharterOakCommunities.org
Scofield Manor is a 50-bed residence primarily for the elderly population. Do you enjoy working with older adults? If so, we have a few very rewarding opportunities for you. The residents enjoy interacting with people of all ages. Currently we are interested in activities such as arts & crafts, sing-alongs, current events discussions, baking or friendly chats.

Smith House: 88 Rockrimmon Road, Stamford
Contact: Jean Gleeson: 203-322-3428 Ext. 220
Email: jgleeson@ci.stamford.ct.us
Smith House Nursing & Rehabilitation Center is looking for energetic, outgoing and personable young people to assist with recreation programs, visit residents on a one to one basis, and participate in special projects inside and outside the Smith House. Students can volunteer during the summer or year-round. Smith House is located in North Stamford and is on the city bus line. Come and bring a smile to our elderly residents. We welcome any talent you would like to share; singing, playing a musical instrument, dancing, creative arts, etc. Please contact Jean Gleeson, Director of Recreation 203-322-3428 x220 or jgleeson@ci.stamford.ct.us
New Neighborhoods, Inc.: 76 Progress Drive, Suite 140, Stamford
Contact: Lillie Washington: 203-359-2215 ext. 22
Email: lwashington@nnistamford.org
This is your chance to make a difference! Brainstorm with our Board and Staff Fundraising Event Task Force to decide on, plan and help run new family and teen friendly fundraising events that will attract attendees and raise funds and awareness for our Housing Development and Tenant Advocate Programs (TAP).

New Neighborhoods, Inc.: Stamford, Opportunity at MLK Jr. Apartments (40 Stillwater Ave.) and Friendship House (25 Perry Street)
Contact: Lillie Washington: 203-359-2215 ext. 22
Email: lwashington@nnistamford.org

Computer Coaches needed
Seeking patient, knowledgeable and enthusiastic youths who wish to share their passion for COMPUTERS with persons who are unfamiliar and often uncomfortable with computers. Coaches are needed at every level of instruction from Introduction to Computers for novices to basic keyboarding skills to specialized instruction in programs ranging from Microsoft Word to Excel to Power Point.

“Social Media Enthusiasts”
If you LOVE FaceBook, Twitter, and LinkedIn, New Neighborhoods Inc. has tenants in need of familiarizing themselves with these social media tools. Many of these tenants need to overcome their fear and reluctance to “join the social media revolution”. If you are an “apps expert”, we have adult and senior tenants in need of becoming not only “computer literate” but also becoming “app literate.” Great opportunity to share what you know and do what you love.

“Gadget Guru”?
If you enjoy tinkering with computers, electronics and appliances, we have tenants in need of your services. Examples include (but are not limited to): Computer systems that malfunction or run too slow, appliances that need re-programming and web sites that need to be created or updated. Persons who are intimidated by the prospect of purchasing items such as I-phones, computers, and notebooks need your guidance. Persons who already have these gadgets but are not getting maximum utilization from them could also use your assistance. If you are a techie and love the latest gadget, this is your chance to share what you know and love what you do.

Are you a Fitness Fanatic who is also a People Person?
For a “fitness area” in our Activity Room at the Martin Luther King Jr. apartments, we need persons who will provide the following services: coach tenants (seniors/adults/kids) to stretch and exercise safely, consistently & enthusiastically.

New Covenant House of Hospitality: 90 Fairfield Ave, Stamford
Contact: Betsy Lopez: 203-964-8228 | Email: Blopez@ccfc-ct.org
Volunteers are needed to help serve and clean up after meals are finished. Lunch hours are from 12:30 pm to 1:30 pm. Monday to Sunday, and dinner is served from Monday to Saturday at 4:30 pm to 5:30 pm. Students must be 16 years of age to volunteer alone. Under 16 an adult must accompany student. Help is also needed cleaning inside and outside the premises.

Family Centers: 40 Arch Street, Greenwich, CT 06830
Contact: Jennifer Flatow: 869-4848
Email: jflatow@familycenters.org

Friendly Visitor
This unique volunteer opportunity will match you with a homebound older person, and through regular home visits you will provide friendship, support, and renewed contact with the outside world. Activities may include: conversing, sharing a cup of tea, taking a walk, reading aloud or helping to sort and answer mail. Schedules are agreed upon by the volunteer and client, and are flexible. Volunteers should be patient, reliable, and sensitive to the needs of older people. Volunteers will stay in regular contact with program coordinator and report prolonged absences, or other concerns. The minimum age requirement to volunteer is 15 years old, and those volunteers over the age of 18 must submit to a background check. A minimum commitment of three months is required for this position. Being a Friendly Visitor is an incredible way to give back to the community and is a great opportunity for a student to connect and learn about older generations. Interested volunteers should be willing to be matched with a senior residing in either Stamford or Greenwich. Volunteers ages 15-18 will need to be accompanied by a parent or guardian during their visits.

All volunteers are required to come in for a personal interview and to complete the application process.

The Den for Grieving Kids: Greeter
The Den for Grieving Kids provides a safe, caring place for children, teens and families to explore their feelings about the loss of a family member or friend and begin the journey toward healing. Children and their families participate in groups led by professionals and trained volunteer facilitators. Greeters set up and serve a pizza dinner that takes place prior to the support group sessions and they also clean up after the dinner. Most importantly, they welcome participants as they arrive and interact with children, parents or other family members. The Den greeters help to create a community atmosphere to allow families to relax and feel welcome. Greeters make an ongoing commitment to either Mondays or Wednesdays twice a month from 6:00 until 7:15 p.m. A minimum of a three month commitment is required. The Den is based at Family Centers Greenwich location, 40 Arch Street. The minimum age requirement to volunteer is 15 years old.

All volunteers are required to come in for a personal interview and to complete the application process.

Mothers for Others, a partnership with Family Centers, Inc. and Greenwich Social Services
Started in 2011, Mothers for Others is an organization that specializes in collecting baby equipment (strollers, new car seats, high chairs, etc), clothing, toys, books and games for children between the ages 0-14 years. Items collected are then redistributed to families in need. Volunteers are needed to help sort through donations every Wednesday from 10:00 a.m.-12:00 p.m. at Second Congregational Church, 139 East Putnam Avenue, Greenwich. Please note that sorting times are subject to change.

If interested in volunteering, please contact: MothersforOthers@yahoo.com
Family & Children’s Agency, Inc., After School Program:
9 Mott Avenue, Norwalk, CT 06850
Contact: Maxy Holmes; 203-523-5715 Email: MHolmes@fcagency.org

Be a homework helper and make a difference in the lives of at-risk middle school students by volunteering one afternoon a week in the After School Program. Volunteers join a dynamic team of committed volunteers and professionals who provide guidance and homework support to 50 middle school students at Norwalk Community College from 3:15 to 5:30 p.m., Monday through Thursday during the academic year. Volunteers act as tutors, mentors, and positive role models during academic time and help implement enrichment activities. No tutoring experience is required. Sophomores, juniors and seniors are eligible to volunteer. Please visit our website to learn more about the After School Program or to obtain an application:
www.FamilyAndChildrensAgency.org

The Food Bank of Lower Fairfield County:
461 Glenbrook Road, Stamford
Contact: Kate Lombardo: 203-358-8898 | Email: klombardo@sbcglobal.net
or amytarantino@sbcglobal.net

Students are needed to host food drives at their schools and to help stack shelves with food in the warehouse.

Friendly Visitors and Shoppers Program:
2009 Summer Street, 3rd floor
Contact: Regina Stroud: 203-324-6584

Volunteers needed to make weekly visits or to do grocery shopping for homebound elderly. Seniors provide lists and funds for the groceries.

Inspirica (formerly St. Luke’s LifeWorks):
8 Woodland Place, Stamford
Contact: Kelly Leather 203-388-0137
Email: Kleather@inspiricact.org

Inspirica’s Meal Program

A small group of volunteers can purchase, prepare, serve and clean up a weekend breakfast or lunch, or weekday dinner for residents of The Women’s Housing Program (the women’s shelter of lower Fairfield County). This is a great opportunity to make a critical difference in the lives of women experiencing homelessness and a perfect way to volunteer with friends and family. Adult volunteers must be part of your group.

Inspirica Donation Drives

Plan and run a donation drive for items needed in Inspirica programs: Welcome kits for children staying in the Family Program, welcome kits for women in the Women’s Housing Program, cleaning supplies, non-perishable foods (especially breakfast items and health snacks). If you are interested please contact us for more information.

Liberation Programs:
141 Franklin Street, Stamford
Contact: Elaine Osowski: 203-604-1144
Email: elaine.osowski@liberationprograms.org

This holiday season organize a school-wide drive to collect toothbrushes, toothpaste, shampoo, deodorant, soap, diapers, wet wipes and other basic essential items for adults and children in Liberation Programs residential programs.

Organize a school-wide or friends-wide drive to collect new twin bed sheet sets (extra long) or welcome kits for babies and children age newborn to 10. For children: toothbrushes, toothpaste, wash cloths, body wash, lotion; for infants and toddlers: diapers (all sizes), baby wipes, new pacifiers, new baby bibs, new receiving blankets.

Neighbor’s Link Stamford:
75 Selleck Street, Stamford, CT 06902
Contact: Contact: Gerrianne Delaney (203) 674-8585 ext.115
Email: Gerrianne@neighborslinkstamford.org

Neighbors Link is a volunteer-driven organization. Our mission is to strengthen the whole community by actively enhancing the healthy integration of immigrants. We work in partnership with volunteers to achieve authentic multicultural learning, creating an environment of mutual growth among volunteers and clients alike. Volunteer opportunities are available Mondays through Saturdays. Volunteers are needed for ESL tutoring, computer tutoring, citizenship preparation and administrative or special event support.

Regular volunteer opportunities include:
- ESL Conversation- Mondays & Wednesdays 6:30-8pm
- ESL Conversation- Saturdays 11am-12:30pm
- Computer Tutoring- Mondays & Wednesdays 4:30-6pm
- Citizenship Preparation- Arranged individually
- Administrative Support- Arranged individually
- Special Events- Arranged individually

New Neighborhoods, Inc.:
Stamford, Opportunity at the Atlantic (50 Bell Street) and Belltown Manor (Burdick Street)
Contact: Contact: Lillie Washington; 203—359-2215 ext. 22
Email: lwashington@mtnstamford.org

Monthly/Weekly Luncheons and Dinners for Seniors

The Tenant Advocate Coordinator at our Atlantic (at Bell and Atlantic Streets) and at Belltown Manor (Burdick St) apartments for seniors welcomes your help with food prep and serving for meals that are planned as social events to prevent isolation and encourage nutritional eating for the senior and disabled tenants. Cooking skills helpful but not as important as people skills and a willingness to pitch in and people skills.