

People With Disabilities

Club Vision: 801-262-3769

A lunch and entertainment program to serve the social needs of the visually impaired. (Mon, Wed, & Fri 10:30-2:30)

Location: 4894 S. State St., SLC

Duties and Requirements: Short assignments include reading, greeting, speaking, and driving clients or providing musical entertainment. Minimum age: 18

Poverty and Nutrition

Crossroads Urban Center: 801-364-7765

Assists low-income, minority and disabled Utahns to meet basic survival needs and address essential issues affecting quality of life.

Location: 347 South 400 East, SLC

Duties and Requirements: Sort donations, stock shelves, and help with food orders. Minimum age: 15

Utah Food Bank: 801-978-2452 (volunteer dept.)

Meeting the immediate pain of hunger in Utah.

Location: 1025 South 700 West, SLC

Duties and Requirements: Various warehouse projects. Must attend orientation. Minimum age: Varies with activity

Family Promise—Salt Lake: 801-961-8622

An interfaith alliance helping homeless families achieve self-sufficiency.

Location: 814 West 800 South, SLC

Duties and Requirements: Help with mentoring families. Minimum age: None with parent/guardian

Aging Services, Salt Lake County: 801-468-2456

(Meals on Wheels program)

Your group or organization needed to deliver meals to home-bound seniors during lunch hours Monday through Friday.

Location: 2001 S. State St., # S-1500, SLC

Duties and Requirements: Several opportunities to assist frail, elderly, and active seniors in a variety of programs.

Senior Citizens

Aging Services, Salt Lake County: 801-468-2439

(RSVP program)

Offer a variety of opportunities for older adults to get involved in their community by tutoring children, feeding the hungry, and providing information to visitors to museums and our state. Volunteers 18 years or older can get involved by driving seniors to critical medical appointments, advocating for residents of long-term care facilities and helping older adults remain in their homes. Many more opportunities available to meet your needs and accommodate your schedule.

Location: 2001 S. State St., # S-1500, SLC

Duties and Requirements: Several opportunities to assist frail, elderly, and active seniors in a variety of programs.

Senior Citizens

Services For Seniors, A program of the Utah Food

Bank: 801-978-2452 (volunteer department)

Enhance the independence and dignity of older persons and people with disabilities by assisting with unmet, basic needs.

Location: 1025 South 700 West, SLC

Duties and Requirements: Deliver food boxes, help seniors with yard work, or for very young children, make greeting cards for seniors. Minimum age: None with parent/guardian

Neighbors Helping Neighbors: 801-585-9505

Improve the health, safety and quality of life of elders.

Location: 395 South 1500 East, Room 207, SLC

Duties and Requirements: Help with yard work, painting, or making crafts for elders. Minimum age: 16 or none with parent/guardian

Youth

Neighborhood House: 801-363-4589

Provides educational, recreational, and child care programs.

Location: 1050 South 500 West, SLC

Duties and Requirements: Help with yard work, maintenance, housekeeping, or special projects with residents, and reading and interacting with children. Minimum age: 13 alone, none with parent/guardian

Big Brothers Big Sisters of Utah: 801-313-0303

Match children with professionally supported volunteers who provide positive mentoring relationships.

Location: 151 East 5600 South, Suite 200, SLC

Duties and Requirements: Establish a fun, positive friendship with a child in need of a mentor. Minimum age: 18

Boys and Girls Club: Sugar House Club 801-484-0841, Capitol West Club 801-531-7652, Lied Club 801-364-9118, or Tooele Club 435-843-5719

Inspiring and enabling all young people to realize their full potential as productive, responsible, and caring citizens.

Locations: Salt Lake City, Sugar House, & Tooele

Duties and Requirements: Kids programs, special events planning, and more. Minimum age: 16

Kid's Café, A program of the Utah Food Bank

801-887-1229 or 801-887-1266

Provide evening meals to low-income youth.

Locations: Vary

Duties and Requirements: Set up tables and serve hot meals to low-income youth after school. Minimum age: 16

Sorenson Multicultural Center: 801-974-2420

Youth and family community center.

Location: 855 W. California Ave. (1330 S.), SLC

Duties and Requirements: Help with after-school sports and computer activities, Kid's Café, & summer camp.

Salt Lake • Summit • Tooele

General Community Service Opportunities



Last update: May 2009

If this list is more than a year old, call 2-1-1 for an updated copy. If your cellular or office phone does not recognize the 2-1-1 number, call 801-978-3333 or 1-888-826-9790, or visit our web site at www.211ut.org

Please note the following:

- Many agencies have specific guidelines and may not accept individuals who do not meet an age requirement or hold violation charges that may pose a threat to the agency and their clients.
- Many agencies require advance scheduling and may turn you away if you do not give sufficient notification.
- You can always check with your local churches, government agencies, care/hospice centers, parks and recreation facilities, and schools for more opportunities.



UTAH FOOD BANK
S E R V I C E S

Advocacy

Prevent Child Abuse Utah: 801-532-3404

Forge and guide a community commitment to prevent child abuse in all its forms through programs, services, public awareness activities, training and education, advocacy and networking.
Location: 331 S. Rio Grande St. (455 W.), Suite 307, SLC
Duties and Requirements: Help with Christmas gift giving, 4th of July Dream Foundation event, or June golf tournament.
Minimum age: 16

National Association of Social Workers:

801-583-8855
Dedicated to advancing social work practice and values.
Location: 395 South 1500 East, Suite 229, SLC
Duties and Requirements: Help with legislative issues, marketing, and administrative duties. Minimum age: 18

Arts and Culture

Discovery Gateway: 801-456-5437

Go to www.discoverygateway.org to volunteer.
We are a hands-on Discovery Museum for kids of all ages.
Location: 444 West 100 South, SLC
Duties and Requirements: Help with exhibits, gallery maintenance, cleaning, playing with kids, and museum hosting. No court-ordered volunteers. Minimum age: 14

Repertory Dance Theatre: 801-534-1000

Dedicated to creation, performance, perpetuation, and appreciation of modern dance.
Location: 138 W. Broadway (300 South), SLC
Duties and Requirements: Volunteers needed for performances, community outreach, and special events. Opportunities determined after an interview. Minimum age: 16

Utah Museum of Natural History: 801-585-7767

Dedicated to preserving and holding in trust natural and cultural history objects for the people of Utah.
Location: 1390 E. Presidents Circle (200 South), SLC
Duties and Requirements: Help with office work or activities

Education and Literacy

English Skills Learning Center: 801-328-5608

Provides English language tutoring services to adult refugees and immigrants.
Location: 631 W. North Temple (100 North), Suite 70, SLC
Duties and Requirements: Teach English to immigrants and refugees in a one-to-one or group setting. Minimum age: 18, 16 with parent/guardian

Literacy Action Center: 801-265-9081

Provides free, effective, and confidential literacy training for adults.
Location: 3595 S. Main St., SLC
Duties and Requirements: Vary, but can include clerical, phone calling, tutoring, and typing. Minimum age: none

Education and Literacy

Salt Lake County Community Access to Technology

(CAT): 801-468-2185
Provide literacy and computer training to the general public. Call for specific locations or check www.cat.slco.org.
Duties and Requirements: Tutoring, lab assistance, translators, computer instructors to teach classes and summer children's literacy program.
Minimum age: 12 for children's literacy program, 16 for others

Environment and Recreation

State Parks and Recreation: 801-537-3445

Provide for the recreation and leisure needs of the state's citizens.
Location: Vary
Duties and Requirements: Help with office work or outdoor maintenance and yard work in parks. Docents, campground hosts, and visitor center help needed. Minimum age: 16 with waiver signed by parent/guardian

Swaner EcoCenter 435-649-1767

Committed to promoting open space values through land preservation, restoration, awareness, and education
Location: 1208 New Main Street, Park City
Duties and Requirements: Maintain birdhouses, work on plantings and weed control, water projects, restoration projects, special events, environmental education & some clerical work. Minimum age: 14 unless accompanied by an adult

Tree Utah: 801-364-2122

Improving the quality of life for present and future generations through tree planting.
Location: Vary
Duties and Requirements: Help with planting and watering trees and maintaining outdoor planting sites. Minimum age: 16 alone, no minimum age with parent/guardian

Government Services

Office of Volunteer Program Services: 801-468-2185

Provides volunteer opportunities within Salt Lake County government and local organizations. Visit www.alittletime.org for a volunteer opportunities list. Minimum age: 16

Health

Utah AIDS Foundation: 801-487-2323

Dedicated to the prevention of HIV/AIDS and ensuring compassionate services to those impacted.
Location: 1408 South 1100 East, SLC
Duties and Requirements: Help with clerical work, deliver meals to clients, or volunteer in the food pantry. Minimum age: 16 alone or 14 with parent/guardian

Health

Cancer Wellness House: 801-236-2294

Assisting people whose lives have been affected by cancer, by providing free psychosocial resources.
Location: 59 South 1100 East, SLC
Duties and Requirements: Help with office work, fund-raisers, maintenance, yard work, and special events. Minimum age: 16 or no minimum age with parent/guardian

Leukemia and Lymphoma Society:

801-519-6600 ext. 260
Dedicated to funding blood-cancer research, education, and patient services.
Location: 180 South 300 West, #260., SLC
Duties and Requirements: Help with office work and mailings. Minimum age: 16

March of Dimes: 801-746-5540

A prenatal incentive program for low-income pregnant women that furthers the March of Dimes' mission of preventing birth defects, premature birth, and infant mortality.
Location: 4745 South 3200 West, Taylorsville
Duties and Requirements: Help low-income clients redeem points for incentive items at our Taylorsville location, or collect donations of infant clothing and care items by organizing a donation drive or planning a community baby shower for your school, church, club, neighborhood, or community organization. Minimum age: 16 for boutique volunteers or no minimum age for donations or baby showers.

Planned Parenthood: 801-532-1586

Provides professional, personalized, confidential reproductive care services for women, men, and teens.
Location: Salt Lake and West Valley
Duties and Requirements: Help with administrative tasks, community outreach, and public education. Minimum age: 14 with parent waiver

Housing

Habitat for Humanity: 801-263-0136 ext. 2

Provides decent, affordable home ownership.
Location: 716 East 4500 South, Suite N160, SLC
Duties and Requirements: Help at home construction sites. Minimum age: 16

Housing Authority, S.L. County: 801-284-4456

Provide and conserve safe, sanitary, decent, and affordable housing for low-income families.
Location: 3595 S. Main St., SLC
Duties and Requirements: Help with cleaning and book drives. Minors accepted with parent/guardian.