

VOLUNTEER RESOURCES AND OPPORTUNITIES

*"We can do no great things-only small thing with great love."
-Mother Teresa*

The **Volunteer Center of the Redwoods** and **RSVP**, programs of the Area 1 Agency on Aging, have been promoting and supporting volunteerism since 1973. Volunteers continually make our community better for people of all ages and backgrounds. We endeavor to support volunteers and community organizations by offering a range of services.

The **Volunteer Center of the Redwoods** works with more than 150 agencies in Humboldt and Del Norte. We are the perfect place to begin your search for meaningful volunteer service in your community. In addition to connecting individuals to volunteer opportunities, we also offer support to agencies; helping them manage and utilize volunteers more effectively, by providing them with up-to-date volunteer management training and information.

Call us today to learn more.

(707) 464-7876 **Del Norte**
(707) 442-3711 **Humboldt**

E-mail: volunteer@a1aa.org.

Below are some of the services offered through the **Volunteer Center of the Redwoods**.

Brown Bag Gatherings

Bi-monthly gatherings for volunteer managers and coordinators to share ideas and best practices.

DOORS (Disability Outreach Offering Resources through Service)

Provides additional support and resources for people with disabilities.

Drop of a Hat Brigade

Get your name on our list to be notified by phone or e-mail when volunteers are needed for short term and/or one time events in the community.

RSVP

Provides benefits for volunteers aged 55+.

SHARE

Building bridges between the community and the schools

Connect with today's youth. Options include the Pen Pal Program, Resource Speakers, in-class and after school volunteers, as well as youth volunteer opportunities.

Long term and Ongoing Volunteer Positions

With volunteer requests from more than 150 local agencies, it is impossible to list them all. The following is a very small sample of volunteer opportunities available in Humboldt and Del Norte Counties. Call us to locate the perfect volunteer job for you.

ANIMALS AND THE ENVIRONMENT

North Coast Environmental Center
(707) 822-6918

Humane Society of Del Norte
(707) 464-1686

ARTS AND LIBRARIES

The Ink People
(707) 442-8413

Del Norte READS
(707) 464-7072

COMMUNITY PROMOTION

KEET TV
(707) 445-0813

Redwood National and State Parks
(707) 464-6101

COMMUNITY SAFETY

Police Department
(707) 725-7550 **Fortuna**
(707) 464-2133 **Crescent City**

EDUCATION

Humboldt Literacy Project
(707) 445-3655

Del Norte County Unified School District
(707) 464-6141

Volunteer Resources and Opportunities

HEALTH SERVICES

**Northern California Community
Blood Bank**
(707) 443-8004

**Crescent City Nursing and
Rehabilitation Center**
(707) 464-6151

HUMAN SERVICES

Lighthouse of the Northcoast
(707) 268-5646

Rural Human Services
(707) 464-7441

SENIOR SERVICES

Adult Day Health Care, Mad River
(707) 822-4866

**Addie Meedom House
Senior Assisted Living**
(707) 464-3311

YOUTH SERVICES

North Coast Children's Services
(707) 822-7206

CASA of Del Norte
(707) 464-3320

Local and Nationwide Opportunities

(800) 865-8683

Web Site: www.1800volunteer.org

Free, on-line, searchable database of local and nationwide volunteer opportunities.

VOLUNTEER CENTER OF THE REDWOODS AND RSVP

A Program of the Area 1 Agency on Aging

The Volunteer Center is a place for volunteers of all ages to discover options for giving back to their community. Such as...

RSVP is a national program which began in 1973 on the North Coast, providing benefits to support volunteers 55 years of age & older as they make a difference in hundreds of local organizations.

The Drop of a Hat Brigade offers short-term and one-time service opportunities that volunteers can seamlessly weave into their busy lives.

Long term and ongoing volunteer positions are available in many areas.



- THE ARTS
- BOARD MEMBERSHIP
- DISASTER PREPAREDNESS & PUBLIC SAFETY
- ENVIRONMENT
- HOSPITALS & CLINICS
- MUSEUMS & LIBRARIES
- SCHOOLS AND MUCH MORE!

HUMBOLDT

(707) 442-3711

DEL NORTE

(707) 464-7876

dnrsvp@a1aa.org

www.a1aa.org/VCOR

Community Programs

AmeriCorps

(707) 442-3711

Web Site: www.americorps.com

AmeriCorps is a National Service Program for persons 18 years of age (age 17 with parents consent) or older. Members serve full time or part time over a year and receive health benefits, a living stipend and educational awards at the end of the term. There are more than a dozen AmeriCorps programs in Humboldt and Del Norte Counties. Look on-line or call for more information.

AmeriCorps VISTA

(707) 269 2049 or (707) 269-2052

Web Site: www.rcaa.org/VISTA

Volunteers work within agencies to serve communities as organizers, builders, and catalysts for change. Activities may include fundraising, education and outreach, and volunteer recruitment.

Foster Grandparents

(707) 442-3711

Humboldt

(707) 465-6800

Del Norte

Provides aid to children and youth. Volunteers serve in schools, hospitals, drug treatment centers, juvenile offender facilities, head start centers, childcare centers, and other community based sites.

North Coast Mentor Project

(707) 269-2050

Web Site: www.rcaa.org/mentor

Volunteer Mentors serve as a positive role model, give guidance, friendship and support to a younger person. He or she is a responsible person, 16 years of age or older, who enjoys spending time with young people and wants to develop an ongoing and consistent relationship.

Peace Corps

(707) 826-3342 or (800) 424-8580

Web Site: www.peacecorps.gov

Help the people of participating countries meet their needs for trained workers. Help promote a better understanding between Americans and people in other countries.

Local Volunteers

Making a Difference!

*Marlaine** is new to the area, and far from the grandchildren she loves. After a visit to the **VCOR** office, she found a way to make a difference in the lives of children, while filling her own need for hugs from little arms.

Marlaine now visits the Elk Valley Rancheria Head Start Program twice a week, where she reads stories to the youngsters and helps the teacher in other ways. It's a perfect meeting of all the needs of the situation.

*When Martha**, who lives alone, noticed that she had less energy and enthusiasm every day, she realized she needed something new and interesting to do.

After a call to her local **VCOR-RSVP** office, Martha applied for a volunteer job at Sutter Coast Hospital. She likes the soothing rhythm of filing and other office tasks, and the hospital appreciates her prompt and cheerful presence.

These days, Martha is filled with energy and enthusiasm. She says "I have a reason to get up in the morning."

*Stacy** is a musician who wanted to produce a concert, the proceeds of which will go to the Red Cross to aid survivors of the recent hurricanes in the south east. She couldn't do everything on her own, and so she called the local **VCOR-RSVP** office to see if she could get some help.

*Inez**, a new **Drop of a Hat Brigade** Volunteer, jumped right in to help Stacy coordinate a venue, publicity, and other non-musical things that must happen in order to pull off a successful concert.

**Names changed to protect privacy.*