



# LAHS Volunteer Guide

Are you looking for the perfect volunteer opportunity to complete your community service hours?

This guide will help you find a service project that's just right for you.

Here is an example of questions you may want to ask when calling a service organization for more information:

"Hi, my name is (your name) and I am a student at Los Altos High School. I am interested in finding out about youth volunteer options. What does your organization do and what services do you provide? What type of work will I be doing as a volunteer? Is there a training session I need to attend before I volunteer? Are there any specific hours and days when volunteers are needed most? Do I need to commit to volunteering for a certain length of time?"

Don't be afraid to ask any questions about the organization – you want to make sure it's a good match for you and a project that interests you.

Get verification of your service hours by the organization and save the paperwork for a classroom requirement, scholarship requirement and/or college applications.

Compiled by the LAHS College/Career Center and its volunteers.  
January 2009.

# ANIMAL RELATED

## **Adobe Animal Hospital**

396 First Street  
Los Altos, CA 94022  
(650) 948-9661  
Website: [www.adobe-animal.com](http://www.adobe-animal.com)

**Minimum age: High School**

Can job-shadow a vet for the day but no community service opportunities.

## **Audubon Society, Santa Clara Valley**

22221 McClellan Road  
Cupertino, CA 95014  
(408) 252-3747  
Email: [programs@scvas.org](mailto:programs@scvas.org)  
Website: [www.scvas.org](http://www.scvas.org)

**Minimum age: 15**

Dedicated to preserving the native animal and plant habitats and fostering a greater public awareness of the environment. Volunteers are needed to maintain and monitor bluebird boxes, staff the office/nature shop, participate in bird counts/censuses, help with re-vegetation efforts, and help with animal adoption fairs and volunteer fairs.

## **Humane Society Silicon Valley**

2530 Lafayette Street  
Santa Clara, CA 95050  
(408) 727-3383 x872  
Email [vol@hssv.org](mailto:vol@hssv.org)  
Website: [www.hssv.org](http://www.hssv.org)

**Minimum age: 18**

Provides shelter services for domestic animals. Volunteers are needed for shelter and animal maintenance. An orientation and training are required for potential volunteers. Must volunteer minimum 8 hours/month for one year.

## **Palo Alto Animal Services**

3281 East Bayshore Road  
Palo Alto, CA 94303  
(650) 496-5989  
Website: [www.city.palo-alto.ca.us](http://www.city.palo-alto.ca.us)

**Minimum age: 16**

A municipal animal shelter that provides low-cost animal services. Volunteers are needed to walk dogs, care for cats, and help with adoptions and special events. Volunteers must commit to serving 2 hours/week for a minimum of 6 months.

## **Pet Assisted Therapy Services**

PO Box 5099  
San Jose, CA 95150  
(408) 629-3304  
Website: [www.furryfriends.org](http://www.furryfriends.org)

**Minimum age: Flexible**

Coordinates volunteers to take their own animals to visit patients in handicapped children's centers, hospitals, and other group-care facilities. Volunteers are needed to be friendly visitors with well trained pets.

### **WESTWIND 4-H Riding for the Handicapped**

27210 Altamont Road  
Los Altos Hills, CA 94022  
(650) 947-8680

Website: [www.westwind4h.org](http://www.westwind4h.org)

**Minimum age: 14**

Provides horseback riding lessons to children with physical disabilities. Volunteers are needed to help care for horses, lead horses and serve as companions to the young riders. Training session is required.

### **Wildlife Center of Silicon Valley**

3027 Penitencia Creek Road  
San Jose, CA 95132  
(408) 929-9453

Email: [info@wcsv.org](mailto:info@wcsv.org)

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

**Minimum age: 16**

Provides care for local wildlife. Volunteers are needed to help with various positions in the shelter.

### **Wildlife Rescue, Inc.**

4000 Middlefield Road, Bldg. V  
Pal Alto, CA 94303  
(650) 494-7926

Email: [wildlife@batnet.com](mailto:wildlife@batnet.com)

Website: [www.wildliferescue.ws](http://www.wildliferescue.ws)

**Minimum age: 15**

Takes care of sick or injured animals with the goal of releasing the animals back into their natural habitat. Volunteers are needed to care for orphaned and injured wild animals, help teach school children about the local wildlife, or help staff front office reception and hotline.

# ART, MUSEUMS & MEDIA

## **Art Docents of Los Altos School District**

201 Covington Road  
Los Altos, CA 94024  
(650) 947-1194

**Minimum age: High School**

Have opportunities for one-time only at the annual Student Art Show and on-going help filing, organizing supplies, and with training to help art docents in elementary school classes.

## **Cantor Arts Center**

328 Lomita Drive (at Museum Way)  
Stanford, CA 94305  
(650) 721-6585  
Email: [museumvolunteers@lists.stanford.edu](mailto:museumvolunteers@lists.stanford.edu)  
Website: [www.museum.stanford.edu](http://www.museum.stanford.edu)

**Minimum age: 15**

Volunteers needed in bookshop, lobby desk, art classes for kids, special events and fundraisers.

## **Children's Discovery Museum**

180 Woz Way  
San Jose, CA 95110  
(408) 298-5437 x247  
Email: [DMckenzie@cdm.org](mailto:DMckenzie@cdm.org)  
Website: [www.cdm.org](http://www.cdm.org)

**Minimum age: 16**

Provides educational programs for children. Volunteers are needed to be floor guides during hands-on activities within the museum, including "messy play". A 3-hour orientation and a minimum 50-hour per year minimum commitment for all volunteers.

## **Community Media Center**

900 San Antonio Road  
Palo Alto, CA 94303  
(650) 494-8686 x10  
Email: [dave@communitymediacenter.net](mailto:dave@communitymediacenter.net)  
Website: [www.communitymediacenter.net](http://www.communitymediacenter.net)

**Minimum age: 16**

Public Access Cable TV. Need volunteers who will work together on a studio production crew that will enable many different organizations, ethnic and cultural groups to get their messages out to the local community.

## **Community School of Music & Art**

Finn Center  
230 San Antonio Circle  
Mt. View, CA 94040  
(650) 917-6800 x306  
Email: [info@arts4all.org](mailto:info@arts4all.org)  
Website: [www.arts4all.org](http://www.arts4all.org)

**Minimum age: 15**

Opportunities to help at special events, concerts, office support, art classes and camps.

## **Computer History Museum**

1401 N. Shoreline Blvd.  
Mt. View, CA 94043  
(650) 810-1027  
Website: [www.computerhistory.org](http://www.computerhistory.org)

**Minimum age: 14**

Volunteer work days on the 2<sup>nd</sup> Saturday of each month from 9 am – 3 pm. Help is also needed at special events.

## **KTEH Public Television**

1585 Schallenberger Road  
San Jose, CA 95131  
(408) 795-5403  
Email: [volunteer@kteh.org](mailto:volunteer@kteh.org)  
Website: [www.kteh.org](http://www.kteh.org)

**Minimum age: 14**

KTEH provides high quality television programming and support services in the community. Volunteers are needed to help with data entry, membership drives, auctions and special events.

## **Los Altos History Museum**

51 S. San Antonio Road  
Los Altos, CA 94022  
(650) 948-9427 x91  
Email: [volunteer@losaltoshistory.org](mailto:volunteer@losaltoshistory.org)  
Website: [www.losaltoshistory.org](http://www.losaltoshistory.org)

**Minimum age: High School**

Work in the museum store 2 -4 hours per week or become a museum docent 4 hours/month Thursday – Sunday. Volunteers are also need to write historical articles for the museum newsletter or help maintain exhibits, recycling and special projects.

## **Museum of American Heritage**

357 Homer  
Palo Alto, CA 94302  
(650) 321-1004  
Website: [www.moah.org](http://www.moah.org)

**Minimum age: 15**

Museum of American Heritage displays mechanic and electronic collections from the past 100 years. Volunteers are needed to be exhibition assistants, office assistants and museum hosts.

## **Palo Alto Art Center**

1313 Newell Road  
Palo Alto, CA 94303  
(650) 329-2366  
Website: [www.paacf.org](http://www.paacf.org)

**Minimum age: High School**

No art background is required to volunteer. There are many short term, long term and on-time volunteer opportunities available.

## **Palo Alto Jr. Museum and Zoo**

1451 Middlefield Road  
Palo Alto, CA 94301  
(650) 329-2111

**Minimum age: 14**

Provides ongoing educational exhibits for children. Teen volunteers are needed to help with the animals and help as exhibit hall docents.

## **Peninsula Symphony**

146 Main Street  
Los Altos, CA 94022  
(650) 941-5291  
Email: [info@peninsulasymp.org](mailto:info@peninsulasymp.org)  
Website: [www.peninsulasymp.org](http://www.peninsulasymp.org)

**Minimum age: 16**

Periodic volunteer opportunities in the office.

## **Rosicrucian Egyptian Museum**

1342 Naglee Avenue  
San Jose, CA 95191  
(408) 947-3670  
Email: [volunteer@egyptianmuseum.org](mailto:volunteer@egyptianmuseum.org)  
Website: [www.egyptianmuseum.org](http://www.egyptianmuseum.org)

**Minimum age: 16**

Exhibits one of the largest collections of ancient Egyptian artifacts on the West Coast. Volunteers are needed to help conduct museum tours and workshops.

## **Tech Museum of Innovation**

201 South Market Street  
San Jose, CA 95113  
(408) 795-6287  
Website: [www.thetech.org](http://www.thetech.org)

**Minimum age: 15**

Is an educational resource established to engage people of all ages and backgrounds in exploring and experiencing technologies affecting their lives, and to inspire the young to become innovators in the technologies of the future. Volunteers are needed to be Exhibit Explainers and are required to commit to 8 hours/month.

## **West Bay Opera**

221 Lambert Ave.  
Palo Alto, CA 94306  
(650) 843-3900 x222  
Email: [www.volunteers@wboperaguild.org](mailto:www.volunteers@wboperaguild.org)  
Website: [www.wbopera.org](http://www.wbopera.org)

**Minimum age: High School**

Volunteers are needed as ushers, ticket takers, concessions, stage construction, painting, crew and food prep.

# YOUTH RELATED

## **American Red Cross**

400 Mitchell Lane  
Palo Alto, CA 94301  
(650) 688-0433  
Email: [gpierre@paarc.org](mailto:gpierre@paarc.org)  
Website: [www.paarc.org](http://www.paarc.org)

**Minimum age: High School**

Many different on-going and one-time only opportunities. Volunteer with PAARC Youth Preparedness/PAARC Youth in Disaster, SAFE Rides program or office volunteers. Long-term volunteer opportunities require a minimum of a 6 month commitment.

## **Assisteens**

169 State Street  
Los Altos, CA 94022  
(650) 941-4625  
Website: [www.costumebank.com/assisteens](http://www.costumebank.com/assisteens)

**Minimum age: Grades 7 – 12**

The teen branch of the Assistance League of Los Altos. Special projects include assembling holiday stockings, "We Care" bags and coordinates Bingo at senior facilities.

## **Bill Wilson Center**

3490 The Alameda  
Santa Clara, CA 95050  
(408) 850-6138  
Website: [www.billsilsoncenter.org](http://www.billsilsoncenter.org)

**Minimum age: 12**

Volunteers in the Youth Outreach Program and other programs to promote the 24/7 teen line. There are opportunities to volunteer in the Safe Place Community Outreach and Peer Leadership training.

## **Camp Galileo**

1-800-854-3684  
Website: [www.galileo-learning.com](http://www.galileo-learning.com)

**Minimum age: 16**

Their mission is to provide opportunities for young people to discover and pursue their passions. Volunteers needed during the summer camps as assistants at various locations in Los Altos, Palo Alto, Sunnyvale and Menlo Park. Need to apply in January.

## **Clik Kids**

(Part of Ronald McDonald House)  
(650) 470-6000  
Website: [www.clikkids.org](http://www.clikkids.org)

**Minimum age: 16**

Volunteers to help with computer learning for ill kids.

## **CONTACT**

PO Box 8021  
San Jose, CA 95155  
(408) 275-6176  
Website: [www.contactcares.org](http://www.contactcares.org)

**Minimum age: Flexible**

Maintains a 24-hour crisis hotline offering several programs including Teen Line. Volunteers are needed to help answer crisis phone lines, provide crisis intervention and information referrals. Volunteers must participate in a 50-hour, 13-week training course and commit to 8 hours/month for a year.

## **Estrella Family Services**

1155 Meridian Ave., Suite 110  
San Jose, CA 95125  
(408) 269-7827  
Email: [info@estrellafamilyservices.org](mailto:info@estrellafamilyservices.org)  
Website: [www.estrellafamilyservices.org](http://www.estrellafamilyservices.org)

**Minimum age: 16**

Provides children and parent education to low-income families. Volunteers are needed for a variety of jobs, including teacher's aide, yard cleanup and special events.

## **I Have A Dream Foundation**

East Palo Alto Academy  
(650) 520-8480  
Email: [tmartin@buldingfuturesnow.org](mailto:tmartin@buldingfuturesnow.org)  
Website: [www.ihadepa.org](http://www.ihadepa.org)

**Minimum age: High School**

Program that motivates and empowers youth from low-income areas. Needs volunteers as academic tutors for after-school programs, provides homework help and academic support. This opportunity requires a one school year commitment.

## **Inn Vision (Part of Urban Ministry of Palo Alto)**

795 Willow Road  
Menlo Park, CA 94025  
(650) 853-7076 x205  
PALO ALTO INN – (650) 853-8697  
Email: [volunteers@innvision.org](mailto:volunteers@innvision.org)  
Website: [www.innvision.org](http://www.innvision.org)

**Minimum age: 16**

Provide shelter and support services in the community. Volunteers provide support for youth activities such as computer lab monitor, workshop host, homework tutor, front desk help or help with special events.

## **Literacy Alliance for the South Bay**

1290 Ridder Park Drive, MC#206  
San Jose, CA 95131  
(408) 453-6711

**Minimum age: 16**

Refers learners and volunteers to literacy programs and maintains a literacy hotline. Volunteers are needed to be tutors and sorters.

## **Palo Alto Community Child Care**

3990 Ventura Court

Palo Alto, CA 94306

(650) 493-2361

Website: [www.paccc.com](http://www.paccc.com)

**Minimum age: 14**

Is an agency that cares for children between the ages of 2 months and 11 years while their parents are at work. Volunteers are needed to help supervise the kids while they cook, garden, put on plays, play games, go to the petting zoo, or swim.

## **Partners in Learning**

3247 Middlefield Road

Menlo Park, CA 94025

(650) 364-9718

Website: [www.volunteerinfo.org/partners](http://www.volunteerinfo.org/partners)

**Minimum age: 16**

A tutoring program at Palo Alto Adult School. Needs volunteer tutors to assist with learning English, becoming a US citizen or earning their GED. Required to volunteer 2 hours/week for 4 months. A 9-hour training program is provided.

## **Plugged In**

2111 B University Ave.

Palo Alto, CA 94303

(650) 322-1134 x22

Email: [info@pluggedin.org](mailto:info@pluggedin.org)

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

**Minimum age: High School**

Help low income communities have the opportunity to benefit from telecommunications and computer technology. There is a Young Producers Program.

## **Project Linus**

(408) 773-8097

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

**Minimum age: High School**

Sew or knit blankets for children who are severely ill, traumatized or otherwise in need.

## **Sunday Friends Foundation**

PO Box 24887

San Jose, CA 95154

(408) 793-0441

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

**Minimum age: 14**

Volunteers needed to assist children from homeless and very-low-income families with cooking, juicing, crafts, gardening, writing, math & more. Sundays 2:00 – 6:00 pm.

## **Tutoring Network**

Email: [admin@thetutoringnetwork.org](mailto:admin@thetutoringnetwork.org)

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

**Minimum age: 14**

Provides free after-school tutoring program at Bubb Elementary School (among others). Tutoring runs from 3-4 pm every Monday and Tuesday for grades 1 - 5.

## **YMCA of the Mid-Peninsula – El Camino YMCA**

2400 Grant Road

Mt. View, CA 94040

(650) 969-9622

Website: [www.ymcasv.org/elcamino](http://www.ymcasv.org/elcamino)

**Minimum age: 15**

Provides classes, education and recreational activities to individuals and families living in the area. Volunteers are needed to lead programs, coach & referee, special events, office & clerical assistance and mentoring and tutoring.

## **Youth for Understanding**

885 North San Antonio

Los Altos, CA 94022

(650) 948-3300

**Minimum age: 13**

Is an international student exchange program which matches youth with host families. Volunteers are needed to help with bulk mailings and other areas.

# CITY SERVICES & LIBRARIES

## **City of Mountain View Volunteer Services**

PO Box 7540  
Mt. View, CA 94039  
(650) 903-6607

**Minimum age: 14**

Helps connect volunteers with city programs and services. Volunteers are needed to assist with special events throughout the year. Events include Halloween Family Festival, Tree Lighting, Breakfast with Santa, Spring Downtown and more. Can also volunteer at Shoreline Park, and Rengstorff House.

## **Los Altos Library**

13 S. San Antonio Road  
Los Altos, CA 94022  
(650) 948-7683  
Website: [www.santaclaracountylib.org/losaltos/](http://www.santaclaracountylib.org/losaltos/)

**Minimum age: 16**

Volunteers needed to help with book shelving and organization. There is no minimum time commitment but prefer ongoing assistance.

## **Los Altos Police Department**

1 N. San Antonio Road  
Los Altos, CA 94022  
(650) 947-2770  
Website: [www.ci.los-altos.ca.us](http://www.ci.los-altos.ca.us)

**Minimum age: 14.5**

Police Explorers receive training in various aspects of law enforcement and work with officers at special community events.

## **Los Altos School District – Youth Volunteers**

**Minimum age: High School**

The school district is always looking for volunteers but must contact the school principal or PTA President to find out volunteer needs. Always need help with fundraising events such as walkathons, silent auctions, etc. Can also help with after school tutoring.

## **Mountain View Library**

585 Franklin Street  
Mt. View, CA 94041  
(650) 903-6337  
Website: [www.library.ci.mtnview.ca.us](http://www.library.ci.mtnview.ca.us)

**Minimum age: 15**

Volunteers are needed with media and book filing. A commitment of 3 – 5 hours/week for a total of 10 hours needed.

# DISABILITY/HEALTH/HOSPITALS

## **ACHIEVE**

3860 Middlefield Road  
Palo Alto, CA 94303  
(650) 494-1200  
Website: [www.achievekids.org](http://www.achievekids.org)  
**Minimum age: 14**

Is a private special education school serving students with sever emotional disabilities and challenges. Volunteers are needed to help special education teachers with organizing the day's teaching materials.

## **Alzheimer's Association**

2065 W. El Camino Real, Suite C  
Mt. View, CA 94040  
(650) 962-8111  
Website: [www.alzsf.org](http://www.alzsf.org)  
**Minimum age: 13**

Offers services and programs to families of people with Alzheimer's. Volunteers are needed to help with general office duties and special events.

## **American Cancer Society – Relay for Life**

747 Camden Ave., Suite B  
Campbell, CA 95008  
(408) 871-1062  
**Minimum age: High School**

One time only projects – set up, clean up, help sell, make and place luminaries, sell food/beverages.

## **Books Aloud**

Martin Luther King Library  
150 E. San Fernando Street, L11  
San Jose, CA 95112  
(408) 808-2613  
Email: [jmeurer@acninc.net](mailto:jmeurer@acninc.net)  
Website: [www.booksaloud.org](http://www.booksaloud.org)  
**Minimum age: 16**

Is a revolving library of recorded books for blind and physically handicapped children and adults. Volunteers are needed to help listeners choose selections, sort and checkout tapes, refurbish tapes and maintain listener records.

## **C.A.R**

525 E. Charleston Road  
Palo Alto, CA 94306  
(650) 812-2811  
Website: [www.C-A-R.org](http://www.C-A-R.org)  
**Minimum age: 13**

Provides community-based services for people with developmental disabilities and other special needs. Volunteers are needed to help with recreation, sports, activities and swimming. Training is provided.

## **Children's Health Council**

650 Clark Way  
Palo Alto, CA 94304  
(650) 617-3814  
Email: [lplount@chconline.org](mailto:lplount@chconline.org)  
Website: [www.chconline.org](http://www.chconline.org)

**Minimum age: 16**

A nonprofit agency that provides diagnostic testing, treatment and educational services to children with emotional/behavioral problems and learning disabilities. Volunteers are needed to help with special events in May and July.

## **El Camino Hospital Junior Program**

2500 Grant Road  
Mt. View, CA 94039  
(650) 988-8289  
Website: [www.elcaminohospital.org](http://www.elcaminohospital.org)

**Minimum age: 14**

A community hospital serving the medical needs of people in the Bay Area. Volunteers are needed to help with patient-related needs and services. Volunteers must commit 6 hours/month. Must attend an application seminar which is held twice a year.

## **Green Pastures**

740 Cornelia Court  
Mt. View, CA 94040  
(650) 965-2333  
Website: [www.greenpastureshome.org](http://www.greenpastureshome.org)

**Minimum age: High School**

A unique ministry to families with children who have disabilities. Volunteers can assist with short-term or long-term opportunities. Can choose to assist with office work, child care, homework, games and outings, provide meals or play music or sing.

## **Kaiser Permanente Hospital (Santa Clara)**

710 Lawrence Expressway  
Santa Clara, CA 95051  
(408) 851-1717  
Website: [www.kpschvolunteers.org](http://www.kpschvolunteers.org)

**Minimum age: 16**

Youth volunteers can work in the hospital, medical offices or the gift shop. There is a 4 hour/week, one year commitment. The volunteer program is very competitive.

## **Lucile Packard Children's Hospital**

725 Welch Road  
Palo Alto, CA 94304  
(650) 497-8696  
Website: [www.lpch.org](http://www.lpch.org)

**Minimum age: 14**

Youth volunteers can assist in a variety of areas in the hospital. Must attend orientation and be interviewed. Required to volunteers 3 hours/week for 6 months.

### **Pacific Autism Center for Education**

572 Dunholme Way  
Sunnyvale, CA 94087  
(408) 245-3400  
Website: [www.pacificautism.org](http://www.pacificautism.org)

**Minimum age: 15**

Provides education and residential homes for children and adults with autism. Volunteers are needed to help with clerical work, outdoor gardening and repair projects around the center and group homes.

### **Palo Alto Medical Foundation**

795 El Camino Real  
Palo Alto, CA 94301  
(650) 853-4703  
Website: [www.pamf.org/about/volunteer](http://www.pamf.org/about/volunteer)

**Minimum age: 15**

Provides health care, research and health education to the local community. Volunteers are needed to greet and guide patients, provide wheelchair assistance and various tasks throughout the clinic.

### **The Parkinsons Institute**

1170 Morse Ave.  
Sunnyvale, CA 94089  
(408) 734-2800  
Website: [www.parkinsonsinstitute.org](http://www.parkinsonsinstitute.org)

**Minimum age: 16**

Researches Parkinsons disease and educates patients about the disease. Volunteers are needed to be administrative assistants or to help with data entry and typing.

### **Peninsula Center for the Blind & Visually Impaired**

2470 El Camino Real, Suite 107  
Palo Alto, CA 94306  
(650) 858-0202 x27  
Website: [www.pcbvi.org](http://www.pcbvi.org)

**Minimum age: 14**

Offers a personalized in-home rehabilitation program for clients with severe sight loss. Volunteers are needed to read mail, newspapers and magazines, help with letter writing.

### **Recording for the Blind and Dyslexic**

488 West Charleston Road  
Palo Alto, CA 94306  
(650) 493-3717  
Website: [www.rfbd.org](http://www.rfbd.org)

**Minimum age: 12**

Provides educational materials on audio tapes and computer disks for blind, sight-impaired, and learning disabled students. Volunteers are needed to help read and record books and to help with studio maintenance. Volunteers must commit to a minimum of 2 hours/week.

### **Ronald McDonald House**

520 Sand Hill Road  
Palo Alto, CA 94304  
(650) 470-6011  
Website: [www.ronaldhouse-stanford.org](http://www.ronaldhouse-stanford.org)

**Minimum age: 17**

A "home-away-from-home" for the families of children receiving treatment at Stanford hospital. Volunteers are needed to play with children, help with operations of the house, check families in or answer phones. Shifts are 2-3 hours/week and must commit to four months.

### **Silicon Valley Council of the Blind**

PO Box 493  
Mt. View, CA 94042  
(650) 969-3155  
Website: [www.scvb.cc](http://www.scvb.cc)

**Minimum age: 15**

Goal is to improve the quality of life for those with vision impairment. Volunteers are needed to help visually impaired community members do their shopping, reading and be sports partners.

### **Special Olympics – Santa Clara**

1445 Koll Circle #104  
San Jose, CA 95112  
(408) 392-0170  
Website: [www.sonc.org/sccso](http://www.sonc.org/sccso)

**Minimum age: 16**

Is a sports training and competition program for developmentally disabled children and adults. Volunteers are needed to help train and coach athletes, assist with registration at events, help with publicity and office work. Orientations are offered in the evening throughout the year.

### **Stanford Medical Center**

300 Pasteur Drive, H-1136  
Stanford, CA 94305  
(650) 723-6636  
Email: [Joan.naber@medcenter.stanford.edu](mailto:Joan.naber@medcenter.stanford.edu)  
Website: [www.medcenter.stanford.edu](http://www.medcenter.stanford.edu)

**Minimum age: 14**

Junior volunteers assist patients and staff. Areas of service include gift shop, patient escort, book cart, flower delivery, maternity and patient services. Volunteers must commit to a minimum of 3 hours/week.

### **Stanford Blood Center**

3373 Hillview Ave.  
Palo Alto, CA 94304  
(650) 723-6795  
Website: [www.bloodcenter.stanford.edu](http://www.bloodcenter.stanford.edu)

**Minimum age: 14**

A nonprofit community blood bank providing blood and blood products to children and adults undergoing transplants and surgery. Volunteers are needed to monitor donors, serve refreshments, label blood bags and tubes, shuttle blood, help in the labs and clerical tasks.

## **United Cerebral Palsy Association**

480 San Antonio Rd., Suite 215

Mt. View, CA 94040

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

**Minimum age: Flexible**

Provides educational services and raises funds to support research on cerebral palsy. Volunteers are needed to help with child care, special events and administrative duties.

## **Veterans Administration – Palo Alto**

3801 Miranda Ave.

Palo Alto, CA 94304

(650) 858-3903

Website: [www.palo-alto.med.va.gov](http://www.palo-alto.med.va.gov)

**Minimum age: 14**

Provides health care and rehabilitation for veterans of the US military. Volunteers are needed to visit patients, read to the blind, man the information desk, and clerical duties. Must be health screened and commit to at least 1 hour/week.

# ENVIRONMENT/OUTDOOR

## **ACTERRA: Action for a Sustainable Earth**

3921 E. Bayshore Rd.

Palo Alto, CA 94303

(650) 962-9876

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

**Minimum age: Varies**

Works to restore our local environment through hands-on stewardship, education and leadership development. The programs for youth include: High Schools Group, San Francisquito Creek Project and Arastradero Preserve Project.

## **Canopy**

3921 East Bayshore Road

Palo Alto, CA 94303

(650) 964-6110

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

**Minimum age: High School**

A group that helps to plant and care for trees in Palo Alto. No experience is required for volunteers but must be able to do physical work and follow directions. Can volunteers to be a newsletter author, survey volunteer, or tree planter. Plantings usually held on Saturdays and lasts 2 – 4 hours.

## **C.C.C.R. (Citizens Committee to Complete the Refuge)**

453 Tennessee Lane

Palo Alto, CA 94306

(650) 493-5540

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

**Minimum age: 16**

An environmental action committee concerned with the preservation of all remaining SF Bay wetlands and their acquisition by the public. Volunteers are needed to help write newsletters, assist with community surveys or plant trees.

## **Environmental Volunteers, Inc.**

3921 E. Bayshore Road

Palo Alto, CA 94303

(650) 961-0545

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

**Minimum age: 16**

Produces high-quality, hands-on natural science and environmental programs for grade school children. Volunteers are needed to help with classroom presentations and field trips. Must provide own transportation and attend training sessions. There is a minimum commitment of 3 hours/week for one year.

## **Friends of Stevens Creek Trail**

22221 McClellan Road

Cupertino, CA 95014

(408) 255-5780

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

**Minimum age: 14**

Coordinates trail work days, raises funds, environmental education and newsletter. Volunteers are needed to help with the trail and creek events, special events, and special projects.

### **Gamble Gardens**

1431 Waverly Street  
Palo Alto, CA 94301  
(650) 329-1356  
Email: [admin@gamblegarden.org](mailto:admin@gamblegarden.org)  
Website: [www.gamblegarden.org](http://www.gamblegarden.org)

**Minimum age: High School**

Is a non-profit community horticulture foundation. Volunteers assist with clerical work, garden work, flower arranging, spot jobs or special events.

### **Green Town Los Altos**

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

**Minimum age: High School**

A grass-roots organization of Los Altos and Los Altos Hills residents and businesses trying to reduce waste, energy and water consumption. Focuses on creating awareness and solutions to climate change locally.

### **Hidden Villa Farm & Preserve**

26870 Moody Road  
Los Altos Hills, CA 94022  
(650) 949-8655  
Email: [volunteers@hiddenvilla.org](mailto:volunteers@hiddenvilla.org)  
Website: [www.hiddenvilla.org](http://www.hiddenvilla.org)

**Minimum age: 16**

Engages children and adults in hands-on programs promoting environmental awareness and multicultural understanding. Volunteers are needed to help with trail maintenance, organic gardening, clerical duties, and special events. There is a summer internship program for 16 and older which requires a minimum of 16-20 hours/week for one month.

### **Magic**

PO Box 15894  
Stanford, CA 94309  
(650) 323-7333  
Website: [www.ecomagic.org](http://www.ecomagic.org)

**Minimum age: 14**

Promotes ecological values and conservation within the community. Volunteers are needed to help plant native oaks on Stanford lands every Saturday or help maintain Magic's permaculture landscape.

### **Marine Science Institute**

500 Discovery Parkway  
Redwood City, CA 94063  
(650) 364-2760  
Email: [infor@sfbaymsi.org](mailto:infor@sfbaymsi.org)  
Website: [www.sfbaymsi.org](http://www.sfbaymsi.org)

**Minimum age: 16**

Volunteers are needed to teach environmental science to children of all ages and go out on boats to help collect fish data or help teach.

## **Midpeninsula Regional Open Space**

330 Distel Circle

Los Altos, CA 94022

(650) 691-1200

Email: [volunteer@openspace.org](mailto:volunteer@openspace.org)

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

**Minimum age: 14**

A public agency which acquires and manages open-space lands and provides public access for recreational uses. Volunteers are needed to perform a variety of trail construction and maintenance projects, as well as be Trail Census Volunteers.

## **PA Open Space & Sciences Section**

1451 Middlefield Road

Palo Alto, CA 94301

(650) 329-2112

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

**Minimum age: 14**

Operates the Junior Museum and Zoo, two nature centers, Baylands Park, Foothills Park and the Arastradero Preserve. Volunteers are needed to help with exhibitions, science and nature classes, trail maintenance, and marsh clean-up.

## **Trail Center**

3921 East Bayshore Road

Palo Alto, CA 94043

(650) 934-9091

Email: [info@trailcenter.org](mailto:info@trailcenter.org)

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

**Minimum age: 17**

Helps preserve the land and open space in the Bay Area through trail information, trail building and restoration and trail mapping. Volunteers are needed to help build trails one Saturday per month.

## **Tropical Rainforest Coalition**

21730 Stevens Creek Blvd., #102

Cupertino, CA 95014

(408) 749-8740

**Minimum age: 13**

Provides education and advocacy about tropical rainforest conservation. Volunteers are needed to be tropical animal assistants and adopt-an-acre project coordinators and help with special events.

## **Wildlands Restoration Team**

315 Keystone Ave.

Santa Cruz, CA 95062

(831) 460-4690

Email: [volunteer@wildwork.org](mailto:volunteer@wildwork.org)

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

**Minimum age: 16**

Protect and restore the biological diversity of the Santa Cruz mountains. Stop the spread of invasive non-native plants. Volunteers will work outside and get dirty.

# MEAL PROGRAMS & SHELTERS

## **Community Services Agency**

204 Stierlin Road  
Mt. View, CA 94043  
(650) 964-4630  
Email: [pmorehead@cascare.org](mailto:pmorehead@cascare.org)  
Website: [www.csacares.org](http://www.csacares.org)  
**Minimum age: 12**

Helps the hungry, elderly, homeless and need in the local communities. Volunteers are needed to help provide food through the Food and Nutrition Center, help with special events and office work. Groups can also help with making cards for the elderly, knit blankets, arrange ice cream socials and lunches for elderly.

## **Cupertino Community Services**

10104 Vista Drive  
Cupertino, CA 95014  
(408) 255-8033  
Website: [www.cupertinocommunityservices.org](http://www.cupertinocommunityservices.org)  
**Minimum age: 16**

A nonprofit organization dedicated to assisting low-income individuals, families and homeless living on the Peninsula. Volunteers are needed to help with the food closet, the front desk and to sponsor food drives.

## **Loaves & Fishes Family Kitchen**

398 E. Santa Clara St.  
San Jose, CA 95113  
(408) 283-4974  
Website: [www.loavesfishes.org](http://www.loavesfishes.org)  
**Minimum age: 14**

Provides no-cost hot meals five days a week at two locations to those in need. Volunteers are needed to help with meal preparation, serve food and drinks, and clean up or distribute grocery bags to families.

## **Salvation Army – Sunnyvale/Mountain View**

1161 South Bernardo  
Sunnyvale, CA 94087  
(408) 720-0420  
**Minimum age: 16**

Provides food and clothing to families. Volunteers are needed to be food bag assemblers and help with general office work.

## **Second Harvest Food Bank**

750 Curtner Avenue  
San Jose, CA 95125  
(408) 694-0021  
Website: [www.2ndharvest.net](http://www.2ndharvest.net)  
**Minimum age: 14**

Provides donated food to low-income families, adults and seniors. Volunteers are needed to help with food sorting and distribution of food in a warehouse environment.

### **South Palo Alto Food Closet**

670 E. Meadow Drive  
Palo Alto, CA 94306  
(650) 494-9310

**Minimum age: 14**

Located in the Covenant Presbyterian Church, room 9. Gives groceries to needy people in the Mid-peninsula. Volunteers are needed to help pick up donations, sort and distribute food, or sign-in clients. Volunteers usually commit to a two-hour shift each week.

### **Sunnyvale Community Services**

810 West McKinley Ave.  
Sunnyvale, CA 94086  
Email: [scsayende@aol.com](mailto:scsayende@aol.com)  
Website: [www.svcommunityservices.org](http://www.svcommunityservices.org)

**Minimum age: 16**

Provides information and referrals about community resources to individuals and families in need. Volunteers are needed to help pack food bags and help with office work.

### **Support Network for Women**

444 Castro Street, Suite 305  
Mt. View, CA 94041  
(650) 940-7865  
Website: [www.snbw.org](http://www.snbw.org)

**Minimum age: 16**

Provides support and services for women in abusive relationships. Volunteers are needed to be peer educators with children at the shelter, help in the office, or participate in special events. 40 hours of training and a one year commitment is required.

### **Urban Ministry of Palo Alto**

PO Box 702  
Palo Alto, CA 94302  
(650) 324-5361  
Email: [umpavolunteers@yahoo.com](mailto:umpavolunteers@yahoo.com)

**Minimum age: 12**

Provides services to the homeless and very low-income individuals through a variety of programs and outreach activities. Volunteers are needed to help pick up, prepare and serve food, to work in our community garden and at our food and clothing closets.

# SENIOR SERVICES

## **Avenidas**

450 Bryant Street  
Palo Alto, CA 94301  
(650) 289-5412  
Website: [www.avenidas.org](http://www.avenidas.org)

**Minimum age: 15**

Volunteers can help with one-time only projects or events or on-going projects. There is no minimum time commitment.

## **Channing House**

850 Webster  
Palo Alto, CA 94301  
(650) 324-7572  
Website: [www.channinghouse.org](http://www.channinghouse.org)

**Minimum age: 12**

A nursing facility and retirement home. Volunteers are needed to visit patients, help with bingo and word games, arts and crafts or parties.

## **La Comida**

450 Bryant Street  
Palo Alto, CA 94301  
(650) 322-3742

**Minimum age: 16**

A program that serves lunches to seniors every Monday through Friday. Volunteers are needed to help set tables, pour milk and coffee, and serve plates of food.

## **Los Altos Senior Center**

97 Hillview Ave.  
Los Altos, CA 94022  
(650) 947-2797  
Email: [seniorcenter@ci.los-altos.ca.us](mailto:seniorcenter@ci.los-altos.ca.us)

**Minimum age: 16**

Volunteers can help at the reception desk, answering phones, greeting visitors, serving lunch, or setting up programs or other activities.

## **Lytton Gardens Senior Communities**

437 Webster Street  
Palo Alto, CA 94301  
(650) 617-7355  
Email: [volunteer@lyttongardens.org](mailto:volunteer@lyttongardens.org)  
Website: [www.lyttongardens.org](http://www.lyttongardens.org)

**Minimum age: 12**

Provides low-cost housing and nursing care for active and disabled seniors. Volunteers are needed to visit residents, take walks, play games, help with classes, read aloud or write letters.

### **Manor Care Nursing Center**

1150 Tilton Drive  
Sunnyvale, CA 94087

**Minimum age: 15**

Provides nursing care for seniors in a private, residential setting. Volunteers are needed to visit residents.

### **Palo Alto Commons**

4075 El Camino Way  
Palo Alto, CA 94306  
(650) 494-0760

Website: [www.paloaltocomomns.com](http://www.paloaltocomomns.com)

**Minimum age: Flexible**

A retirement center for active seniors. Volunteers are needed to be companions, assist with games, reading, art, walks and visits.

### **Pilgrim Haven**

373 Pine Lane  
Los Altos, CA 94022  
(650) 948-8293 x122

Website: [www.pilgrim-haven.org](http://www.pilgrim-haven.org)

**Minimum age: Flexible**

A continuing care community for seniors. Volunteers are needed to visit, escort them to activities and help lead bingo games.

### **Redwood Villa**

1981 Montecito Ave.  
Mt. View, CA 94043

Email: [redwoodvilla@comcast.net](mailto:redwoodvilla@comcast.net)

Website: [www.redwoodvillamv.com](http://www.redwoodvillamv.com)

**Minimum age: High School**

An independent retirement residence for healthy seniors. Volunteers are needed to visit with seniors.