

Volunteer Opportunities at CVC Charities*

New listings September 2014

Name of Charity	Location	Type of Work	When Needed	How to Sign up
Peaceful Passings Senior Animal Rescue	Bremo Bluff	Dog Walking and grooming	Ongoing	434-591-1933 or 434-842-3287 weekends
White Bird Appaloosa Horse Rescue	Burkeville	Grooming, walking horse, small building and fence repairs, barn cleaning	Ongoing – Call for schedule	www.whitebirdapps.com 434-767-2839
Salvation Army	Charlottesville (and most other locations)	Various	Short and long term volunteers needed	434-295-4058 x117
Cancer CureSearch	Charlottesville	CureSearch Walk	October 11	www.curesearchwalk.org/charlottesville Jennifer.Murphy@Curesearch.org or 240-235-2211
Chesterfield CASA	Chesterfield	Working with children with special needs	Ongoing	804-276-7660 chcasa@comcast.net
Colonial Heights Food Pantry	Colonial Heights near South Park	Distribution of food to needy families	Sept. 12 – 10am – 3pm or Sept. 13 – 10 am-3pm And ongoing	804-520-7117 lorimolnow@chfp@gmail.com
Cancer CureSearch	Fairfax Corner	CureSearch walk	October 19	www.curesearchwalk.org/northernvirginia Jennifer.Murphy@Curesearch.org or 240-235-2211
Floyd County Humane Society	Floyd County	Various activities for adults or families	Ongoing	Suzanne (540) 745-7207 (Leave Message) www.Floydhumanesociety.org
disability Resource Center	Fredericksburg	Various	Ongoing	dfults@cildrc.org www.cildrc.org
American Heart Association	Glen Allen	Clerical Work	September 11	Amber Glenn 804-965-6572 amber.glebb@heart.org
Commonwealth Catholic Charities	Hampton Roads	Instructors, Literacy work	Ongoing	804-545-5924 Jessica Jessica.mito@cccovfa.org

Name of Charity	Location	Type of Work	When Needed	How to Sign up
The Nature Conservancy	Nelson County (near Lovingston)	Clearing Paths, maintaining hiking trail, landscaping	Sept. 17 th	Jdalke@tnc.org www.nature.org 434-951-0572 (Jen)
Commonwealth Catholic Charities	Norton	Children's Services	Ongoing	804-545-5924 Jessica Jessica.mito@cccova.org
Children's Hospital Foundation	Richmond	Assist with event	Four Mile Walk/Run Sept. 20 th at VCU Brook Rd. Campus	www.chfrace.org 804-228-5920
CARITAS	Richmond	General Office and maintenance	Short-term and long-term volunteers needed	Susan Carminucci 804-358-0964
Commonwealth Catholic Charities	Richmond	Office work, data entry, counselors, outreach	Ongoing	804-545-5924 Jessica Jessica.mito@cccova.org
Commonwealth Catholic Charities	Roanoke	Instructors, visit monitors, immigration aide	Ongoing	804-545-5924 Jessica Jessica.mito@cccova.org
Avalon Center for Women and Children	Williamsburg	Wide Range, including data entry 2-4 hours per week	Ongoing	charvella@avaloncenter.org 757-258-5022 x1011
Dream Catchers	Williamsburg	Therapeutic Riding assistance, walkers,	Ongoing, plenty of one-time projects as well	757-566-1775 www.dreamcatcherswilliamsburg.org
The Volunteer Farm	Woodstock, VA	Harvesting crops	Seasonal	www.volunteerfarm.org

Most of Virginia's Food Banks are always in need of volunteers to sort food items, package items for delivery, and to stock shelves. To help at one of the Food Banks listed below, Google one of these for locations and contact information or call the main office at (757) 314-4572.

Food Bank - Blue Ridge Area	Food Bank - Blue Ridge Thomas Jefferson Area	Food Bank - Emergency Food Bank
Food Bank - Blue Ridge Lord Fairfax Area	Food Bank - Capital Area	Food Bank - Fredericksburg Area
Food Bank - Blue Ridge Lynchburg Area	Food Bank - Central Virginia AKA Feed More	Food Bank - Southeastern VA
Food Bank - Blue Ridge Shenandoah Valley	Food Bank - Eastern Shore	Food Bank - Virginia Peninsula

Previously Listed on the CVC Website

Charity	Location	What	Date	Contact
	Richmond area	Mentor	Ongoing	Julie Ehlers at (804) 261-4940 ext 16 jehlers@bigbrobigsis.com
 Literacy for All	Jefferson School City Center	Read to others	Ongoing	www.literacyforall.org
Dream Catchers	Lesson Volunteers – participate as a sidewalker or horse leader	10120 Fire Tower Road Toano, VA 23168	Tuesdays through Saturdays	Call Gwen Zimmerman 757-566-1775 Or email dreamcatchersvolunteers@gmail.com
Habitat for Humanity South Hampton Roads	Diverse opportunities for youth, seniors, individuals, groups, businesses, builders, and non- builders alike. We have ever-changing organizational needs. Please contact us!	South Hampton Roads	On-going	Visit http://shrhabitat.org or email volunteer@shrhabitat.org
Charity	Location	What	Date	Contact

	<p>Make Someone's Day! Friendly Visitors needed to spend at least one hour/week with a homebound senior</p>	<p>Southside Richmond or Mechanicsville area</p>	<p>Ongoing</p>	<p>http://jfsrichmond.org/index.php/volunteer/</p>
	<p>Individual volunteers, Group Volunteers, Special Events</p>	<p>Verona</p>	<p>Ongoing</p>	<p>For more information you can email Jennifer Clark at jclark@brafb.org, or call 540-213-8402.</p>
	<p>"Holiday Hope" – Adopt a homeless child, family, man, woman or veteran to provide holiday gifts</p>	<p>Due to our limited space, we use AAAA Self Storage at 1400 Chamberlayne Avenue where we rent two units for one month – one for gift delivery and one for gift wrapping. Directions are provided. but</p>	<p>Adoptions start on October 14, 2013. Gift delivery due no later than December 13, 2013</p>	<p>Email or call Lynne Dunne, ldunne@homeagainrichmond.org (804) 358-7747 ext. 104 Email or call JoLinda Underwood, junderwood@homeagainrichmond.org (804) 358-7747 ext. 109 www.homeagainrichmond.org</p>
	<p>"Holiday Hope" Gift Wrapping – Wrapping of gifts donated by individuals, organizations and companies.</p>	<p>Due to our limited space, we use AAAA Self Storage at 1400 Chamberlayne Avenue where we rent two units for one month – one for gift delivery and one for gift wrapping. Directions are provided. but</p>	<p>Gift Wrapping begins around December 2, 2013, depending on delivery dates. Our goal is to have all gifts wrapped by December 17, 2013</p>	<p>Email or call Lynne Dunne, ldunne@homeagainrichmond.org (804) 358-7747 ext. 104 Email or call JoLinda Underwood, junderwood@homeagainrichmond.org (804) 358-7747 ext. 109 www.homeagainrichmond.org</p>

	<p><u>Caregivers' Assisted Transportation Program</u>- Provide transportation to appointments for elderly and other disabled adults in order to help them maintain independent living. Assistance includes helping with walkers, collapsible wheelchairs, etc.; and helping them to fill out forms in medical offices.</p>	<p>Loudoun County, Virginia</p>	<p>Ongoing</p>	<p>lvcaregivers@lvcaregivers.org or www.lvcaregivers.org</p>
	<ul style="list-style-type: none"> - Become a Money Management Program Advisory Council member - Become a member of a Caregivers volunteer advisory committee - Provide event support - Provide office support 	<p>Loudoun County, Virginia</p>	<p>Ongoing</p>	<p>lvcaregivers@lvcaregivers.org or www.lvcaregivers.org</p>
	<p>disability Resource Center 409 Progress St. Fredericksburg 22401</p>	<p>One night a month during school year.</p>	<p>Call or email Kim Lett at 540-373-2559 or klett@cildrc.org</p>	
	<p>disability Resource Center Fredericksburg and Stafford, Spotsylvania, King George or Caroline Counties</p>	<p>As needed basis.</p>	<p>Call or email Kim Lett at 540-373-2559 or klett@cildrc.org</p>	
	<p>disability Resource Center 409 Progress St. Fredericksburg 22401</p>	<p>Anytime M-F 8:30-5</p>	<p>Call or email Kim Lett at 540-373-2559 or klett@cildrc.org</p>	

	<p>Elementary Schools throughout Richmond and Henrico</p>	<p>Several dates available – please see website</p>	<p>Info - http://www.jatoday.org/?page_id=197 Register - http://www.jatoday.org/?page_id=220</p>
	<p>Junior Achievement – 7217 W. Broad Street, Richmond, VA</p>	<p>Several dates available – please see website</p>	<p>Info - http://www.jatoday.org/?page_id=177 Register - http://www.jatoday.org/?page_id=220</p>
	<p>Become a “Donation Advocate” for LifeNet Health! Saving lives through organ and tissue donation registrations and awareness.</p>	<p>Year-Long</p>	<p>Foundation@LifeNetHealth.org</p>
	<p>Saturday “Expeditions” – outdoor activity with Richmond youth</p>	<p>On-going</p>	<p>Email Amanda Payne at amanda@blueskyfund.org or call 804-410-4273</p>
<p>BOAZ AND RUTH</p>	<p>Rebuilding Lives Mentor</p>	<p>1 hour/week, 6 month commitment</p>	<p>Coaches for participants in our program are needed to encourage them in their journey. Training is provided. Call us at 804-329-4900.</p>

Other Volunteer Opportunities

If you have school-aged children, call their school office and ask if you can help in the classroom, the library, or the office.

If you have a favorite charity not listed above, call the local branch and ask about volunteer opportunities. Most charities need help year round but can usually find work for willing volunteers with just a few days notice.

*All CVC Charities are carefully assessed each year at the time of reapplication to the Commonwealth of Virginia Campaign.