



Volunteer Opportunities for Young People in NYC



Volunteers of America's *Operation Backpack* sort days are wonderful opportunities to help children living in New York City's homeless shelter system. By sorting school supplies and hand-packing hundreds of backpacks you will finish your community service day tired, but pledging to return next year to help out once more.

# Why Volunteer?

MOST OF US DREAM about making the world a better place and everyone can play a role in making this dream a reality. Whether you want to tutor children living in a homeless shelter, help senior citizens take care of their pets, organize a scarf and mitten or school supplies drive, serve meals in a soup kitchen, or educate kids about AIDS prevention, you CAN make a difference, through volunteering. If you're a good organizer or want to try your hand in a leadership role, think about coordinating a fundraiser and donate the money you raise to a charity that does meaningful work. There are so many ways to help – it's up to you to decide how you want to do it.

You won't get paid in dollars and cents, but what you *will* gain is priceless.

- The satisfaction of knowing that your actions made a difference.
- The confidence that comes when you do something you've never done before.
- The opportunity to socialize with other young people who care about their community.
- Practical experience and new skills.
- An important activity to put on your resume.
- The satisfaction of knowing you helped.

"Volunteers are not paid because they are worthless, but because they are priceless."

**Author Unknown**

# Imagine

- Reading to a little child and seeing him look forward to your visits.
- Packing food in a food pantry, and seeing parents leave, relieved to have something to cook for their family that week.
- Reading the paper to someone who is blind, or playing cards with an elderly person living in a nursing home who has no family.
- Walking dogs or cuddling abandoned kittens.
- Knowing you convinced fellow New Yorkers to register to vote.
- Raising money to help find a cure for cancer, diabetes or AIDS.

# How Do I Begin?

- Start by talking to your parents or school counselor about volunteering.
- Look at the volunteer opportunities listed in this guide to see if there is something that interests you. This is just a small sampling of the thousands of nonprofits in the metro New York area that can use your help.
- If you don't find what you're looking for, call nonprofit organizations in your neighborhood directly, or go online to **www.kidsforcommunity.org**, **www.VolunteerNYC.org** or **www.VolunteerMatch.org** and look at the volunteer positions they have to offer.
- Choose a volunteer opportunity that is close enough for you to get to and that welcomes kids your age as volunteers.
- See if there is a minimum time commitment required, and honestly look at your availability to see if you can make and keep that commitment. Remember, people will be counting on you.
- Be creative! If you see an issue in your community that needs to be addressed, figure out a plan of action and organize a group of friends or classmates to respond. Look at groups like **Do Something** or **Youth Venture** and perhaps your idea will get funded! **(See page 34)**

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“When you are kind to someone in trouble, you hope they’ll remember and be kind to someone else, and it’ll become like a wildfire.”

Whoopie Goldberg

**NOTE TO PARENTS:** The inclusion of any organization or person in this book does not constitute a representation, warranty, or endorsement with respect to the competence, suitability, or reliability of such organization or person by Volunteers of America. Although we have spoken to a representative from every nonprofit organization listed in this guide, or reviewed their website and ascertained that they welcome youth volunteers, Volunteers of America provides this brochure as a guide only. Volunteers of America has no actual experience with most of the organizations profiled in this guide, and therefore it is up to you, the parent or guardian to check the appropriateness of any volunteer experience in which your child engages.

# Manhattan

## nonprofits



LIFEbeat volunteers.

### Alzheimer's Association

360 Lexington Avenue, 5th Floor  
New York, NY 10017  
(212) 983-6906 ext 248

[www.alznyc.org](http://www.alznyc.org)

The Alzheimer's Association is the largest national voluntary health organization dedicated to advancing research for the causes, treatments, and prevention of Alzheimer's disease, and promoting comprehensive and humane care for people with Alzheimer's. Volunteers age 16 and up are needed several times a year to help prepare for the organization's special events by stuffing goody bags and preparing mailings. Also, kids can put together teams, get sponsors, and help out the day of *Memory Walk* (See **Walk-a-Thons**, page 37).

### American Society for the Prevention of Cruelty to Animals (ASPCA)

424 East 92nd Street, Suite 3  
New York, NY 10128  
(646) 291-4580

[http://www.asPCA.org/site/PageServer?pagename=pro\\_nyc\\_volunteer](http://www.asPCA.org/site/PageServer?pagename=pro_nyc_volunteer)

The *Volunteer Program* at the ASPCA is vital to the Society's operation. Volunteers age 14 and up assist in the care and placement of the animals housed in our shelter, educate the public, and provide support for administrative programs. To become a volunteer, you must attend a 3-hour orientation which provides an overview of the ASPCA's philosophy, services and volunteer opportunities. Orientations are held on the 2nd and 4th Saturday of each month from 1:00-4:00 p.m., except major holidays. Call us to make a reservation. You must commit to a minimum of 8 hours monthly for 6 months.

### American Lung Association

432 Park Avenue South  
New York, NY 10016  
(212) 889-3370  
[aschroeder@alany.org](mailto:aschroeder@alany.org)

[www.alany.org](http://www.alany.org)

The mission of the American Lung Association is to prevent lung disease and promote lung health. Volunteers must be at least 16 years old; there is no minimum time requirement. Assist with in-office work – fulfill requests for literature, mailings, collate and assist with other tasks. Volunteers are also needed to help at the annual *Asthma Walk* which raises awareness and funds to fight the asthma epidemic in NYC. (See **Walk-a-Thons**, page 37).

### American Red Cross of Greater New York

150 Amsterdam Avenue at 66th Street  
New York, NY 10023  
(212) 875-2068

[www.nyredcross.org](http://www.nyredcross.org)

The American Red Cross (ARC) helps people avoid, prepare for, and cope with emergencies and helps rebuild lives after an emergency. ARC has a *Youth Services Program* for 14-18 year olds who wish to volunteer. There is an open house once a month where you can learn about the program. Call the number above to find out the next open house date. Youth volunteers work behind the scenes in all areas of the agency's work including disaster services and health and safety and act as instructor aides. The *Youth Services Program* is also responsible for organizing some large scale projects including a book and toy drive in winter and a major fundraiser in the spring. Youth also volunteer at the March of Dimes' walk-a-thon in the spring. (See **Walk-a-Thons**, page 37).

**"Volunteers are vital to enabling this country to live up to the true promise of its heritage."**

**President Bill Clinton**

### Association to Benefit Children (ABC)

(212) 845-3855

[www.a-b-c.org](http://www.a-b-c.org)

ABC offers preschools, after-school programs for older children, health care services, housing assistance and mental health services, mainly to young children and their families. Preschools and summer day camp programs are located in East Harlem and in the East 80s. After an interview and paper work, volunteers (must be high school age) can work in the summer pre-school program, functioning as “teacher aides” – interacting with the kids, many of whom have developmental delays. No weekend or after-school positions are available.

### Bellevue Hospital Center

27th Street and First Avenue

New York, NY 10016

(212) 562-4858 (ask for Ilse Mohamed)

Join the *Bellevue Emergency Explorers* program and work in the ER. Since this volunteer experience takes place during the school day, your school must be involved in making arrangements with Bellevue. This experience involves three consecutive months, 6-8 hours per week. Another volunteer opportunity is in the pediatric unit – again this volunteer position is during the school day. The minimum age for volunteers is 16. Participants receive intensive on-the-job training.

### Bowery Mission

227 Bowery Street

New York, NY

(800) 871-6347

[www.bowery.org](http://www.bowery.org)

The Bowery Mission provides daily, compassionate care to the homeless on the Lower East Side of Manhattan. Volunteers must be at least 14 years of age, or in grade 9, and are asked to come with at least one other volunteer (we can accommodate groups of up to 15 volunteers). Volunteers assist with preparing and serving meals to homeless individuals, and sort food and clothing donations. Volunteer shifts run from 9:30 a.m. to 2:00 p.m. weekdays, and 11:00 a.m. to 3:30 p.m. on Saturdays. We ask that you commit to volunteering for an entire shift each time you come.

### Burden Center for the Aging

1484 First Avenue

New York, NY 10021

(212) 879-7400

[www.burdencenter.org](http://www.burdencenter.org)

Burden Center for the Aging is dedicated to supporting the efforts of older people to remain in their own homes, living independently, safely and with dignity. The organization provides services throughout the Upper East Side and includes visits to those who are homebound, outings to museums and concerts, computer training and more. Burden Center for the Aging welcomes volunteers 16 years and older to participate in the ‘*Friendly Visiting*’ and ‘*Telefriend*’ programs and to conduct computer training, escort clients to medical appointments, and to assist with grocery shopping. Anyone younger than 16 is welcome to volunteer with the Burden Center’s ‘*Meals on Wheels*’ or ‘*Luncheon Club*’ programs. Families are welcome to volunteer as well. Depending on your availability, you may make a one-time commitment or weekly commitment,

## The Caring Community

20 Washington Square North  
New York, NY 10011  
(212) 777-3555 ext 110

**[www.thecaringcommunity.org](http://www.thecaringcommunity.org)**

Since its founding in 1973, the mission of The Caring Community has been to serve the active and frail elderly of Greenwich Village and Lower Manhattan in a manner that fosters independence, dignity and respect. Our goal is to assist and empower senior citizens so that they may live safely in their homes, and remain in the community for as long as they are willing and able. Volunteers age 16 and up can serve lunch, help in the computer room and register the seniors as they come for activities at the 20 Washington Square North location, Monday through Friday from 9:00 a.m. to 5:00 p.m. Children any age if accompanied by an adult, can deliver lunch to homebound seniors through the Community's *Meals-on-Heels* program 7-days a week. No time commitment required; you can show up and volunteer whenever you're available.

## Central Park Conservancy

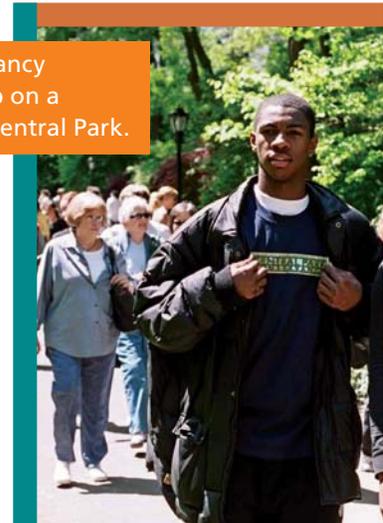
830 Fifth Avenue  
New York, NY 10021  
(212) 360-2768

[volunteer@centralparknyc.org](mailto:volunteer@centralparknyc.org)

**[www.centralparknyc.org](http://www.centralparknyc.org)**

With 25 million visitors each year to its 843 acres, Central Park is the most frequently visited urban park in the United States. To manage the Park, Conservancy crews aerate and seed lawns, rake leaves, prune and fertilize trees, plant shrubs and flowers, maintain ball fields and playgrounds, remove graffiti, conserve monuments, bridges and buildings, and protect over 150 acres of lakes and streams from pollution. The volunteer minimum age is 14 and most volunteer opportunities require one shift per week. There are also one-time, large-scale projects throughout the Park every other Saturday. Volunteers may also staff the information desk at one of the three visitor centers. If you're at least 14 you may join our *Youth Leadership Program* which is a year-round internship, or look into our summer intern program.

A Central Park Conservancy volunteer leads a group on a walking tour through Central Park.



## Children's Museum of Manhattan (CMOM)

212 West 83rd Street  
New York, NY 10024  
(212) 721-1223 ext. 256

**[www.cmom.org](http://www.cmom.org)**

The *Junior Staff Internship Program* provides a ladder of career training for high school students who want an immersive internship experience. With each level of the program, *Junior Staff* interns gain knowledge, experience and responsibility while playing an integral part on the CMOM team. The summer program requires a commitment of two full days a week for a minimum of four weeks and is recommended for 9th and 10th graders. The fall program is an intensive four-month internship, recommended for 11th and 12th grade students. Ask your guidance counselor for an application or download one online.



A high school student delivers a meal to a homebound neighbor through CityMeals on Wheels.

### CityMeals on Wheels

355 Lexington Avenue  
New York, NY 10017  
(212) 687-1234

**[www.citymeals.org](http://www.citymeals.org)**

One in four elderly New Yorkers is living alone, too poor to buy food, or too frail to shop and cook. Home delivered meals allow them to keep their independence and dignity while remaining in their own homes and neighborhoods. CityMeals on Wheels hand delivers meals to homebound elderly New Yorkers on weekends, weekdays, holidays, and in times of emergency when many vulnerable seniors would otherwise go without food. Volunteers 16 years old and up with parental permission hand deliver hot, nutritious meals throughout Manhattan on weekends. Volunteers of all ages can write letters and create birthday and holiday cards to send to the elderly who are homebound.

### Coler-Goldwater Specialty Hospital and Nursing Facility (2 sites)

Coler Campus, 900 Main Street  
and Goldwater Campus, One Main Street  
Roosevelt Island, NY 10044  
(212) 848-6011 (Coler)  
(212) 318-4457 (Goldwater)

**(See New York City Health & Hospitals Corporation, page 31)**

### Digital Clubhouse Network

55 Broad Street, Lower Level  
New York, NY 10004  
(212) 269-4284

**[www.digiclubnyc.org](http://www.digiclubnyc.org)**

The Digital Clubhouse Network mobilizes and empowers youth to use technology to promote service and build stronger communities. By working on intergenerational, service-based projects that give voice to people and issues in their communities, participants, age 12-16, develop digital literacy, work skills, and self-esteem while helping build a more inclusive, tolerant and compassionate society. Youth members are required to give 20 hours of service each month to help run the *Clubhouse* and its programs, and are required to help pass on their skills by training youth (and adults!). Formal classes and organized work sessions are held on Saturdays. Plus, students are required to attend at least one additional lab session per week to work on their skills and to provide service hours.

## DOROT

171 West 85th Street  
New York, NY 10024  
(917) 441-5077

**[www.dorotusa.org](http://www.dorotusa.org)**

DOROT means “generations” in Hebrew. We are a nonprofit, non-sectarian agency dedicated since 1976 to enhancing the lives of homebound, homeless and isolated elders and bringing the generations together in friendship. Group, family and individual volunteer opportunities exist after school, on Sundays, during vacations and in the summer. School groups can volunteer during the school day. DOROT offers a wide variety of volunteer activities from delivering packages of food to homebound seniors during the Jewish holidays or listening to Holocaust survivors tell their stories so you can carry on their memories for the next generation. Tutor seniors in computer use at DOROT’s headquarters or in their homes, or participate in intergenerational programs like sing-alongs, art projects, musicals and more. There are one-time and ongoing opportunities; hours are flexible; opportunities exist for high school students, and younger kids if accompanied by an adult. Download our Teen Volunteer Opportunities brochure and call to register for one of our volunteer activities now!

## Eldridge Street Project

12 Eldridge Street (between Canal and Division Streets)  
New York, NY 10002  
(212) 219-0888 ext 206

**[www.eldridgestreet.org](http://www.eldridgestreet.org)**

As the steward of this National Historic Landmark, the Eldridge Street Project uses the building as a learning center for exploring architecture and historic preservation, synagogue life and customs, as a gathering place for inter-group experiences, and a showcase for art and cultural experiences that draw on Jewish and humanistic themes. Volunteers are at 16-years-old and are of all faiths and backgrounds. They help in the office and with fundraising activities. In the near future Eldridge Street Project will introduce a *Junior Docent Guide Program* to teach student volunteers to lead tours and answer visitor’s questions.

## Federation of Protestant Welfare Agencies (FPWA)

(212) 801-1332

**[www.fpwa.org](http://www.fpwa.org)**

FPWA is comprised of over 200 member social service agencies and 100 churches throughout New York City that provide services to children, the elderly, the homeless and more. It’s mission is to promote the social and economic well-being of our community’s most vulnerable by strengthening human service organizations and advocating for just public policies. Volunteers must be at least 16, and depending on the agency in which you’re placed, you may read to young children, assist in daycare centers, or provide office help.

## Fresh Youth Initiatives (FYI)

505 West 171st Street  
New York, NY 10034  
(212) 781-1113

**[www.freshyouth.org](http://www.freshyouth.org)**

This youth-run organization in Washington Heights invites kids to get involved as young as 10-years old. By the time you have been with the organization a few years, you evolve into the leaders who mentor the younger kids in the program. Most volunteer activities take place

## Manhattan nonprofits

An adult facilitator and young volunteers at Fresh Youth Initiatives headquarters.



Monday–Friday from 10:00 a.m. to 6:00 p.m. and include helping in the clothing bank, painting murals, volunteering in community gardens, and volunteering in our own youth-run, adult-facilitated food pantry. There are also opportunities for teenagers to develop and run their own community service group through a program called *Neighborhood Service Leaders*. Most participants start their FYI career off by first participating in our everyday service projects with the goal of moving on to membership in a youth-led project and eventually running their own service project. There is no required time commitment.

### Goddard Riverside Community Center

593 Columbus Avenue  
New York, NY 10024  
(212) 873-6600

[www.goddard.org](http://www.goddard.org)

Goddard Riverside Community Center is a human services organization that seeks to meet people's basic needs of food, shelter and education. *Goddard* operates five buildings that provide permanent, supportive and affordable housing to 600 New Yorkers. The *New York Book Fair* is Goddard's biggest yearly fundraiser. Volunteers, 16 and older, are needed to unpack and sort donated books, set them up, label and sell them. There are also volunteer opportunities for young people (again, 16 and older) to help prepare and serve holiday meals on Thanksgiving and Christmas to approximately 1,000 people in need. Please call for an application. Families are encouraged to volunteer.

### Gouverneur Health Care Services

227 Madison Street  
New York, NY 10002  
(212) 238-7855

(See New York City Health & Hospitals Corporation, page 31)

### Hale House Center, Inc.

152 West 122nd Street  
New York, NY 10027  
(212) 663-0700

[www.halehouse.org](http://www.halehouse.org)

Hale House is dedicated to building better futures for children and families in need through 24-hour infant and toddler residential care, developmental childcare programs, supportive housing, family stabilization efforts and community outreach. Beginning in ninth grade, volunteers can do administrative work including inventorying in-kind donations and preparing mailings. Volunteers must participate in an orientation and periodic in-service training and are asked to commit to the same day and time each week for at least six months. Visit *Hale House* online to download a volunteer application, or to request one to be sent to you by mail.

## Harlem Hospital Center

506 Lenox Avenue  
New York, NY 10037  
(212) 939-3520

(See New York City Health & Hospitals Corporation, page 31)

## Jewish Board of Family and Children's Services

120 West 57th Street  
New York, NY 10019  
(212) 632-4616  
LMarcus@jbfcs.org

[www.jbfcs.org](http://www.jbfcs.org)

Jewish Board of Family and Children's Services is one of the city's largest mental health and social service agencies, helping over 65,000 New Yorkers annually from all religious, ethnic and economic backgrounds. Meet students from other schools while participating in community service projects through *High School Friends* which is open to students in grades 9 to 12 and meets one Sunday each month from October through May. Participants can earn up to 20 hours of community service credit. Interested students must submit an application, references and have a personal interview. *Sanctuary Stitches* knit or crochet squares to assemble into blankets for children in need of warmth and comfort. Some opportunities are available outside of Manhattan for kids age 12 and older. Call to receive a *Teen Opportunities* flyer.

## The Jewish Guild for the Blind

15 West 65th Street  
New York, NY 10023  
(212) 769-7816  
volunteeringinfo@jgb.org

[www.jgb.org](http://www.jgb.org)

The Jewish Guild for the Blind serves people of all ages who are visually impaired, blind and multi-disabled. The Guild offers a broad range of programs that include medical, vision, low vision, psychiatric and rehabilitative services, managed long-term care, residential services, schools and educational training programs. Volunteers, 14 and up, act as teacher aides and therapeutic assistants. You may read stories to individuals and groups, play games, assist with arts and crafts projects, serve food, and accompany groups on field trips. There is a 2-3 month commitment, if you're interested in making this a summer volunteer job. We're open Monday-Friday from 9 a.m. to 5:00 p.m.



A young volunteer at The Jewish Guild for the Blind provides companionship during breakfast.

**"How wonderful it is that nobody need wait a single moment before starting to improve the world."**

**Anne Frank**

### Lenox Hill Neighborhood House

331 East 70th Street  
New York, NY 10021  
(212) 744-5022 ext. 1238  
[www.lenoxhill.org](http://www.lenoxhill.org)

Lenox Hill Neighborhood House is the oldest and largest social services and educational organization on the Upper East Side of Manhattan. Operating out of multiple East Side sites, we are a vibrant community organization, serving 20,000 people in need each year who live, work or go to school on Manhattan's East Side and on Roosevelt Island. Our constituents include older adults, homeless and formerly homeless adults, children and families, recent immigrants, people who are disabled, and thousands of others in need. Volunteers must be at least 16 years old and make a commitment to volunteer once a week for a minimum of two months. Volunteers work with children in the *Early Education Center*, tutor children after school and help with SAT and regents prep, teach computer skills to seniors and women residing in our homeless shelter, and serve meals at the *Lenox Hill Senior Center* at St. Peter's on weekends.



LIFEbeat volunteers staff the HIV/AIDS Prevention information table at MTV event.

### LIFEbeat

630 Ninth Avenue, Suite 1010  
New York, NY 10036  
(212) 459-2590  
[volunteers@lifebeat.org](mailto:volunteers@lifebeat.org)

[www.lifebeat.org](http://www.lifebeat.org)

LIFEbeat is dedicated to reaching America's youth with the message of HIV/AIDS prevention. LIFEbeat mobilizes the talents and resources of the music industry to raise awareness and provide support to the AIDS community. Kids age 16 and up act as peer educators, through the *Tour Outreach* program, staffing informational tables at concert venues throughout the city that provide information about referrals to local testing sites, program services, and free

safe sex and harm reduction materials. Two outreaches per month (approximately 6 hours) is required. Weekend and evening hours are available. Through the *Hearts & Voices* program, artists perform for people living with AIDS in healthcare facilities throughout Manhattan. Volunteers help make the show a special event by visiting with patients and residents to personally invite each to the show, assisting people who may need help attending the show, and setting up performance space.

**"Love cannot remain by itself – it has no meaning.  
Love has to be put into action and that action is service."**

**Mother Teresa**

## Metropolitan Hospital

1901 First Avenue, Room 4M13

New York, NY 10029

(212) 423-6894

Contact: Linda Takovrian

Become acquainted with various aspects of health care that may open up new career possibilities for you. Volunteers can help in nursing/medical areas, adult therapy, pediatrics, non-patient areas, interpreting, and reading to children in the outpatient waiting room.

## New York Cares – Youth Service Clubs

214 West 29th Street 5th Floor

New York, NY 10001

(212) 228-5000

[www.nycares.org](http://www.nycares.org)

New York Cares' award winning *Youth Service Clubs* offer meaningful community service opportunities to high school students in NYC through their schools. The goal is to inspire young people to become lifelong contributors to their communities by educating them about social issues, engaging them in youth-led service projects and providing leadership training. *Youth Service Club* participants prepare for and take part in one community service project per month. Each project is facilitated by New York Cares and allows students to explore a variety of social issues and to reflect upon their experiences. Typical projects involve community revitalization, education, childcare, people with disabilities, seniors, hunger and homelessness. For information about getting your high school involved with New York Cares, contact our *Youth Service Program* officer or visit our website to download the *Youth Service Club* application. *New York Cares* also has a number of family-friendly volunteer projects including *New York Cares Day* which is open to youth 12 years of age and older, accompanied by an adult.



New York Cares – Youth Service Volunteers gardening on *Hands on New York Day*.

## New York Presbyterian – The Allen Pavilion

5141 Broadway at 220th Street

New York, NY 10034

(212) 932-4321

Volunteer opportunities – for kids age 14 and up – include working in the office, gift shop or library, answering phones and responding to patient requests at the information desk. The minimum time commitment is 4 hours a week for a total of 150 hours of service. Summer volunteers must commit to a minimum of 15 hours a week for 10 weeks. Summer applications are due by May 1st. Contact the office for an application and to set up a personal interview.

**“It’s easy to make a buck. It’s a lot tougher to make a difference.”**

**Tom Brokaw**

### New York Presbyterian Hospital/Weill Cornell Medical Center

525 East 68th Street  
New York, NY 10021  
(212) 746-4396

Volunteer opportunities – for kids age 14 and up – include serving food and working with patients, providing clerical assistance, and helping in the gift shop and library. We also need good readers – age 16 and up – for our *Child Literacy Program*, to read to children in a one-to-one or group setting. The minimum time commitment is 4 hours a week for a total of 150 hours of service. Summer volunteers must commit to a minimum of 15 hours a week for 10 weeks. Summer applications are due by May 1st. Contact the office for an application and to set up a personal interview. Medical screening is also required.

### New Yorkers Against Gun Violence

666 Broadway, Suite 625  
New York, NY 10003  
(212) 679-2345

**[www.nyagv.org](http://www.nyagv.org)**

The mission of New Yorkers Against Gun Violence is to reduce gun violence through advocacy and education designed to encourage action, influence public opinion and lead to policy change. New Yorkers Against Gun Violence accepts volunteers ages 16 and up, to primarily work in the office updating press lists, news clippings and databases, stuffing envelopes and other general office work. Hours are flexible, to meet the needs of both the volunteers and the organization.

### Peace Action New York State (PANYS)

PO Box 600, JAF Station  
New York, NY 10116  
(646) 723-1749  
[Melissa@panys.org](mailto:Melissa@panys.org)

**[www.panys.org](http://www.panys.org)**

PANYS is the New York State affiliate of *Peace Action*, the nation's oldest and largest grassroots peace organization that works for government policies that will help our world become a safer, more peaceful place. The organization works to educate people on issues around war and nuclear proliferation, and in election years educates the public about candidates' voting records. Most volunteers are high school age but age requirements are flexible. Kids work together, pick a project, research it and prepare a public education flyer in kid-friendly language. Other volunteer activities include office work and assisting at street fairs.

### Recording for the Blind and Dyslexic

545 Fifth Avenue, Suite 1005  
New York, NY 10017  
(212) 557-5720

**[http://www.rfbd.org/New\\_York.htm](http://www.rfbd.org/New_York.htm)**

Recording for the Blind & Dyslexic provides more than 141,000 people with visual disabilities, the books they need to learn and succeed. We're proud that we are able to give people access to books whose covers would have remained closed, if not for these recordings. Volunteers 16 and older can help by reading textbooks aloud and recording them, or by making copies of the recordings. Office help is needed as well. Open Monday to Saturday, volunteer schedules are flexible.

## Room to Grow

54 West 21st Street #401  
New York, NY 10010  
(212) 620-7800

**[www.roomtogrow.org](http://www.roomtogrow.org)**

Room to Grow's mission is to enrich the lives of babies and toddlers born into poverty throughout their critical first three years of development. While many families are fortunate enough to provide abundantly for their growing babies, too many parents struggle to raise their children with few resources. Room to Grow responds to this need by giving parents who live in poverty, the clothing, books, toys, and other essential items they need for their growing babies, and offering one-on-one parenting guidance and child-rearing information to ensure their child's healthy and secure start in life. Volunteers of any age are needed to collect new or nearly new items that children under 3 years old need. Talk to your parents' friends whose babies have outgrown their baby equipment, or consider organizing a baby shower! Call for guidance about organizing such an activity. Volunteers 17 years old and up can sort and fold donated items; a commitment of a least 3 hours, once a week, for 3 months is required.

## VISIONS

500 Greenwich Street, 3rd Floor  
New York, NY 10013  
(212) 625-1616  
[info@visionsvcb.org](mailto:info@visionsvcb.org)

**[www.visionsvcb.org](http://www.visionsvcb.org)**

VISIONS teaches legally blind people of all ages the skills they need to be independent at home, at work, and in the community. Volunteers in ninth grade and above, are needed to read to blind and visually impaired adults at *VISIONS at Selis Manor*, a community service center located in a subsidized apartment building at 135 West 23rd Street. VISIONS welcomes families and individual volunteers. High school students in Manhattan should consider joining the *Intergenerational Volunteer Program*, which involves visiting blind seniors in their homes.

**"A pessimist, they say, sees a glass of water as being half empty; an optimist sees the same glass as half full. But a giving person sees a glass of water and starts looking for someone who might be thirsty."**

**G. Donald Gale**



A high school volunteer with Visiting Neighbors' *Friendly Visiting* program.

### Visiting Neighbors

611 Broadway, Suite 510 (between Bleecker and Houston Streets)  
New York, NY 10012  
(212) 260-6200

[www.visitingneighbors.org](http://www.visitingneighbors.org)

Loneliness can be a person's worst enemy, especially if you're elderly and unable to leave your apartment. Without someone to talk to, it's easy to become depressed even physically ill. Visiting Neighbors' dedicated volunteers give seniors a reason to keep going, a trusted new friend to share their lives and memories with and someone they can count on. Our pro-

grams serve seniors in Greenwich Village, NoHo, SoHo, the East Village, Chelsea, Gramercy/Stuyvesant and the Forest Hills/Rego Park communities in Queens. Kids age 15 and up can volunteer in the *Friendly Visiting* or *Shop and Escort* programs, weekdays and weekends, visiting the homebound elderly, or escorting them as they shop. Groups are welcome. Another volunteer opportunity comes in December, when volunteers wrap hundreds of donated gifts for three evenings and deliver the gifts. Most individuals volunteer on an ongoing basis while groups come for one-time projects however, anyone is welcome anytime. Call Howie Square for more information.

**"Don't ever question the value of volunteers. Noah's Ark was built by volunteers; the Titanic was built by professionals."**

**Author Unknown**

# Bronx nonprofits



Students from the Academy for Public Relations in the Bronx sort pennies during their *Penny Harvest* drive.

## Concourse House

2751 Grand Concourse  
Bronx, NY 10468  
(718) 584-4400

[www.concoursehouse.org](http://www.concoursehouse.org)

Concourse House, temporary home for formerly homeless women and their children, works to eliminate homelessness by providing families with safe, stable, transitional housing. Concourse House works with the families to break the cycle of poverty by providing a variety of social services and interactive programs that promote growth and independence. Volunteers, ages 17 and up, are needed to work with children in our after-school, literacy and daycare

## Bronx nonprofits

programs, helping older children with homework, and acting as a positive role model. Time commitments are flexible to fit your schedule. Call for more information.

### Jacobi Medical Center

1400 Pelham Parkway South  
Bronx, NY 10461  
(718) 918-4881

**(See New York City Health & Hospitals Corporation, page 31)**

### Lincoln Medical and Mental Health Center

234 East 149th Street  
Bronx, NY 10451  
(718) 579-5111

**(See New York City Health & Hospitals Corporation, page 31)**

### Montefiore Medical Center

111 East 210th Street  
Bronx, NY 10467-2490  
(718) 920-4191

**[www.montefiore.org](http://www.montefiore.org)**

Young volunteers at Montefiore Medical Center work in more than 200 departments, including both patient and non-patient settings. You can be a “candy striper,” mentor and tutor children, help the elderly, or assist with office work. Volunteers must be at least 15 and must commit 200 hours of service within one year or summer term. All volunteers are carefully screened and trained to ensure the safety of our patients. Call the Director of Volunteer and Community Resources to set up an interview, or stop by and complete an application Monday – Thursday, 9:00 a.m. to 12:00 p.m. and 2:00 p.m. to 3:00 p.m.

### The New York Botanical Garden

200th Street and Kazimiroff Boulevard  
Bronx, NY 10458

**[www.nybg.org](http://www.nybg.org)**

Volunteers assist the horticulture department in various gardens; greet and provide information to visitors as they enter the Garden; work in the *Shop in the Garden*, the *Mertz Library*, or the *Botanical Science Program*, in the Membership and Communications departments and at various public events. You don't need to have a green thumb or a plant science background! Must be 14 and up to volunteer. Volunteer opportunities are available year-round, both weekdays and weekends, in a variety of areas. You can help out once a week or once a month. Please download a volunteer application on the website.

### North Central Bronx Hospital

3424 Kossuth Avenue  
Bronx, NY 10467  
(718) 519-4840

**(See New York City Health & Hospitals Corporation, page 31)**

# Brooklyn nonprofits



Volunteers in Prospect Park during  
*YOU GOTTA HAVE PARK* day.

## Arab American Association of New York

7111 Fifth Avenue  
Brooklyn, NY 11209  
(718) 745-3523

[www.arabamericanny.org](http://www.arabamericanny.org)

The Arab American Association of New York is a culturally-sensitive social service agency located in Bay Ridge, Brooklyn, that helps immigrants adjust to their new surroundings.

## Brooklyn nonprofits

There are two volunteer opportunities: during the school year, kids 14 and older are needed to tutor children from 3:30 to 5:30 p.m. Tuesday, Wednesday and Thursday. The minimum time commitment is one afternoon weekly. In the summer, from Tuesday – Thursday, young people age 16 and up are needed to help at camp, 10 a.m. to 3:00 p.m. Responsibilities in the summer involve chaperoning on field trips throughout Brooklyn, and assisting with other recreational activities.



A young volunteers handling a stray kitten.

### Brooklyn Animal Rescue Coalition (BARC)

BQE Pet Supply Store  
253 Wythe Avenue  
Brooklyn, NY 11211  
(718) 486-7489

[www.barcshelter.org](http://www.barcshelter.org)

This pet store and animal adoption center is in the Williamsburg area of Brooklyn. To volunteer you must be 16 years or older or accompanied by a parent or guardian. Dogs need (and love) to be walked; cats and kittens need to be held, brushed and socialized. Dog walkers are needed everyday 9 a.m. to 4 p.m. and 12 noon to 7 p.m. on weekends. Cat visitors are needed Tuesday-Sunday noon to 5 p.m. We also could use volunteers to take digital photos of the animals for use on BARC's website.

### Coney Island Hospital

2601 Ocean Parkway  
Brooklyn, NY 11235  
(718) 616-3161

(See New York City Health & Hospitals Corporation, page 31)

### Cumberland Diagnostic and Treatment Center

100 North Portland Ave.  
Brooklyn, NY 11205  
(718) 963-8239

(See New York City Health & Hospitals Corporation, page 31)

### Dr. Susan Smith McKinney Nursing and Rehabilitation Center

594 Albany Avenue  
Brooklyn, NY 11203  
(718) 245-7170

(See New York City Health & Hospitals Corporation, page 31)

## East New York Diagnostic and Treatment Center

2094 Pitkin Avenue  
Brooklyn, NY 11207  
(718) 963-8239

**(See New York City Health & Hospitals Corporation, page 31)**

## Kings County Hospital Center

451 Clarkson Avenue  
Brooklyn, NY 11203  
(718) 245-3121-3122

**(See New York City Health & Hospitals Corporation, page 31)**

## New York Aquarium

West 8th Street and Surf Avenue  
Brooklyn, NY 11224  
(718) 265-3450  
nyadocent@wcs.org

**www.nyaquarium.com**

If you are 16 years or older, interested in marine science, and want to share your passion for aquatic life with others, you should consider applying to the *Docent Program* at the New York Aquarium. After intensive training, docents contribute by showing people how to handle animals at the touch tank, teaching visitors about marine habitats and animals, and assisting Aquarium instructors. After an interview and orientation, accepted candidates must attend all training sessions. The training includes sessions on marine science, public speaking and activities designed to foster good relations among docents. Submitting an application is your first step to taking advantage of this exciting opportunity! Visit us online for a printable application. If you are under 18 years of age please have a teacher fill out the recommendation form and have a parent sign in the designated area. We offer fall and summer training. To arrange the mandatory interview, please call our Docent Office Monday – Friday, between 9:30 a.m. to 4:30 p.m., or email us at [nyadocent@wcs.org](mailto:nyadocent@wcs.org).

## Park Slope Christian Help, Inc. (CHIPS)

200 4th Avenue  
Brooklyn, NY, 11217  
(718) 237-2962

**www.chipsonline.org**

CHIPS serves 70,000 meals annually through its soup kitchen, and has a residence that accommodates nine women who are homeless and pregnant. Run by the Franciscan Sisters of the Poor, CHIPS has been dedicated since 1972 to helping the poor and the homeless as well as those in emergency situations in Park Slope. CHIPS is totally dependent on private donations and volunteers. Volunteers prepare, serve and clean up after the hot meal that is served daily. Youth volunteers come through YSOP or local area schools, but individual volunteers are welcome if at least 17 years old; 12-year-olds and up are welcome to help if they are with a supervising adult and speak with Sister Mary Maloney.



PS 7 students in Brooklyn plant a community garden, paid for by their *Penny Harvest* collection.

### Prospect Park

95 Prospect Park West  
Brooklyn, NY 11215

(718) 965-8960

[www.prospectpark.org](http://www.prospectpark.org)

*Volunteers in Prospect Park (VIPP)* offers many exciting ways to help in one of the world's most beautiful parks. Anyone 14 years old and up can volunteer! Gain experience in your own area of interest and spend time doing something you love while making a real difference in the lives of all who benefit from the Park. You can join in some of the Park's special events - for example, scaring kids (in costume, of course) at the *Halloween Haunted Walk*. Also, *You gotta have Park!* is an annual event that attracts hundreds of volunteers in a weekend-long celebration of the Park. *VIPP* is an opportunity for teens and families to volunteer together. Volunteer projects include: Woodland restoration, cleaning, greening and planting; visitor outreach and education, including leading guided tours; office help; and working with children and nature at the *Audubon Center*. We provide the training and equipment for all activities. All you have to do is decide how much time you can spare and when. For more information, call the *VIPP* Office, or visit us online to download a volunteer application.

### Prospect Park Zoo

450 Flatbush Avenue  
Brooklyn, NY 11225

(718) 399-7324

<http://www.wcs.org/getinvolved/volunteers/prospectpark>

If you are a teen interested in wildlife, consider becoming a *Prospect Park Zoo Discovery Guide*. Teen volunteers help to maintain a friendly atmosphere for zoo visitors by staffing exhibit areas, assisting with special events, and talking to the public. Zoo internships can satisfy school community service hours, be applied toward school credit (check with your school), provide an introduction to careers in the animal field, or be a satisfying part of a summer vacation. Applicants must be at least 15 years old, have a strong interest in wildlife and conservation, and have completed a high school-level biology, wildlife, or environmental science course. Summer applicants are advised to apply well in advance, as the program is quite competitive. Visit the volunteer section of the website to download the *Discovery Guide* application or call us.

### Woodhull Medical and Mental Health Center

760 Broadway  
Brooklyn, NY 11206

(718) 963-8239

(See *New York City Health & Hospitals Corporation*, page 31)

# Queens

nonprofits



Students from PS 232 in Queens plant a reading garden, funded by their *Penny Harvest* drive.

## Animal Haven

35-22 Prince Street  
Astoria, NY 11354  
(917) 613-4832

[www.animalhavenshelter.org](http://www.animalhavenshelter.org)

Animal Haven is a “no kill” animal shelter and sanctuary. Supervised teen volunteers walk dogs and handle cats and kittens. New volunteers are required to take a dog-handling class given by our dog trainer; classes are held on Saturdays. When the trainer feels you’re ready, you can walk dogs. Volunteers must be 14 or older. We require a minimum commitment of

30 minutes on your scheduled day. Dog walkers are needed weekdays from 11 a.m. to 4 p.m. and Tuesday and Friday nights from 5:00 to 7:30 p.m., and weekends from 11 a.m. to 4 p.m. This position can lead to being a basic dog handler. Volunteers are also needed to pet and play with feral and shy cats and kittens, to help them become more comfortable with people so they have a better chance of being adopted. This position is available from 11 a.m. to 4 p.m. every day, except on Tuesdays and Fridays when the hours are noon to 7:30 p.m. Visit our website to download a *Teen Volunteer Application*. Families are encouraged to volunteer as well.

### Elmhurst Hospital Center

79-01 Broadway  
Elmhurst, NY 11373  
(718) 334-5175/5172

(See New York City Health & Hospitals Corporation, page 31)



FAHSI volunteer working with new immigrants.

### Filipino American Human Services, Inc. (FAHSI)

185-14 Hillside Avenue  
Jamaica, NY 11432  
(718) 883-1295

[www.fahsi.org](http://www.fahsi.org)

Filipino American Human Services, Inc. serves the most vulnerable segments of the Filipino community - particularly youth, women, recent immigrants, and the elderly. FAHSI's vision is an empowered Filipino American community with a strong sense of identity and commitment to citizenship participation. Every summer, high school interns help out in the office. During the school year, volunteers age 16 and up provide after-school homework help or, in the senior program,

make follow-up phone calls to remind the seniors about upcoming activities. Volunteers must have some work or other volunteer experience.

### Hour Children

36-11A 12th Street  
Long Island City, NY 11106  
(718) 433-4724 ext 11

[www.hourchildren.org](http://www.hourchildren.org)

Hour Children is a multifaceted, nonsectarian family service provider established in 1995 by the Sisters of Saint Joseph to provide support to incarcerated mothers and their children. We are unique in that we accept both mother and child into our programs, and reunite mothers with their children. We serve women in Albion, Bayview, Beacon, Bedford and Taconic Correctional Facilities in New York State, as well as Rikers Island in New York City. When they leave prison, ex-offenders face a mountain of challenges beyond their prison record and the attendant social stigma. They generally have few job skills, little education and few, if any, financial resources. So we start from square one, providing housing and childcare and

helping the mothers complete their education, obtain marketable job skills, and learn home and financial management skills to do the most with the resources they have. And we ensure that the children in our care are healthy, socially well adjusted and achieving academically. Student volunteers can assist caregivers in *HELP* (Hour Early Learning Program) from 3 to 7 p.m. on weekdays; help children in grades K-5 with homework help from 3 to 6 p.m. on weekdays and with recreational activities during weekends and the summer. A time commitment of at least once a week for a period of 3 months is required. We are flexible as far as the minimum age of volunteers, as long as you are responsible and caring.

### Louis Armstrong House Museum

34-56 107th Street  
Corona, NY 11367  
(718) 478-8274

[www.louisarmstronghouse.org](http://www.louisarmstronghouse.org)

The mission of the Louis Armstrong House is to preserve and promote the cultural legacy of Louis Armstrong, focusing on the years he lived in his beloved house in Corona. Volunteers must be high school age and will be trained to conduct tours. Visitors come from around the world to visit this historic house. Good communication skills are important; Spanish speaking is helpful. Other volunteer jobs include greeting guests in our welcome center, assisting staff in the gift shop, assisting with our public programs – the yearly *Jazz Concert* for kids and *July 4 Jazzmobile Concert* and providing administrative support. *The Museum* is open daily except Monday; kids can volunteer any day during business hours.



Volunteer tour guide at the Louis Armstrong Museum.

### Materials for the Arts

33-00 Northern Boulevard, 3rd Floor  
Long Island City, N.Y. 11101  
(718) 729-3001

[www.mfta.org](http://www.mfta.org)

Materials for the Arts provides 3,195 arts programs with the supplies they need to run their programs. We gather materials from companies that no longer need them, and distribute them to artists and educators who do. In the process, we remove hundreds of tons from the New York City sanitation system, help artists realize their visions, provide students with a richer educational experience, and furnish businesses with a simple and efficient way to enhance the cultural life of their city. Volunteers, age 16 and up, are needed at our warehouse to sort and categorize art supplies. Generally we have volunteers work with the supplies that interest them most. Hours are 9 a.m. to 5 p.m., Monday, Wednesday and Friday. On occasion we have large evening volunteer events. You may volunteer as much as you would like.

**“One of the things I keep learning is that the secret of being happy is doing things for other people.”**

**Dick Gregory**

### New York Hall of Science

47-01 111th Street

Queens, NY 11368

Located in Flushing Meadows Corona Park

(718) 699-0005 ext 387

[www.nyscience.org](http://www.nyscience.org)

The New York Hall of Science is a science and technology center featuring more than 400 hands-on exhibits with an indoor lab as well as a 30,000-square-foot, science-themed outdoor fun zone. As part of the *Science Career Ladder Program*, high school students assist in the *Preschool Place* and Scholastic's *The Magic School Bus Activity Area* with children and families, creating science-related arts and crafts projects.



A weekend outing for SCS kids with volunteers from local schools.

### Sunnyside Community Services

43-31 39th Street

Sunnyside, NY 11104

(718) 784-6173 ext 101

[www.scsny.org](http://www.scsny.org)

Sunnyside Community Services is the largest multi-service settlement house in Western Queens. Our mission is to enrich the lives of Western Queens' residents by providing caring, quality services to meet their social, health, educational,

and recreational needs. Each year we serve 12,500 people in this multi-cultural community. Take a ride on the #7 train and you will see the diversity of our constituents. First-, second-, and third-generation Americans alongside immigrants from every corner of the globe. We help newcomers get on their feet; provide after-school programming for children and teens; operate a community center for people of all ages; and tend to a growing number of seniors through on-site and home-based programs.

Volunteers age 16 and up can provide homework help in our after school programs located in several local public schools, Monday – Friday, 3 to 6 p.m. In the summer, help prepare and serve congregate meals in our senior center or prepare meals for delivery to homebound seniors. Clerical help in our homecare program is always needed in the summer – filing, packing gloves for home attendants, helping with mailings. On Saturdays we offer an adult day program for seniors with cognitive impairments like Alzheimers. We can use your help there too (requires a 4-hour commitment for a minimum of 3 months). Call to find out more.

### Queens Hospital Center

82-68 164th Street

Jamaica, NY 11432

(718) 883-2280

(See *New York City Health & Hospitals Corporation*, page 31)

# Staten Island

## nonprofits



New York Cares Youth Service volunteers.

### **Greenbelt Conservancy, Inc.**

200 Nevada Avenue  
Staten Island, NY 10306  
(718) 667-2165

**[www.sigreenbelt.org](http://www.sigreenbelt.org)**

Greenbelt is one of New York City's largest parks, covering 35,000 acres in the center of Staten Island. With 35 miles of hiking trails, a nature center and summer camp, Greenbelt's goal is to educate the public about the natural environment and how important it is in our lives. There are indoor and outdoor volunteer opportunities. Volunteers 14 and up can help with trail maintenance, assist during our special events (paint children's faces, distribute literature), and in the summer, work as a junior counselor. No minimum time commitment is required.

### **Sea View Hospital Rehabilitation Center and Home**

460 Brielle Avenue  
Staten Island, NY 10314  
(718) 317-3293/3295

(See New York City Health & Hospitals Corporation, page 31)

# City-wide nonprofits



Members of the Metropolitan Opera Children's Chorus lend a hand during Volunteers of America's *Operation Backpack* sort day.

## Food Bank for New York City

[volunteer@foodbanknyc.org](mailto:volunteer@foodbanknyc.org)

[www.foodbanknyc.org](http://www.foodbanknyc.org)

Food Bank for New York City is the city's major supplier of food to more than 1,200 community food programs which provide more than 250,000 free meals daily. Eighty percent of all Food Bank emergency food programs rely on volunteers to remain open. Families and teens, age 14 and up, can get involved at the Food Bank by volunteering at the Hunts Point warehouse in the Bronx. Individuals and groups of 10–40 help pack bulk food donations into pantry size boxes that are distributed to our programs. The “*Attracting Talent to Missions*” (ATM) program places individuals and groups of volunteers in soup kitchens and food

pantries throughout the five boroughs. Individuals and small groups serve meals, input computer data and more. Volunteer for either a one-time or long-term commitment. Register online - there is a tab at the top of the screen that says "volunteer."

### Jewish Association for Services for the Aged (JASA)

#### PETS Project (Pets & Elder Team Support)

132 West 31st Street, 15th Floor,  
New York, NY 10001  
(212) 273-5217

[www.jasa.org](http://www.jasa.org)

Help people who are homebound and the elderly care for their pets by walking dogs, cleaning litter boxes, birdcages or fish tanks, shopping for pet food and supplies, and taking pets for vet visits. This is a great volunteer opportunity for families as well as teens age 17 and up.

### League of Women Voters

45 East 33rd Street  
New York, NY 10016  
(212) 725-3541

[www.lwvnyc.org](http://www.lwvnyc.org)

The League of Women Voters of the City of New York is a nonpartisan organization whose purpose is to promote informed and active citizen participation in government. It neither supports nor opposes candidates or political parties. Space is limited, but on occasion youth volunteers do office work and assist with mailings. During voter registration drives you can register people to vote and distribute voter registration information. Office hours are 10 a.m. to 4 p.m. Monday – Friday throughout the year, however, prior to elections, the League operates expanded hours including weekends, urging people to register and get out and vote!

### New York City Health and Hospitals Corporation (HHC)

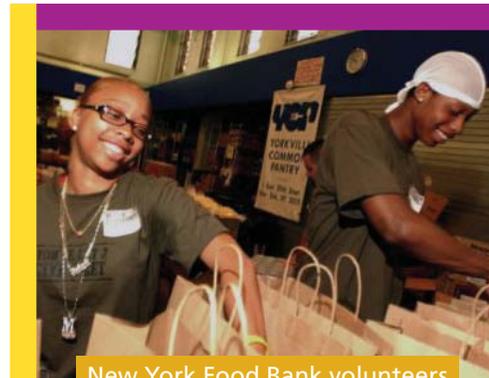
[www.nyc.gov/html/hhc/html/volunteer/volunteering.shtml](http://www.nyc.gov/html/hhc/html/volunteer/volunteering.shtml)

The New York City Health and Hospitals Corporation oversees the City's public health care system in all five boroughs, with more than 100 hospitals and other health care facilities. HHC facilities treat more than one-third of all emergency room and hospital-based clinic visits in NYC. Each year thousands of teen volunteers contribute over one-million hours of service to HHC facilities. Volunteer activities include reading aloud to patients or writing letters for them; escorting patients to and from activities; assisting occupational and physical therapists; assisting with art therapy programs; playing with children and babies; tutoring pediatric patients; and performing clerical and computer work in virtually any department. Generally, hospital volunteers are 14 and older. Volunteers are asked to commit to a set number of hours weekly and a minimum length of services which varies from facility to facility.

### New York Public Library

[www.nypl.org](http://www.nypl.org)

Branch libraries are located in Manhattan, Bronx and Staten Island. In the branch libraries, volunteers age 14 and up serve as literacy tutors, work at welcome desks, provide program support, assist with book sales, participate in branch support groups, and advocate on behalf



New York Food Bank volunteers at Yorkville Common Pantry fill bags with food for families to take home.

## City-wide nonprofits

of the Library through letter-writing campaigns and visits to local legislators. Volunteers should work a minimum of 3 hours per week and are encouraged to volunteer with regularity. Visit the *Volunteer* section of the New York Public Library website to download an application. Applications can be hand delivered or mailed to the branch of your choice.

### Partnership for Parks

The Arsenal, Central Park  
New York, NY 10021  
(212) 360-1310

**[www.partnershipsforparks.org](http://www.partnershipsforparks.org)**

Partnership for Parks works to start, strengthen, and support neighborhood park groups; to link these groups together so that they can learn from each other and become stronger collectively; and to promote involvement in parks so people will join in efforts to restore and preserve them. Volunteers of all ages and families are encouraged to inquire about opportunities in their neighborhood parks. To find a park near you, and contact information, visit the “*Get Involved*” section of our website.

### Volunteers of America

340 West 85th Street  
New York, NY 10024  
(212) 496-4308

**[www.voa-gny.org](http://www.voa-gny.org)**

Volunteers of America is one of the largest providers of services to individuals and families who are homeless in the metro New York area. We also shelter families escaping domestic violence, teach children with special needs, care for troubled teens and for adults who are physically and mentally ill. Volunteers of America needs young people to organize drives to collect items like books, toiletries, and toys for the people, including children, living in our shelters. In August, groups of kids can participate in *Operation Backpack*. We also encourage high school kids to start an *Action Team* at their school. We conduct this project with the Major League Baseball Players Trust. *The Action Team* brings together Major League ballplayers and students who, as team captains, spread the word about the power of helping others through volunteering. Visit us online to learn more about *Operation Backpack* and our *Action Teams!*, or call our Manager of Corporate Programs at the number above.

### Women in Need, Inc. (WIN)

115 West 31st Street, 7th Floor  
New York, NY 10001  
(212) 695-4758

**[www.women-in-need.org](http://www.women-in-need.org)**

Women In Need serves over 7,500 people including 4,500 children who are homeless and disadvantaged. We strive to restore dignity, promote independence and provide stable housing to vulnerable families who face major obstacles that threaten to destroy their lives. When families find themselves without options, we provide them with housing, skills, knowledge, understanding and support. Volunteers are needed – age 14 and up – to help children with their homework, provide clerical office help and assist at summer camp. To get involved, download a volunteer application on our website and follow instructions. Families and groups (no larger than 12) are welcome to volunteer. Schools and community groups often hold fundraisers to benefit the organization. Clerical office volunteers should have basic computer skills. We have locations in Brooklyn, Bronx, and Manhattan.

# Other Ways to Get Involved



Anderson Middle School came up with the idea to hold a march to raise money for victims of the '04 Tsunami, PS 9 came on board, and in total the students raised \$26,000.

## Best Buddies

708 Third Avenue, 5th Floor  
New York, NY 10017  
(212) 209-3904

**[www.bestbuddiesnewyork.org](http://www.bestbuddiesnewyork.org)**

Best Buddies gives middle school, high school and college students (*Peer Buddies*) an opportunity to be matched in a one-to-one friendship with students who have intellectual disabilities (*Buddies*). Social experiences and relationships are a part of life but individuals with intellectual disabilities have historically been excluded from many of the social opportunities that most people enjoy. Socialization is one of the simplest, but most under estimated solutions to the pattern of exclusion people with developmental disabilities have faced for decades.

This is not an opportunity for individual volunteers. Instead, involvement with Best Buddies means getting your school to form a Best Buddies *Chapter*. Each *Chapter* must: hold monthly chapter meetings; hold at least 5 group Peer Buddy/Buddy activities yearly (for instance field trips, ice-cream sundae parties; karaoke parties, group art projects); have a faculty advisor and a special education advisor. *Peer Buddies* must make contact with their *Buddy* in some shape or form (by phone, in person, through the mail) every week, and make a one-year commitment to their *Chapter*. Each *Chapter* has a student President who, in addition to having a Buddy, attends a 4-day leadership seminar and is willing to organize, lead and maintain their Best Buddies *Chapter* for the duration of one academic year.

## Common Cents New York

570 Columbus Avenue  
New York, NY 10024  
(212)-PENNIES

**[www.commoncents.org](http://www.commoncents.org)**

Each fall pre-kindergarten through 8th grade students from every corner of New York City gather millions of idle pennies in the annual *Penny Harvest*. They then form *Philanthropy Roundtables* to decide which nonprofit organizations to give their time and money to, by donating their time to service projects and awarding micro grants. Past grants have bought medical supplies and emergency assistance to local families; started programs to foster re-

## Other Ways to Get Involved

relationships with seniors and youth; paid to beautify communities by planting gardens and painting murals; aided in landmine victim assistance education programs and other global relief around the world, and so much more.

### Do Something

24-32 Union Square East, 4th Floor  
New York, NY 10003

[www.dosomething.org](http://www.dosomething.org)

Do Something is a nationwide network of young people who take action to change the world around them. There are three ways to get involved. *BUILD Magazine* is the only national public service magazine written by youth. Submit an article today! Monthly *Challenges* are in 3 areas: community building, health, and the environment. Challenges can be after-school activities or in-school class projects, undertaken in groups or alone, and they don't require money to execute. Through *BRICK Awards* and the *GameStop Youth Grants* programs, Do Something provides money to young people to help turn their dreams of community change into reality.

### Youth Service Opportunities Project (YSOP)

15 Rutherford Place  
New York, NY 10003  
(212) 598-0973

[www.ysop.org](http://www.ysop.org)

The Youth Service Opportunities Project is dedicated to giving student volunteers the opportunity to help others through service. YSOP volunteers spend one day, a weekend, or



a week in service to people who are homeless and hungry. They work in soup kitchens, drop-in centers, food pantries and clothing and furniture banks. During the last school year, over 3,700 students and young adults took part in our programs, providing vital services to more than 300,000 disadvantaged people in New York City and Washington, DC. For groups of students age 13 and up. To find out more about who we are and what we do, explore our website, send us an email at [ysopnyc@ysop.org](mailto:ysopnyc@ysop.org), or contact us by phone.

Through YSOP, students from The Brearley School serve lunch in a soup kitchen in Brooklyn.

### Youth Venture

434 West 33rd Street, 12th Floor  
New York, NY 10001  
(212) 278-8930

[www.youthventure.org](http://www.youthventure.org)

Youth Venture helps young people ages 12-20 across the United States start new youth-led civic-minded organizations that achieve a lasting benefit for their schools and communities. A *Venture* can be any youth-created, youth-led endeavor designed to provide a positive lasting benefit in a school, neighborhood, or large community. We strive to reach and support any young person, nationwide, who has a dream about how to make a difference, and the dedication to make it happen, with up to \$1,000 in seed capital needed to launch their project.

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# Annual Walk-a-Thons

Start a team, or walk individually, collect pledges or volunteer to register people on-site. Often, breakfast and family-oriented activities are involved, which makes these events good volunteer opportunities for families, too.

## **American Cancer Society** Making Strides Against Breast Cancer

October – 5K

[www.cancer.org](http://www.cancer.org)

## **The Susan C. Komen Breast Cancer Foundation** Race for the Cure

September – 5K walk

[www.Komen.org](http://www.Komen.org)

## **American Lung Association** Asthma Walk

June - 3 mile walk in Battery Park

[www.alany.org](http://www.alany.org) (see American Lung Association, page 7)

## **March of Dimes** WalkAmerica

Spring – begins at Lincoln Center

(212) 353-8353

[www.walkamerica.org](http://www.walkamerica.org)

## **AIDS Walk New York** Change the Course of the Epidemic

Sponsored by GMHC and about 40 community partners

May – 10K/6.2 mile walk in Central Park

(212) 807-WALK

[www.aidswalk.net/newyork](http://www.aidswalk.net/newyork)

## **Cystic Fibrosis Foundation** Great Strides

May – Battery Park

[www.cff.org/great\\_strides](http://www.cff.org/great_strides)

## **The Leukemia & Lymphoma Society** Light The Night Walk

October (in the evening) – 3 different walks

Manhattan: South Street Seaport and across the Brooklyn Bridge • Queens: Cross Island Parkway, Bayside • Staten Island: Midland Beach Promenade

[www.lightthenight.org](http://www.lightthenight.org)

## **Juvenile Diabetes Research Foundation** Walk to Cure Diabetes

October - 4 different walks

• Lower Manhattan across the Brooklyn Bridge – 12K • Flushing Meadows Corona Park – 10K • Van Cortlandt Park - 3 miles • College of Staten Island – 5K  
[www.jdrf.org/nyc](http://www.jdrf.org/nyc)

## **Alzheimer's Association** Memory Walk

October - 2 mile walk from Riverside Park at 96th Street

[www.alznyc.org](http://www.alznyc.org) (see Alzheimer's Association, page 6)

Major League baseball players have teamed up with Volunteers of America to recruit and help train a new generation of volunteers. Major Leaguers and high school students across the country are dedicated to encouraging more students to get involved and volunteer.

What do Action Team members do? They volunteer in any way their communities need, from assisting in local day care and reading programs, to serving meals in shelters and soup kitchens. For more information on the Action Team, please visit [www.MLBPLAYERS.com/ActionTeam](http://www.MLBPLAYERS.com/ActionTeam).



Jose Reyes of the New York Mets supports *Volunteers of America's* **Operation Backpack**.



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