

**UNITED WAY OF UTAH COUNTY**  
**VOLUNTEER OPPORTUNITIES FOR INDIVIDUALS**



For more individual opportunities call 2-1-1 or visit  
[www.unitedwayuc.org/volunteer](http://www.unitedwayuc.org/volunteer)

Volunteer with children at the **Boys & Girls Club of Utah County**, 371-6242, after school by assisting with homework, going on field trips and planning activities.

Be a powerful voice in the lives of abused and neglected children by volunteering with **CASA (Court-Appointed Special Advocate)**, 344-8516. Represent them in court to help secure their right to a stable home environment. Training is provided and a one year commitment is requested.

Serve as an advocate for children who have been sexually or severely physically abused at **Utah County Children's Justice Center**, 851-8554. Support them through the legal and healing process.

Care for potentially abused children in the Crisis Nursery at **Family Support and Treatment Center**, 229-1181, by reading, playing games, or teaching crafts. Groups also have the opportunity to deep clean the nursery.

Groups and individuals are encouraged to organize sporting events and teach job skills for youth at **Juvenile Justice Services**, 491-0118.

Serve as a member of the Rape Crisis Team with **Center for Women and Children in Crisis**, 356-2511, to support rape victims and their families. Spanish speakers are needed.

Prevent suicide and loneliness by answering hotline calls at **Crisis Line of Utah County**, 226-4433. Provide a listening ear or talk about serious problems. Training is provided. A four-month commitment is preferred.

Help with the early intervention program at **Kids on the Move**, 221-9930, by providing childcare some evenings. Volunteers make a difference by providing parents time to learn to interact with their children with disabilities. No training required.

Teach first-time parents about infant development, marriage enhancement and community resources through **Welcome Baby**, 377-6600. Home visitors serve as peer parents during the most crucial times of a child's life.

Help teach English to speakers of other languages as a teacher's aid in Provo with **English for Speakers of Other Languages (ESOL)**, 374-4904.

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Volunteers with **American Red Cross**, 373-8580, teach disaster preparation classes, are on-call after hours to take emergency messages for family members of the military, make friendly calls to homebound seniors or serve on the disaster response team.

Change young people's lives by becoming a mentor with **4-H Youth and Families with Promise**, 851-8435, to help develop character and self-esteem.

Create positive relationships with at-risk youth through **Safety Net Mentor Program**, 374-7637, by spending at least one hour a week with the child each week in constructive activities.

Volunteers are welcome to help with social activities at **Recreation and Habilitation Services (RAH!)**, 374-8074. Other opportunities include teaching skill classes like cooking, music, gardening or fitness.

Become a tutor at **Project Read**, 852-6654 for functionally non-literate adults by teaching basic reading and writing skills.

**The Utah State Developmental Center**, 763-4008, welcomes dental assistants, hygienists or students to aid in the treatment of residents who have disabilities. They also welcome physical therapists and other professionals to offer services

Low-income seniors, age 60 and older, are invited to join the **Foster Grandparent Program**, 851-7784, to provide support and encouragement to adults with disabilities, at-risk youth and newborns in intensive care units. Volunteers who qualify receive a small stipend.

Individuals or couples age 55 and older are invited to join **Retired Senior Volunteer Program (RSVP)**, 229-3810, to find the best volunteer opportunity for them.

Low-income volunteers age 60 and older who can drive and are in good health are invited to join the **Senior Companion Program**, 851-7767. Volunteers visit elderly or homebound individuals. Those who qualify receive a monthly stipend.