

Hayward Youth Commission

Celebrating 15 years of success

TEEN GUIDE

Volunteer Opportunities &
Community Service Projects
2008-2009

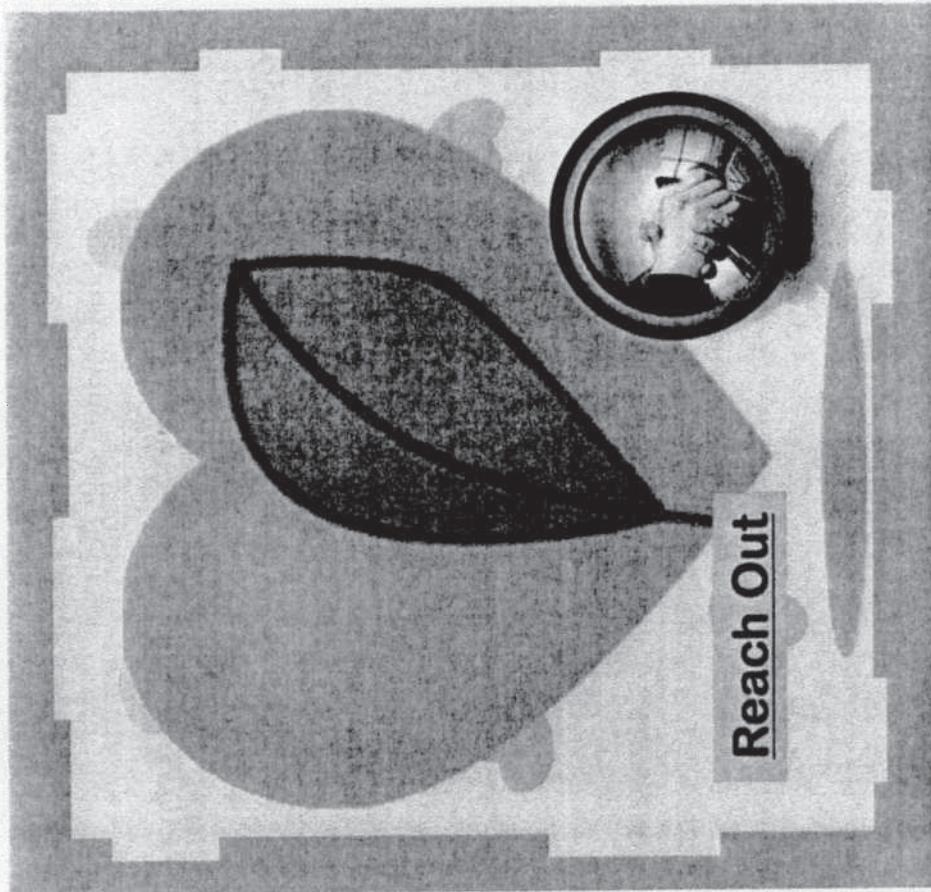


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 **Hayward Area Recreation and Park District**

(HARD)*

Volunteer in aquatics, art, drama, camps, sports, nature activities, playgrounds, senior citizens, teens, and other special events. Call (510) 888-0102 or e-mail: volunteerhayward@aol.com

 **HAYWARD YOUTH COMMISSION**

2008-2009

<i>Jessica Bravo</i>	<i>Mt. Eden HS</i>
<i>Maria Cortes</i>	<i>Hayward HS</i>
<i>James Dixon</i>	<i>Leadership Public HS</i>
<i>Carol Garcia</i>	<i>Hayward HS</i>
<i>Gurmant Gill</i>	<i>Mt. Eden HS</i>
<i>Jeerit Gill</i>	<i>Mt. Eden HS</i>
<i>Kevin Johnson</i>	<i>Tennyson HS</i>
<i>Lan Ma</i>	<i>Hayward HS</i>
<i>Lawrence McGee</i>	<i>Tennyson HS</i>
<i>Jessica Munoz</i>	<i>Mt. Eden HS</i>
<i>Lauren Quan</i>	<i>Castro Valley HS</i>
<i>Sikai Song</i>	<i>Mt. Eden HS</i>
<i>Cecilia Thinay-Hu</i>	<i>Castro Valley HS</i>
<i>Renni Thompson</i>	<i>ML King MS</i>

Hayward Coalition for Youth *

Volunteer for a variety of youth community service projects. *Must be in middle school or high school.* For more information, call David Korth at (510) 583-4227 or email David.Korth@hayward-ca.gov.

Kindango *

Volunteer at childcare sites in Hayward doing variety of tasks. *Must be in high school.* Call Volunteer Coordinator Tracey Hawkins at (510) 744-9280 ext. 29. Call in late June.

Kid's Breakfast Club

Help with activities for children who receive free breakfast

The HYC is a group of 17 young people between the ages of 14 and 20 who are appointed by Hayward City Council, the Hayward Area Recreation and Park District, and the Hayward Unified School District. They advise elected officials on issues that are important to the young people of Hayward.

=Volunteer opportunities available for youth under 16

For more information call 510-583-4400.



Lambda Youth Group *

Activity program for lesbian, gay, trans-sexual, bi-sexual and questioning youth. Volunteer in the year-round Speakers Bureau and Gay Prom committee (late February-June). *Must be at least 12.* Call Lambda Coordinator at (510) 247-8200.

Mini Learning Center—Hayward Library

Help 1st to 5th graders with homework Mondays and Wednesdays 3 pm to 5 pm at Main Library; Tuesdays and Thursdays 3pm to 5 pm at Weeks Branch Library. Must make a 3 Month commitment. *Must be at least 16.* Call (510) 881-7775 or e-mail: literacyplus@hayward-ca.gov



Student Friends of the Hayward Library *

Students in 7th–12th grades assist with the Summer Reading Game (May-August). Call (510) 881-7988 or e-mail library@hayward-ca.gov



La Familia Counseling Services *

Volunteer for special projects and administrative tasks. Call Jose Flores at (510) 785-8679.

Salvation Army

Volunteer for special food and clothing drives and after school tutoring. Help serve a free holiday meal to those in need on Thanksgiving. *Must be at least 16* to volunteer. Call (510) 581-6444

Healthcare



CommPre *

Help with alcohol and other drug prevention projects and campaigns. *Must be at least 13.* Call Joel De Vera Moncada at (510) 247-8225.

HERS Breast Cancer Foundation *

Participate and support breast cancer walks (every September), assist in clerical work, mailings, and inventory. *Must be at least 14.* Contact Tricia McMahon at (510) 573-2089 or e-mail tricia@HERfund.org

Kaiser Permanente—Hayward *

Explore the health care field. *Must be at least 15 years old or completed freshman year of high school.* Year-round or summer-only programs available. Call Rena Cota at (510) 784-4357 or e-mail Rena.Cota@KP.org



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St. Rose Hospital

Help with variety of tasks. *Must be at least 16.* Call Human Resources at (510) 264-4288.
Website: <http://www.strosehospital.org>

Washington Hospital

Volunteers assist in a variety of tasks in the health care field. *Must be at least 16.* Call Anna Elola at (510) 791-3465 or e-mail Anna_Elola@WHHS.com

Mentoring and Youth Interaction



Big Brothers Big Sisters of the East Bay, Inc. *
Volunteers provide youth mentoring and one-on-one time and attention typically once a week during the academic year. "Bigs" *must be at least 18.* Call (510) 232-0163 or e-mail admin@helpnow.org



Eden Youth Center *

Work with young children and teenagers by volunteering as a mentor or a tutor and assisting on various projects that need to be completed during the year. Must be at least 15. Call Sandy at (510) 887-1146.



Vintage Estates of Hayward

Assist Seniors with letter writing and visit with them. *Must be at least 16.* Call Conchita Ballelos at (510) 782-8424.

Clerical & Community Projects



Douglas Morrison Theater a.k.a. "Little Theater"

Help with sets, costumes, props, ushering, and office projects. *Must be at least 16.* Call (510) 881-6777

Eden Information & Referral

Provide information and referrals on phone help line. *Must be at least 16.* Call Ollie Arnold or Cece Marin at (510) 537-2710 or e-mail info@edenir.org

Emergency Shelter Program

Help with childcare, clerical work and hotline assistance. *Must be at least 16.* Call Volunteer Coordinator Shane Libby at (510) 786-1181.

Family Emergency Shelter Coalition (FESCO) *

Volunteer for special events, projects, and tutoring at the shelter on evenings and weekends throughout the year. Call (510) 886-5473 or e-mail fesco@fescofamilyshelter.org

=Volunteer opportunities available for youth under 16



Filipinos for Affirmative Action, Inc. *

Volunteers needed for general office work and community organized projects. *Must be at least 14*. Call Chris Cara at (510) 487-8552 or email ChrisCara@filipinos4action.org

Friday Night Live *

Volunteer for tutoring, police purchase surveys and other types of community service projects. Participate in a countywide Youth Council. *Must be at least 13*. Call Karen Seals at (510) 792-4964 ext. 140.



Girls Inc. *

Work in after school volunteer clerical projects and in the teen literacy program. *Must be at least 13*. Call Volunteer Coordinator Julia Clare (510) 357-5515 ext. 220.

Hayward Area Historical Society *

Assist with a variety of tasks like cataloging of museum collections, computer work and museum displays. *Must be at least 13*. Call Jim DeMersman at (510) 581-0223 or email info@haywardareahistory.org

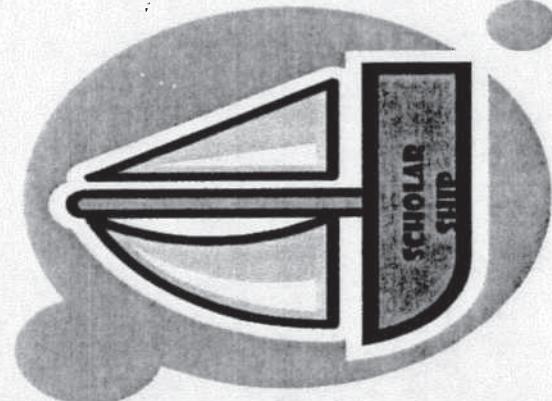
An important goal of the Hayward youth Commission is motivating teens to volunteer. In 2000, the HYC established the **Hayward Community Service Scholarship Program** to recognize teens, who have performed outstanding volunteer community service, by awarding **\$1,000** scholarships for accredited post high school education.



Hayward Police Explorer Program *

HPD Explorers provide volunteer service in the form of citizen assistance, traffic control and information provision at community events. Youth ages 14-21, call the Program Coordinator at (510) 293-8688 or e-mail: PDcontact@hayward-ca.gov.

Scholarships



Assisting Senior Citizens

Nature and Environment

Alzheimer's Services of the East Bay

Volunteers need to talk one on one with seniors, assist in exercise & sports, beauty care, playing music, gardening, arts & crafts, puzzles, socials and holiday events, and enhance the participant's quality of life. *Must be at least 16.* Call Activities Coordinator Molly at (510) 888-1411.

Morton Bakar Center

Be a friendly visitor to Seniors and assist with special events. *Must be at least 17.* Call Laura Wolf at (510) 582-7676.

Saint Christopher Care Center *

Volunteers must interact, entertain and be a friendly visitor to Seniors. *Must be at least 13.* Call Pat at (510) 537-4844.

Spectrum Community Services

Assist with preparing and serving noontime meals to Senior during your summer school break. *Must be at least 16.* Call Barbara Ann Franco at (510) 881-0300 ext. 275.

Ardenwood Historic Farm *

Assist with various activities including working with live stock, gardening and ground maintenance. Docents may lead historical demonstrations and activities (Fridays, Saturdays, and Sundays). *Must be at least 14.* Call Christina Garcia at (510) 796-0199 or e-mail CGarcia@EBParks.org

East Bay Habitat for Humanity

Volunteers play a critical role in every aspect of our work, including: construction, committee work, fundraising, advocacy and more. *Must be at least 16.* Contact Meghan at (510) 251-6304 ext. 311 or email Volunteer@EastbayHabitat.org

East Bay Regional Park District *

Assist with park maintenance, gardening, trail restoration, clean-up, etc. *Must be at least 13.* Contact Volunteer Coordinator Sharon Faffas at (510) 812-8265 or e-mail SFaffas@ebparks.org

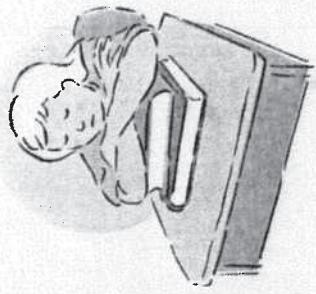
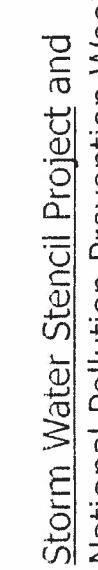
=Volunteer opportunities available for youth under 16

Another Great Resource for Teens

Hayward Animal Services
Help with animals waiting for adoption and on adoption web page. *Must be at least 18.* Call (510) 293-7200 ext. 165 or e-mail Hilary.Drake@hayward-ca.gov

Storm Water Stencil Project and National Pollution Prevention Week Events *

Work to keep storm water unpolluted and assist in annual pollution prevention events. Call Ivan Barton at (510) 881-7996 or e-mail Ivan.Barton@hayward-ca.gov



Depression affects more children and adolescents than was once believed. If left untreated, depression can greatly affect the quality of life both for the young person and his or her family and can lead to serious outcomes, including suicide attempts and death."

-Kaiser Permanente Healthwise

Symptoms of Depression:

If at least 5 of the following symptoms occur almost everyday for at least two weeks, then you might be suffering from depression:

- Feeling sad, irritable, or depressed
- Loss of pleasure or interest in almost all activities you usually enjoy
- Weight loss or weight gain, or failure to make expected weight gains in normal growth
- Sleeping too little or too much
- Body movements appearing to others as either restless or unusually slow
- Daily fatigue or loss of energy
- Feeling worthless
- Suffering from excessive or inappropriate feelings of guilt nearly everyday
- Difficulty with concentrating, thinking, or making decisions
- Repeated thoughts of death or suicide, or attempting suicide

Sulphur Creek Nature Center *

Care for animals, lead tours, and other tasks. Must commit for one-year & work weekly. *Must be at least 13.* For docent training, must be 16. Sub-training in winter. Call (510) 881-6747.



If you believe you are suffering from depression, seek help from a doctor, school counselor or call a support hotline. IT IS NOT YOUR FAULT TO FEEL DEPRESSED!

