

COMMUNITY SERVICE AND VOLUNTEERING HELP SHEET

WHY SHOULD I VOLUNTEER?

Do you want to...

- Help others
- Make a difference
- Develop new talents and skills
- Gain work experience
- Build resume
- Meet new friends
- Learn about the community

WHERE DO I WANT TO VOLUNTEER?

- What age and type of people do you want to work with?
- What interests, skills, hobbies, or issues do you want to work with?
- What tasks don't you like doing?
- What environment do you want to work in?
- What do you hope to gain from volunteering?
- Do you have access to transportation?
- Will you get access to training and supervision?
- Will you get a letter of reference from the agency?
- Can you get a letter of reference from the agency to use for college or job applications?

WHEN CAN I VOLUNTEER?

- How many hours a week can you volunteer with all of your other needs and responsibilities?
- Do you want to volunteer during the week-- which day, or on weekends?
- What time of day do you want to volunteer?
- Do you want an on-going, short-term, one-time assignment?

HOW DO I BECOME A VOLUNTEER?

- First, decide what you want to do and which agency you want to work with.
- Then, contact the agency to schedule an interview appointment
- If your needs and the agency's needs match, agree on a start date

Remember...

CHOOSE A VOLUNTEER POSITION THAT SUITS YOUR INTERESTS AND ABILITIES

AT YOUR INTERVIEW

- Be open and honest in your interview to make sure your experience is pleasant and meaningful
- Realistically estimate the amount of time you have to give
- Ask for the written job description so you can be clear about your responsibilities
- If the agency requests references, first ask permission of the person you would like to have provide your references

ONCE YOU HAVE MADE A COMMITMENT

- Arrive at your assignment on time. If you cannot be there, call and explain.
- Be sure you are clear on who to report to each day
- Respect the confidentiality of clients and follow the same ethical standards expected of staff members
- **AND HAVE FUN AND ENJOY!**

Here are some organizations you may want to consider volunteering with. Some are local to Northborough and Southborough, some are in our surrounding communities, and some are national. For more information about opportunities with any of these organizations, please stop by the CRC.

Northborough / Southborough

- Trottier After School Homework Club
- Mentor for students at Mary Finn
- Northborough Canine Rehabilitation & Fitness Center
- Northborough Recreation
- Southborough Youth and Family Services
- Northborough / Southborough Libraries
- Applefest Race Volunteers - Sept. only
- Community Harvest Service Day-October only
- Proctor Spring Fair- spring only
- Beaumont Nursing Home
- First Parish of Northborough
- AVM concert volunteers
- Northborough Garden Club
- The Pantry
- Northborough Helping Hands
- Community Meals & Support—Trinity Church

Organizations in the surrounding area

- YMCA
- Urban Missionaries of Our Lady of Hope
- Shrewsbury Nursing and Rehab Center
- Whittier Rehab Hospital
- Whitney Place Nursing Home
- Children's World Learning Centers
- Youth in Philanthropy— need to apply in the spring
- Baypath Humane Society
- Horizons for Homeless Children
- Habitat for Humanity
- Special Olympics of Marlborough
- Worcester County Food Bank
- Reliant Medical Group— must be 15 years old— various locations
- Marlborough Hospital – summer only. Applications open late spring
- Samariteens
- Central Mass. Shelter for Homeless Veterans
- Eco Tarium
- UMASS Memorial

- United Way of Central MA
- Big Brothers Big Sisters of Worcester County, Inc.
- The American Red Cross
- Worcester Medical City
- Boys & Girls Club of Worcester
- Kids Café – food kitchen for Boys & Girls Club

National Volunteer Opportunities

- Dynamy, Inc. – www.dynamy.org
- City Year – ww.cityyear.org
- AmeriCorps – www.americorps.org
- FamilyCares – www.familycares.org
- Youth Cyber Station's Action Zone – www.pch.gc.ca/cyberstation/html/azone_e.htm
- The Big Help Project (Nickelodeon TV) – www.big-help.info
- Landmark Volunteers – www.volunteers.com
- Touch America Project – www.fs.fed.us/people/programs/volunteer.htm