

YOUTH VOLUNTEER OPPORTUNITIES



Rappahannock United Way Volunteer Services Encourages Youth of all ages and abilities to Get Involved with Volunteer Service throughout the Year.

Every Day is an Opportunity for Youth Service.

Whether you take part in a one time project or sign up for a long term commitment we encourage you to join with your friends, family, group or just you – to make a real difference in your community.

For more information, please contact Shelby Beck at Rappahannock United Way at (540) 373-0041 ext. 314 or sbeck@rappahannockunitedway.org

YOUTH VOLUNTEER OPPORTUNITIES

Micah Hospitality Center – Micah Hospitality Center Volunteer

Description: The Micah Center is open from 9:30-11:30, Monday through Friday. Volunteers arrive at 9am and typically serve until 11:45am. Volunteers assist with front desk duties, kitchen help, clothing organization, and hygiene distribution. Individuals who wish to volunteer on a regular basis are asked to complete a volunteer application, attend volunteer training, and sign commitment and confidentiality forms.

Contact: Sarah Bush

Telephone: (540) 479-4116

Email: sarah@fredericksburgbaptistchurch.org

Age Requirements: Under 14; 15 – 18; Over 18

George Washington Regional Commission – Roadside/Litter Clean-up Volunteer

Description: Volunteers are needed to assist with ongoing litter pick ups and roadside clean up work throughout the Greater Fredericksburg Area.

Contact: Laurel Hammig

Telephone: (540) 373-2890

Email: hammig@gwregion.org

Age Requirements: Under 14, 15 – 18, Over 18

Rappahannock Area Council for Children and Parents – Circle of Parents Children’s Program Worker

Description: Volunteers give quality play experience to children while their parents are receiving services through the Circle of Parents program.

Contact: Julie Rivnak-McAdam

Telephone: (540) 785-6217

Email: raccap@raccap.org

Age Requirements: 15 – 18; Over 18

Ten Thousand Villages – Volunteer with Ten Thousand Villages

Description: Ten Thousand Villages depends on volunteers who help with the daily operation of the store. Volunteer opportunities include: sales associates, unpacking merchandise, volunteer recruiting, off-site sales, displaying merchandise, school programs, Speaker’s Bureau, repairing crafts, bulk mailings, telephoning, computer work, and recycling.

Contact: Terri Powers

Telephone: (540) 785-9967

Email: Fredericksburg@tenthousandvillages.com

Age Requirements: 15 – 18; Over 18

For more information, please contact Shelby Beck at Rappahannock United Way at (540) 373-0041 ext. 314 or sbeck@rappahannockunitedway.org

Alzheimer's Association – Various Volunteer Opportunities

Description: Volunteers are needed to work in the Fredericksburg Area Alzheimer's Association Office. Duties include answering phones, updating forms within the computer system, logging and updating contact and other information. There may also be some out of the office work.

Contact: Judy Scheibe

Telephone: (540) 370-0835

Email: judy.scheibe@alz.org

Age Requirements: 15 – 18; Over 18

Fredericksburg Area Museum – Gallery Assistant

Description: Gallery assistants educate visitors about the exhibitions in the museum and how they relate to the local community. GA's provide visitors with information on the mission, goals and vision of the museum.

Contact: Jason Pope

Telephone: (540) 371-3037

Email: jpope@famcc.org

Age Requirements: 15 – 18; Over 18

Central Rappahannock Regional Library

Description: Shelves materials, displays new materials, may have to shift shelves or retrieve items on request. Training will be provided. Pages will work on an assigned shift at least 4 hours per week.

Contact: Nancy Buck

Telephone: (540) 372-1144

Email: nbuck@crrl.org

Age Requirements: 15 – 18; Over 18

The George Washington Foundation – Miscellaneous Volunteer Opportunities

Description: Volunteers needed all year round, seven days a week between 10AM and 5PM to assist with various aspects of the George Washington Foundation at Historic Kenmore and Washington's Ferry Farm. We have a wide range of needs fitting your skill set and availability.

Contact: Jessica Carter

Telephone: (540) 370 – 0731

Email: carter@gwffoundation.org

Age Requirements: 15 – 18; Over 18

Society for the Prevention of Cruelty to Animals – SPCA Volunteer

Description: Volunteers needed to help distribute literature, sell merchandise and collect donations for the SPCA at various fundraising and adoption events.

Telephone: (540) 373-9008

Age Requirements: 15 – 18; Over 18

Friends of the Rappahannock – Rappahannock Restore Corps Volunteers

Description: FOR is looking for core volunteers to help us manage and restore the FOR nature area located at our headquarters in Fredericksburg. Volunteer stewards primarily will be involved in controlling invasive species. There may also be opportunities for planting native species and mapping and monitoring invasive plants.

Contact: Andrew Orr

Telephone: (540) 373-3448

Email: andrew.orr@riverfriends.org

Age Requirements: 15 – 18; Over 18

Thurman Brisben Center – Meal Preparation Volunteers, Grounds Maintenance Volunteers, Sponsor a Drive Volunteers

Description: Various volunteer opportunities are available including: pulling weeds, mowing the lawn around the facility, helping to prepare meals for residents, and sponsoring a drive for cleaning and toiletry products.

Contact: Kim Lally

Telephone: (540) 899-9853

Email: klally@brisbencentervol.org

Age Requirements: 15 – 18; Over 18

Mary Washington Hospice – Hospice Teen Volunteer

Description: Teen Volunteers will offer support and compassion to patients in facilities through friendly specialized visits. Volunteers will be provided specialized training and programs to enhance their friendly visits with patients at the end of life.

Contact: Raquel Woodard

Telephone: (540) 741-3598

Email: raquel.woodard@medicorp.org

Age Requirements: Under 14; 15 – 18

Spotsylvania Department of Social Services – Community Caring for Children Program Volunteers

Description: Groups or individuals are needed to sponsor foster children in the care of Spotsylvania Department of Social Services. Volunteers provide the foster children with birthday and Christmas gifts and can provide for special needs throughout the year. Volunteers are also needed to recruit sponsors and speak to community groups about the program.

Contact: Lori Weresnick

Telephone: (540) 507 – 7856

Email: lmw177@central.dss.state.va.us

Age Requirements: Under 14; 15 – 18; Over 18

Greater Fredericksburg Habitat for Humanity – Help Build Homes for Habitat Families

Description: Volunteers needed in building Habitat for Humanity Homes.

Contact: Regina McCarthy

Telephone: (540) 891-5009

Email: gfhfhvolcoord@verizon.net

Age Requirements: 15 – 18; Over 18

Fredericksburg Area Food Bank – Food For Life Volunteers

Description: An assembly line is set up with products already picked to be placed in the boxes. The boxes are pushed down the line after the products are placed in them. At the end of the line, boxes are palletized for counting and storage until passed out to our clients.

Contact: Julie Kishpaugh

Telephone: (540) 371-7666

Email: jkishpaugh@feedingamerica.org

Age Requirement: 15 – 18; Over 18

YMCA – YMCA Volunteer

Description: Volunteers needed to help with a wide variety of YMCA programs.

Contact: Tammy Steele

Telephone: (540) 371-9622

Email: TSteele@family-ymca.org

Age Requirements: 15 – 18

Rappahannock Council on Domestic Violence – Clerical Volunteer

Description: Assisting with general office tasks such as photo-copying, preparing mailings, and typing reports.

Contact: Stephanie Fantauzzi

Telephone: (540) 373-9372

Email: office@rcdv.com

Age Requirements: 15 – 18; Over 18

Greater Fredericksburg Habitat for Humanity- Youth Committee

Description: Greater Fredericksburg Habitat for Humanity Youth Committee meets once a month to plan, organize and complete projects that benefit the organization

Contact: Regina McCarthy

Telephone: (540) 891-5009

Email: gfhfhvolcoord@verizon.net

Age Requirements: from 5 to 18 years