

Create Your Own Youth Volunteer Project!

Rappahannock United Way believes in the valuable contribution that young people can make to address community needs.

Here are some great ways to create your own volunteer projects...

Organize a Drive at Your School, Church, or With Family and Friends:

- Clear out your closets for gently used items to donate to *Rappahannock Goodwill*
- Collect canned/dried food items for *Fredericksburg Area Food Bank*
- Collect diapers and baby clothes for *Project Link* at *RACSB*
- Download our '*Wish List*' for more needed items for local organizations

Complete Community Friendly Projects with Your Class, Friends, or Family:

- Work alongside the experienced staff and volunteers at *Downtown Greens Community Gardens* to learn all about organic gardening.
- Help keep the Rappahannock River clean and scenic through field projects, trail maintenance and trash pick up with *Friends of the Rappahannock*.
- Use the project guides from *National Wildlife Federation* to improve our local environment.
- Join a local club or group through your school or church or organization such as the *American Red Cross* Rappahannock Area Chapter Youth Team, or the *Greater Fredericksburg Habitat for Humanity* Youth Group, and get busy with a whole variety of different projects year round that help those in need in our local community.

Adopt a Senior – It only takes one hour of your time – but means so much:

- Friendly volunteers are needed to provide one-on-one companionship, passing out mail, and assisting with games at *Carriage Hill Rehabilitation & Nursing Center*.
- Play cards, board games, sing, play an instrument, read books or just chat at *Marian Manor*.

Roll up your sleeves and help out at local thrift stores:

- Help sort and organize donated items at *SERVE's* thrift store.
- Help out in the *Hospice Support Care* thrift shop by displaying & pricing donations for sale.

Get More Information on These Agencies and More ...

Website: www.1-800-volunteer.org

Email: wecare@rappahannockunitedway.org **Phone:** (540) 371 5268