



21 WAYS TO GIVE THE GIFT OF TIME

Family or teen friendly volunteer opportunities

1. Support the families staying in the Ronald McDonald House in Shadyside while their children receive medical care in Pittsburgh. You can cook a meal or bring prepared or store-bought food to the house, help with short-term projects like clean-up or yard work, or make a 3 hour weekly, biweekly, or monthly commitment to work in the house. 16+ or with adult.



Ronald McDonald House • www.rmhc.org

Pittsburgh chapter • www.rmhcpgh.org • 412-362-3400 • info@rmhcpgh.org

2. Visit the elderly in assisted living communities, or bring your pet to visit.

Susquehanna Red Cross • www.sqvalleyredcross.org

16+ or with adult. Must attend a workshop, present records of dog's shots, and commit to one visit per month at nursing homes and other agencies in south central PA.

Some YMCA programs • www.ymca.net

Check for opportunities at the Y nearest to you.

Asbury Heights • www.asburyheights.org • 412-571-5150. 14+

3. Feed, play with, and care for pets waiting for homes. Dogs, cats, and small mammals all need to socialize to become ready for adoption. Office support also welcome.

Animal Friends • www.animal-friends.org • 412-566-2103

18+ or 13+ with an adult to work with dogs, 16+ or 13+ with adult to work with cats. Volunteers must attend an orientation session and an additional training session to work with animals.

Animal Rescue League of Western PA • www.animalrescue.org • 412-661-6452

18+ or 13+ with an adult. Orientation, 2 training sessions to work with dogs, and 2 hours "practice" with mentor for work with dogs or cats.

Animal Advocates • www.petfinder.com/shelters/PA294.html • 412-928-9777

18+ or with adult. Short orientation required.

4. Tell stories to kids, help them do arts and crafts, or supervise play at the Center for Creative Play in Regent Square, Pittsburgh. Some volunteer positions require a monthly commitment; some one-time opportunities are available. 12+, families welcome.

Center for Creative Play • www.centerforcreativeplay.org • 412-371-1668

5. Help get much needed food to the 120,000 people served monthly by the Pittsburgh Food Bank. On Saturdays from 9-12 all year round, volunteers 9 and older are needed to work on the Food Bank's own farm in Washington County. Volunteers 12 and older can participate in cleaning and collecting left-over crops when harvesting is over, at farms all over PA. Or, inspect, sort and repack food at the headquarters in Duquesne.

Greater Pittsburgh Community Food Bank • www.pittsburghfoodbank.org



***** Neighborhood Opportunities *****

If it is important to you to make a difference in your own community, try to find somewhere in your neighborhood that would welcome your time and energy. Check your local...

day care • nursing home • homeless shelter • library
elementary school • hospital • rec center • animal shelter
museum • state park • soup kitchen

- 6.** Cook meals as a guest chef for 30 residents at a women's shelter in uptown Pittsburgh. Anyone can cook, individually or as a family or group. Must be female and at least in high school to serve and socialize with residents. Requires a brief orientation.

Bethlehem Haven • www.bethlehemhaven.org • 412-391-1348
info@bethlehemhaven.org

- 7.** Help the training of search and rescue dogs by walking a route and hiding in the woods so the dogs can track you. Spend a few hours or a full day taking a walk in the woods on along a pre-arranged course, and then come back and wait to be found. Search and rescue dogs need new people to track all the time. Dress appropriately, and bring water and a snack. 18+ or 10+ with adult.

Allegheny Mountain Rescue Groups • www.amrg.info

Join a Yahoo list of potential "lost people" to be notified of training times.

C.A.E.S.A.R. • www.caesarinc.org/ • 724-266-4955

See website for training days. Contact via the 'comment form' on website at least 2 days before training. 3 hours commitment.



- 8.** Repackage surplus medical supplies to be sent to underserved areas. Volunteers check and sort supplies like bandages and sutures collected from hospitals and agencies, then pack them for shipment mainly to Latin America. Must be 14+, sign a waiver, and commit to 2 hours per week or per month, scheduled in advance.

Global Links • www.globallinks.org • 412-361-3424, ext. 205
glvolunteer@globallinks.org.

- 9.** Work at Phipps Conservatory in Pittsburgh as Discovery Garden volunteer, or help with special events like holiday parties or festivals. Volunteers are needed to help in outdoor gardens and in the greenhouse taking care of the plants and educating visitors. 13+, training provided.



www.phipps.conservatory.org • 12-622-6915, ext. 6958
vol@hipps.pgh.pa.us

10. Read from newspapers, magazines, and novels on a radio station broadcasting to blind and visually impaired individuals. All reading is done at the Radio Information Service station on the South Side of Pittsburgh and broadcast on the air. No broadcasting experience needed, just a good reading voice. Office assistance also needed. All readers must take a brief and painless voice test and attend an orientation. 16+ or with adult.

Radio Information Service • www.readingservice.org • 412-488-3944

***** Item Donations *****

Countless organizations and charities are looking for donations of almost anything you could imagine. Before you throw away something usable, think about where you might be able to donate it. Items needed by non-profit organizations charities include:

clothing • shoes • toys • kitchen ware • furniture
all kinds of food • appliances • school supplies • prescription glasses
building materials • personal care items • cleaning supplies • computers
frequent flyer miles books • cell phones • CDs • baby items
bedding • exercise equipment bikes • musical instruments • tools

11. Make the Oakland neighborhood of Pittsburgh a nicer place to live and work. Volunteer activities include gardening and planting flowers, removing graffiti, picking up litter and debris, painting, and distributing information about recycling. See schedule of planned events. A special activity can be arranged for any interested group. Part of the Oakland Planning and Development Corporation. 12+.

Keep It Clean, Oakland! • www.oaklandplanning.org! • 412-621-7863 x23
lhalula@opdc.org

12. Help keep residents in your area fed - volunteer at your local Meals on Wheels. Volunteer activities vary from site to site - to find a location near you, visit www.mowaa.org



13. Help kids with special needs at The Children's Institute. 3+ hrs/week after orientation & training.
www.amazingkids.org • 412-420-2316

14. There are a variety of ways to help out at the Western Pennsylvania Conservancy—plant a

garden, work in a booth at local events, photograph local events, and more! Under 18 with adult accompaniment; some programs require orientation & training.
www.wpconline.org • volunteer@paconserve.org

15. Spend some time over the summer as an escort for vision-impaired teens. Ages 15+, minimum 1 day/week for 5 weeks in summer. Most activities take place during the evenings and weekends.

Blind & Vision Rehabilitation Services • Nancy Shepis • 412-368-4400 •
nschepis@pghvis.org



16. Made up entirely of volunteers, the Special Olympics has wide variety of positions to fill, from coaching to photographing to handing out awards—there's something for everyone! Simply complete a volunteer registration form and they will contact you when an event is scheduled.

The time commitment is minimal, and no prior experience is needed.

Special Olympics • www.specialolympics.org

17. Share your time with some of Kane Regional's senior residents. Various activities are available, including simply visiting and talking with the residents, accompanying them in bingo games, parties, or field trips, helping to operate the gift shop, weeding and planting in the garden, and working in the information booth. Short orientation required.

Ross Township • Susan Crump • 412-369-2083 • SCrump@county.allegheny.pa.us
Glen Hazel • Gwen Baugh • 412-422-6983
McKeesport & Scott Township • 412-422-6800

***** Volunteering at the Holidays *****

We often think of volunteering around the holidays, and there are many special opportunities to share your time during the holiday season. Just don't forget that good causes need your help all year long!



Here are a few ideas for November and December.

18. Wrap gifts at malls as a fundraiser for charities. Holiday shoppers bring their gifts to be wrapped in return for a donation at several locations throughout December.

Sudden Infant Death Services • www.sids-pa.org • 412-481-1410

Benefits the Cribs for Kids program. Robinson Mall: shifts Nov 27- Dec 24, Mon-Sat 10-2, 2-6, or 6-10 and Sun 11-3 or 3-7. Station Square: shifts Dec 10-12 and 17-23, Mon-Sat 11-3, 3-6, or 6-9 and Sun 1-5. 13+. Community Options, Inc. • www.comop.org/PA/pittsburgh.htm • 412-431-7079 Benefits people living with disabilities. Century III Mall: shifts 10-2, 2-6 and 6-9:30 Dec 2-24. 18+



19. Be a Kettle Volunteer for the Salvation Army. Stand and ring a bell next to with one of the familiar red kettles and greet and thank donors. Salvation Army raises most of its money through kettle collection! 2 hour commitment. Good activity for groups or families. 15+ or with adult.

Salvation Army • www.salvationarmy-wpa.org • 412-394-4863

20. Deliver holiday gifts to persons living with Multiple Sclerosis who live in long term care facilities. Can be done anytime in December, but must schedule by December 13th. Great activity for families. Children must be with an adult.

National Multiple Sclerosis Society • www.nationalmssociety.org/pax
800-544-5250 • pax@nmss.org

21. Serve meals to homeless families at the Salvation Army District Headquarters in downtown Pittsburgh during the holiday season. Families welcome, 16 or with an adult.

Salvation Army Western PA • www.salvationarmy-wpa.org • 412-394-4871

***** Other Resources *****

Get help matching your skills with projects and organizations that need volunteers

Volunteer Pittsburgh • www.vpgh.org

Volunteer Solutions • www.volunteersolutions.org

Serve Net • www.servenet.org

Pittsburgh Cares • www.pittsburghcares.org/ • 412-471-2114

Youth Engaged in Service (YES!) program – register as a YES! Volunteer and get a monthly newsletter and bi-weekly newsletter of opportunities for volunteers aged 12-21