

# *Volunteer* *Guide* 2020- 2021

Statewide  
Volunteer  
Opportunities

YOU are needed  
now more than  
ever!



**Denver7** is proud to support the 2020-2021 Volunteer Guide. Together we can make a difference in our communities! **#SPARKCHANGE**



**spark the change**

**COLORADO**

Empowering Changemakers. Igniting Service.

# Calling ALL Changemakers!



Spark the Change Colorado's mission is to spark change and inspire a movement of good through the power of volunteerism, civic engagement and service. This Volunteer Guide is designed to help you find your passion, a place to serve, a movement to join or the inspiration and courage to start a movement of your own. This is your community. We encourage you to find a place for constructive, healing dialogue and turn those conversations into building a connected, resilient and healthy community.

Now, more than ever, non-profits need your help to continue to provide our communities with a variety of important services. We have all had to change how we do our day to day, including making sure that our work places are safe for you to offer your help and your efforts are effective. That can mean some volunteer positions you may be used to have changed to be socially distanced, some have gone virtual, or some are no longer available. This guide is full of places where you are still needed! Please check directly with the organization you are most interested in helping if you have questions about volunteering for them during this pandemic.

**How to Use This Guide:** Check out all the opportunities and tips within the pages of this Volunteer Guide. Find the opportunity on Spark's Volunteer Pages (link below), or go to the organization's site directly (included with each listing). Still need help? Spark is here to answer your questions! Give us a call at 303-282-1234.

Spark the Change Colorado  
serving as your Volunteer Center  
since 1994!



**spark the change**  
COLORADO

Empowering Changemakers. Igniting Service.



It's our job to recruit, connect and recognize those in our community who lead, inspire and are at the heart of the volunteer movement. **Our resources include:**

- [Spark the Change Colorado Website](#)
- [Sign Up to Receive Our Spark the Change Newsletter](#)
- [Spark the Change Colorado Blog](#)
- [Southern Colorado Mini-site](#)
- [City of Broomfield Mini-site](#)
- [City of Golden Mini-site](#)
- [Colorado Responds Mini-site](#)
- [Board Match Training](#)
- [Volunteer Management Training Series](#)
- [Mental Wellness Program](#)
- [Senior Companion Program](#)

\*full links in Index





# Animals



## Colorado Pet Pantry

Alamosa, Aurora, Boulder, Colorado Springs, Conifer, Denver, Fountain, Lafayette, Longmont, Lakewood, Lamar, Loveland, Ordway, Parker and Pueblo. // [coloradopetpantry.org](http://coloradopetpantry.org)

**ABOUT:**  
The Colorado Pet Pantry is a pet food bank that helps families to feed their pets and keep them in their loving homes during times of financial challenges.

**TYPES OF VOLUNTEERS?**  
Groups and individuals  
**INTERESTED? CONTACT:**  
Eileen Lambert  
[eileen@coloradopetpantry.org](mailto:eileen@coloradopetpantry.org)

Denver // [nationalwestern.com/volunteers/](http://nationalwestern.com/volunteers/)  
**ABOUT:**  
NWSSA is a 501c3 investing in future generations. Guided by its western heritage, The Western Stock Show Association serves the world promoting youth, adult, and community development through livestock and equestrian education, innovation, entertainment and competition. NWSSA organizes an event every January in the city and county of Denver for farmers and ranchers. \*all activities follow COVID-19 policies per our Governor and Mayor

**TYPES OF VOLUNTEERS?**  
Groups  
**INTERESTED? CONTACT:**  
Kellie Lombardi  
[Klombardi@nationalwestern.com](mailto:Klombardi@nationalwestern.com)

**ABOUT:**  
We build Earth stewardship by providing youth with joyful, hands-on, place-based environmental education experiences that foster an emotional connection to nature. Children explore nature through Thorne Summer Camp, In School Programs, Field Trip Programs, After School Programs, and a new Nature Preschool! Volunteers support our mission in many ways, including: in the field mentoring children as they explore nature, in the office performing administrative and marketing tasks, assisting with maintaining our native landscapes, public special events, remotely, and as corporate or community volunteer groups.

**TYPES OF VOLUNTEERS?**  
Groups, Seniors, Individuals, Youth  
**INTERESTED? CONTACT:**  
Gwendolyn Tenney  
[gwen@thornenature.org](mailto:gwen@thornenature.org)



## National Western Stock Show Association



## Thorne Nature Experience

Boulder // [thornenature.org](http://thornenature.org)

## CONNECT LOCAL YOUTH TO NATURE!



- Mentor Diverse Youth
- Explore the Natural World
- Flexible Scheduling
- Variety of Office Projects
- Gain Teaching Skills
- Create Nature Access for All
- Build Community



Locations in  
Boulder, Lafayette,  
Littleton, Longmont  
& Broomfield  
[thornenature.org](http://thornenature.org)

# Arts & Culture



## Athena Project

Littleton, Denver,  
Aurora // [athenaprojectarts.org](http://athenaprojectarts.org)

**ABOUT:**  
Athena Project empowers women through the arts and creates a world with gender equity where women's voices are amplified. Programs include our Plays In Progress Series showcasing the contributions of women playwrights; Curating Art for Impact authentically connecting brand or mission to stakeholders; Artists' Night Out connecting our community in an open mic type forum; Girls Create summer intensive week-long camps exploring various art forms, which culminates in final performances shared with friends, family, and the public. This program empowers girls to lead and effect change in themselves and others through creative learning.

**TYPES OF VOLUNTEERS NEEDED?**  
Individuals  
**INTERESTED? CONTACT:**  
Angela Aastle  
[aastle@athenaprojectarts.org](mailto:aastle@athenaprojectarts.org)

Broomfield // [backstorytheatre.org](http://backstorytheatre.org)  
**ABOUT:**  
We provide affordable performing arts education and performance opportunities for children, adults, and families and broadly accessible live theatre production opportunities for Broomfield, Colorado and surrounding communities.  
**INTERESTED? CONTACT:**  
Mary Wilkie  
[mary.backstorytheatre@gmail.com](mailto:mary.backstorytheatre@gmail.com)



## Colorado Conservatory of Dance

Broomfield // [ccdance.org](http://ccdance.org)  
**ABOUT:**  
At CCD, we believe every student deserves the absolute best dance education, regardless of age, ability, aspiration, or socio-economic status. Our program is designed to give students the highest quality dance education in both classic and contemporary styles in a friendly and warm environment. Our syllabus is designed to build strength and versatility in every dancer, allowing each dancer to work in the healthiest, most kinesthetically aware way. At CCD, we truly believe that dance is for everyone and that art can foster community, create positive influence,

and inspire the individual, and our faculty, staff, and families reflect every aspect of that belief.

**TYPES OF VOLUNTEERS NEEDED?**  
Anyone ages 15 +  
**INTERESTED? CONTACT:**  
Rachel Long [rlong@ccdance.org](mailto:rlong@ccdance.org)



Denver // [artgaragedenver.com](http://artgaragedenver.com)

**ABOUT:**  
The Art Garage offers arts-based programs that inspire, empower and promote creative self-expression by people of all ages and backgrounds. On-site studio workshops and exhibitions engage the greater Denver community and outreach is provided to those who are underserved, at-risk and for people with disabilities to ensure the artistic process is fully accessible and inclusive for all.

**TYPES OF VOLUNTEERS NEEDED?**  
Individuals  
**INTERESTED? CONTACT:**  
Abi Ostendorf  
[abi@artgaragedenver.com](mailto:abi@artgaragedenver.com)

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## BackStory Theatre

# Children



## A Precious Child

Broomfield // [apreciouschild.org](http://apreciouschild.org)

### ABOUT:

A Precious Child provides children in need with opportunities and resources to empower them to achieve their full potential. We serve families throughout eight Denver Metro counties, including Adams, Arapahoe, Boulder, Broomfield, Denver, Douglas, Jefferson and Weld. Our sign up page is where we are managing ALL volunteer sign ups. No walk ins will be allowed at this time. Visit for more info:

<https://apreciouschild.org/take-action/volunteer/>

### TYPES OF VOLUNTEERS?

All volunteers, ages 5 and older, are welcome.

### INTERESTED? CONTACT:

Joshua Walsh  
[joshua@apreciouschild.org](mailto:joshua@apreciouschild.org)



## Bal Swan Children's Center

Broomfield // [balswan.org](http://balswan.org)

### ABOUT:

Bal Swan Children's Center builds a social-emotional foundation and nurtures an inclusive learning community where each child and family grows and belongs.

### TYPES OF VOLUNTEERS NEEDED?

Groups

### INTERESTED? CONTACT:

Debbie Kunz  
[debbie@balswan.org](mailto:debbie@balswan.org)



## CASA of Adams & Broomfield Counties

Westminster // [casa17th.org](http://casa17th.org)

### ABOUT:

Our mission is to provide specially selected and trained community volunteers, Court Appointed Special Advocates, to advocate for abused and neglected children in the pursuit of safe and permanent homes.

### INTERESTED? CONTACT:

Heidi Weisman  
[casa17th@casa17th.com](mailto:casa17th@casa17th.com)



## Children's Literacy Center

Aurora, Denver, Colorado Springs, Monument // [childrensliteracycenter.org](http://childrensliteracycenter.org)

### ABOUT:

Children's Literacy Center offers FREE tutoring to elementary children who are reading below grade level. Locations TBD.

### TYPES OF VOLUNTEERS NEEDED?

Individuals

### INTERESTED? CONTACT:

Pamela Polke  
[pamela@childrensliteracycenter.org](mailto:pamela@childrensliteracycenter.org)



## Children's Museum of Denver

Denver // [cmdenver.org](http://cmdenver.org)

### ABOUT:

Every day, we work to open doors for our future leaders, innovators, and adventurers to explore, create and learn - on their own terms.

### TYPES OF VOLUNTEERS NEEDED?

Groups and individuals

### INTERESTED? CONTACT:

Meg McGill  
[volunteer@cmdenver.org](mailto:volunteer@cmdenver.org)



## Clothes To Kids of Denver Inc.

Denver // [clothestokidsdenver.org](http://clothestokidsdenver.org)

### ABOUT:

Clothes To Kids of Denver provides new and quality used clothing to students from low-income or in-crisis families in the Denver Metro Area, free of charge. CTKD is looking for adults interested in making a regular commitment to serve as a personal shopper. Bilingual volunteers are especially helpful, virtual opportunities available.

### TYPES OF VOLUNTEERS NEEDED?

Individuals

### INTERESTED? CONTACT:

[volunteer@clothestokidsdenver.org](mailto:volunteer@clothestokidsdenver.org)  
720-379-4630



## Dinosaur Ridge

Morrison, Golden // [dinoridge.org/support-dino-ridge/volunteer/](http://dinoridge.org/support-dino-ridge/volunteer/)

### ABOUT:

The mission of Dinosaur Ridge is to educate the public about, and ensure the preservation of, the natural and historic resources of Dinosaur Ridge, Triceratops Trail, and the surrounding areas. Volunteers help support this

mission as interpretive guides for outdoor education programs and scheduled tours, museum docents, casting replica fossils, facilitating outreach events and other projects. Opportunities include: Greeters, Tour Guides, Virtual options, and more. All COVID-19 safety protocols apply, including required masks and social distancing.

### TYPES OF VOLUNTEERS NEEDED?

Individuals, Seniors, Groups

### INTERESTED? CONTACT:

Barbara Farley  
[volunteer@dinoridge.org](mailto:volunteer@dinoridge.org)



Douglas County // [DCL.org](http://DCL.org)

### ABOUT:

Douglas County Libraries elevates our community by inspiring a love of reading, discovery, and connection. With nearly 2 million visitors to seven branches every year, visitors are met with beautiful spaces, curated collections, personalized services, and a variety of events that offer a premium experience for all.

### TYPES OF VOLUNTEERS NEEDED?

Individuals

### INTERESTED? CONTACT:

Ali Ayres  
[aayres@dclibraries.org](mailto:aayres@dclibraries.org)



## HISTORY Colorado CENTER

Denver, Fort Garland, Leadville, Montrose, Plattville, Pueblo & Trinidad  
// [historycolorado.org](http://historycolorado.org)

### ABOUT:

We offer access to Colorado's history through cultural and heritage resources like our museums and historic sites statewide, programs for families and adults, stewardship of Colorado's historic treasures, and resources for students and teachers making a positive impact on preschoolers, students in grades K-12, and those in higher education. We provide programs and services related to historic preservation and archaeology as well as access to a vast collection of archives, artifacts, and historical photography.

### TYPES OF VOLUNTEERS NEEDED?

Individuals

### INTERESTED? CONTACT:

Emily Dobish  
[emily.dobish@state.co.us](mailto:emily.dobish@state.co.us)



## "I Have a Dream" Foundation of Boulder County

Boulder // [bouldercounty.ihdf.org](http://bouldercounty.ihdf.org)

### ABOUT:

We provide individualized social, emotional, and academic support to young people from low-income communities from 1st grade all the way through college, along with guaranteed tuition support. Volunteers provide tutoring, life enrichment activities, mentoring, fundraising and special event support. We also utilize volunteers to provide clerical and office support and more. We believe that when given equal access to the resources they need to succeed, all children can ignite their innate potential and achieve their dreams.

### TYPES OF VOLUNTEERS NEEDED?

Individuals, Groups and Seniors

### INTERESTED? CONTACT:

Carla Maniscalco  
[carla.maniscalco@ihaveadreamboulder.org](mailto:carla.maniscalco@ihaveadreamboulder.org)



## Impact on Education

Louisville // [impactoneducation.org](http://impactoneducation.org)

### ABOUT:

Leverage community resources to increase student achievement, create opportunities, and build support for public education

### INTERESTED? CONTACT:

Chris Grack-Wilson  
[chris@impactoneducation.org](mailto:chris@impactoneducation.org)



## Junior Achievement

Denver, Boulder, Broomfield, Northglenn, Thornton, Arvada, Lakewood, Aurora, Littleton, Highlands Ranch // [jacolorado.org](http://jacolorado.org)

### ABOUT:

We prepare young people to thrive in the 21st century workplace and global economy by inspiring a passion in free enterprise and entrepreneurship, and instilling an understanding of personal financial literacy.

### TYPES OF VOLUNTEERS NEEDED?

Individuals

### INTERESTED? VISIT:

<https://www.jacolorado.org/volunteer>





Denver // [comentoring.org](http://comentoring.org)

#### ABOUT:

MENTOR Colorado is the unifying champion of youth mentoring in Colorado, and works to ensure every young person in our state will have a quality mentoring relationship. We're on a mission to transform the quality and significantly increase the quantity of mentoring relationships for Colorado's young people. Specifically, MENTOR Colorado works with a network of 65+ mentoring programs to increase quality and align them with evidence-informed practices, facilitate collaboration throughout the network, and scale impact through advocating for more mentor volunteers and resources for the entire mentoring field.

#### TYPES OF VOLUNTEERS NEEDED?

Individuals

#### INTERESTED? CONTACT:

Jay Reinig  
[jay@crstrategies.com](mailto:jay@crstrategies.com)



### Minds Matter Colorado

Aurora, Denver, Colorado Springs, Fountain, Monument, Woodland Park, Pueblo & La Junta // [mindsmatterco.org](http://mindsmatterco.org)

#### ABOUT:

At Minds Matter Colorado, we're on a mission to prove that it's ability, not access, that should determine college choice for qualified students. So we connect bright students from low-income households with the relationships and resources they need to expand their post-secondary educational horizons. Our unique approach combines three years of mentorship with committed volunteers, weekly college-prep instruction and access to summer programs at colleges across the country. As a result, 100 percent of our graduates complete high school on time and are accepted to four-year colleges and universities with scholarships.

#### TYPES OF VOLUNTEERS NEEDED?

Individuals

#### INTERESTED? CONTACT:

Kate Brenan  
[joinus@mindsmatterco.org](mailto:joinus@mindsmatterco.org)



Prospect Academy

### Prospect Academy

Denver // [prospectacademyco.org](http://prospectacademyco.org)

#### ABOUT:

A 5th-12th grade public charter school focused on serving students who are

high functioning on the autism spectrum, or have similar learning challenges, that provides a strong academic education with the help of therapeutic supports

#### INTERESTED? CONTACT:

Tom Judd  
[tjudd@sparkthechangecolorado.org](mailto:tjudd@sparkthechangecolorado.org)



### STEM Generation Inc DBA Science Fair Fun

Denver, Littleton, Lakewood, Englewood, Boulder, Longmont, Arvada, Aurora // [sciencefairfun.org](http://sciencefairfun.org)

#### ABOUT:

We partner with local businesses to engage their employees in their community during (1) onsite Philanthropic Team STEM Kit-building Events, and (2) Science & Engineering Fairs at high-needs schools where they serve as role models for under-represented children.

#### TYPES OF VOLUNTEERS NEEDED?

Groups and individuals

#### INTERESTED? CONTACT:

Wendy Wempe  
[info@sciencefairfun.org](mailto:info@sciencefairfun.org)



### Sun Valley Youth Center

Denver // [sunvalleyyouthcenter.org](http://sunvalleyyouthcenter.org)

#### ABOUT:

The Sun Valley Youth Center is a nonprofit youth center located in one of the poorest neighborhoods in Denver. We offer a variety of programs to both the Elementary and the Middle & High school youth of the Sun Valley neighborhood to aid in their social, emotional, and physical development. We aim to holistically meet the needs of our kids while providing a safe and nurturing environment for them to learn and grow.

#### TYPES OF VOLUNTEERS NEEDED?

Individuals, Children, Groups, Seniors

#### INTERESTED? CONTACT:

Diamond Sykes  
[diamond@sunvalleyyouthcenter.org](mailto:diamond@sunvalleyyouthcenter.org)



### Talk to the Camera Community

Denver, Lakewood, Highlands Ranch, Parker, Evergreen, Boulder

// [talktothecameracommunity.org](http://talktothecameracommunity.org)

#### ABOUT:

Talk to the Camera Community is a 501(c)3 non-profit organization, whose mission is to build long-term, life-changing relationships, improve social emotional well-being, academic performance, and self-esteem through

the lens of a camera by providing award-winning STEAM educational programs, creative mentorships, and coaching in media arts production.

#### TYPES OF VOLUNTEERS NEEDED?

Individuals

#### INTERESTED? CONTACT:

Jennifer Gilbert  
[jenny@talktothecamera.com](mailto:jenny@talktothecamera.com)



### The Conflict Center

Denver // [conflictcenter.org](http://conflictcenter.org)

#### ABOUT:

The Conflict Center's mission is to equip people with practical skills to navigate, transform and embrace everyday conflict. We carry out this mission through Skill Building programs, Restorative Practices in Schools, Restorative Justice in the criminal justice system, Reading for Peace, Social Norming and Hot Spot Mapping.

#### TYPES OF VOLUNTEERS NEEDED?

Individuals

#### INTERESTED? CONTACT:

Ronnie Weiss  
[ronnie.weiss@conflictcenter.org](mailto:ronnie.weiss@conflictcenter.org)



### Youth On Record

Denver // [youthonrecord.org](http://youthonrecord.org)

#### ABOUT:

Youth on Record empowers Colorado's underserved youth to achieve their academic, artistic, and personal best by employing local, professional artists as their educators. Currently, we are not allowing volunteers to join us in-person, but we have opportunities to support our students and events virtually!

#### TYPES OF VOLUNTEERS NEEDED?

Individuals

#### INTERESTED? CONTACT:

Kait Corrado  
[kait@youthonrecord.org](mailto:kait@youthonrecord.org)

## VOLUNTEERS LEAD CHANGE!

- 77.4 million Americans volunteer 6.9 billion hours annually That's an estimated value of \$167 billion!



- Volunteers are *twice as likely* to donate to charitable organizations than non-volunteers.

2X

- After being out of work, volunteers are 27% more likely to find employment.



- Over the past 15 years, Americans volunteered 120 billion hours, estimated to be worth \$2.8 trillion!



- 32.4% of Colorado residents volunteer, ranking them 26th among all US States.



- The most common volunteer opportunities in Colorado are related to youth, education, sports and arts and culture.



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# Civic & Community



## Adaptive Sports USA

Denver // [adaptivesportsusa.org](http://adaptivesportsusa.org)

### ABOUT:

To empower individuals with a disability through access to competitive sport(s) opportunities.

### TYPES OF VOLUNTEERS NEEDED?

Groups and individuals

### INTERESTED? CONTACT:

Amelia Haba  
[volunteer@adaptivesportsusa.org](mailto:volunteer@adaptivesportsusa.org)



ARAPAHOE COUNTY  
COLORADO'S FIRST

## Arapahoe County Gov.- Volunteer Connections

Arapahoe County // [arapahoegov.com](http://arapahoegov.com)

### ABOUT:

Take an active role in your government, make a difference in the lives of your neighbors, and extend the reach of services into local communities. Your enthusiasm, personal talents and fresh perspectives keep Arapahoe County "First in Colorado, First in Service."

### TYPES OF VOLUNTEERS NEEDED?

Groups and individuals

### INTERESTED? CONTACT:

Nira Duvan  
[nduvan@arapahoegov.com](mailto:nduvan@arapahoegov.com)

## The Crescent Grange

## Broomfield Crescent Grange

Broomfield // [crescentgrange.org/contact-and-location/](http://crescentgrange.org/contact-and-location/)

### ABOUT:

Broomfield Crescent Grange provides organic garden space, promotes community service, and provides a focal point for wellness activities and social gatherings

### INTERESTED? CONTACT:

Peter Jacobs  
[info@crescentgrange.org](mailto:info@crescentgrange.org)



Broomfield Library  
Friends Foundation  
Great library, strong community.

## Broomfield Library Friends Foundation

Broomfield

// [broomfieldbook.wordpress.com/](http://broomfieldbook.wordpress.com/)

### ABOUT:

The Broomfield Library Friends Foundation supports the Broomfield Library by raising funds and

promoting awareness and enjoyment of the library's programs and services in the greater Broomfield Community.

### INTERESTED? CONTACT:

Mila Sbrocca  
[mila.sbrocca11@gmail.com](mailto:mila.sbrocca11@gmail.com)



Brothers Redevelopment, Inc.

Housing • Home Modification & Repair • Housing Counseling

## Brothers Redevelopment, Inc.

Denver // [brothersredevelopment.org](http://brothersredevelopment.org)

### ABOUT:

Brothers Redevelopment is a nonprofit organization that provides housing and a variety of housing-related services for the region's low-income, elderly and disabled residents. Programs include the annual Paint-A-Thon, Home Modification and Repair, Housing Counseling, Affordable Housing and Senior Services.

### TYPES OF VOLUNTEERS NEEDED?

Groups

### INTERESTED? CONTACT:

Chad Nibbelink  
[chad@brothersredevelopment.org](mailto:chad@brothersredevelopment.org)



BROOMFIELD  
Colorado

## City & County of Broomfield

Broomfield // [broomfield.org/](http://broomfield.org/)

### ABOUT:

Working in partnership with the community, the City and County of Broomfield provides excellent services in an efficient, respectful and courteous manner to enhance and protect the environment and quality of life of Broomfield citizens.

### TYPES OF VOLUNTEERS NEEDED?

Individuals

### INTERESTED? CONTACT:

Angela Bomgaars  
[volunteer@broomfield.org](mailto:volunteer@broomfield.org)



COMMUNITY RESOURCE CENTER  
SUCCESS STRATEGIES FOR COLORADO NONPROFITS

## Community Resource Center

Denver // [crcamerica.org/](http://crcamerica.org/)

### ABOUT:

Community Resource Center (CRC) creates opportunities, tools and strategies to develop nonprofits and community groups to strengthen Colorado. We are a mission driven nonprofit that offers a continuum of services throughout the state of Colorado. CRC has current remote volunteer opportunities, please check out the volunteer

page: <https://crcamerica.org/join/volunteer/>

### INTERESTED? CONTACT:

Toddy Walters  
[walters@crcamerica.org](mailto:walters@crcamerica.org)



## Community Shares of Colorado

Denver // [cshares.org](http://cshares.org)

### ABOUT:

Community Shares connects Coloradans to charities and causes they care about most.

### INTERESTED? CONTACT:

[cshares@cshares.org](mailto:cshares@cshares.org)



## DOVIA Colorado

Boulder, Colorado Springs, Denver, Larimer & Greeley // [doviacolorado.org](http://doviacolorado.org)

### ABOUT:

Our mission is to promote professionalism in the field of volunteer management, advocate for issues concerning volunteerism and provide networking and educational opportunities for volunteer managers.

### TYPES OF VOLUNTEERS NEEDED?

Groups and individuals

### INTERESTED? CONTACT:

Nira Duvan  
[doviacolorado@gmail.com](mailto:doviacolorado@gmail.com)



EXTREME COMMUNITY MAKEOVER

## Extreme Community Makeover

Denver // [extremecommunitymakeover.org](http://extremecommunitymakeover.org)

### ABOUT:

Extreme Community Makeover coordinates volunteer teams to partner with underserved people to improve their own homes and neighborhoods. These projects build safer environments; cultivate community among residents, neighborhoods, and networks of local resource providers; and connect residents to a permanent path towards healthy, hopeful, and stable lives.

### TYPES OF VOLUNTEERS NEEDED?

Groups, Individuals, Seniors, Youth

### INTERESTED? CONTACT:

Angela Bomgaars  
[volunteer@extremecommunitymakeover.org](mailto:volunteer@extremecommunitymakeover.org)



## Forney Museum

Denver // [forneymuseum.org](http://forneymuseum.org)

### ABOUT:

The Forney Museum of Transportation is a 501 (c) (3) non-profit organization which exists to collect, preserve, and exhibit items of artistic, historical and technological interest relating to transportation for the purposes of education and personal enrichment.

### TYPES OF VOLUNTEERS NEEDED?

Individuals

### INTERESTED? CONTACT:

Nicole Bleau  
[collections@forneymuseum.org](mailto:collections@forneymuseum.org)



## Habitat for Humanity of Metro Denver

Denver // [habitatmetrodenver.org](http://habitatmetrodenver.org)

### ABOUT:

Habitat for Humanity of Metro Denver is a non-profit established in 1979 as an affiliate of Habitat for Humanity International. People in our community, and all over the world, partner with Habitat to build or improve a place they can call home. Habitat homeowners help build their own homes alongside volunteers, and pay an affordable mortgage. With our help, homeowners achieve the strength, stability and independence they need to build a better life for themselves and their families. Habitat Metro Denver has become one of the largest affiliates in the U.S., serving over 950 families in the Denver community

### INTERESTED? CONTACT:

[build@habitatmetrodenver.org](mailto:build@habitatmetrodenver.org)



## MADD Colorado

Denver // [madd.org](http://madd.org)

### ABOUT:

MADD Colorado works to support victims/survivors of impaired driving crashes while advocating for laws and behavioral change in order to create a future of no more victims.

### TYPES OF VOLUNTEERS NEEDED?

Individuals

### INTERESTED? CONTACT:

Rebecca Green; [co.state@madd.org](mailto:co.state@madd.org)



## Ralston House Child Advocacy Center



Broomfield // [ralstonhouse.org](http://ralstonhouse.org)

**ABOUT:**  
Ralston House Child Advocacy Center works with law enforcement, human services, district attorney's offices in the 1st and 17th Judicial Districts (Jefferson, Adams, Gilpin and Broomfield counties), and the community to provide a safe place to investigate child abuse and ensure victim services for children who have been physically or sexually abused or witnessed violence. Please visit our website to see what opportunities there are for volunteers:

**INTERESTED? CONTACT:**  
Jennifer Kempf  
[jkempf@ralstonhouse.org](mailto:jkempf@ralstonhouse.org)

  
**Rocky Mountain  
MicroFinance Institute**  
Denver & Aurora // [rmmfi.org](http://rmmfi.org)

**ABOUT:**

RMMFI is a community creating economic and social mobility through entrepreneurship. We help curious people transform into serious entrepreneurs.

**TYPES OF VOLUNTEERS NEEDED?**  
Individuals

**INTERESTED? CONTACT:**  
Mary Kate Morr  
[volunteers@rmmfi.org](mailto:volunteers@rmmfi.org)



**SOLES4SOULS**  
Turning shoes and clothing into opportunity

## Soles4Souls- Colorado Donation Center

Denver // [soles4souls.org](http://soles4souls.org)

**ABOUT:**

At Soles4Souls, we turn unwanted shoes and clothing into opportunity, by keeping them from going to waste and putting them to good use - providing relief, creating jobs and empowering people to break the cycle of poverty.

**TYPES OF VOLUNTEERS NEEDED?**  
Groups and individuals

**INTERESTED? CONTACT:**  
Emory Dinner  
[Emoryd@soles4souls.org](mailto:Emoryd@soles4souls.org)

  
**The Center on Colfax**  
Denver // [lgbtqcolorado.org](http://lgbtqcolorado.org)

**ABOUT:**

To engage, enrich, empower and advance the LGBT Community of Colorado.

**TYPES OF VOLUNTEERS NEEDED?**  
Individuals

**INTERESTED? CONTACT:**  
Shawan Turner  
[sturner@lgbtqcolorado.org](mailto:sturner@lgbtqcolorado.org)

  
**Via Mobility Services**  
Boulder // [viacolorado.org](http://viacolorado.org)

**ABOUT:**

Via's mission is to promote independence and self-sufficiency for people with limited mobility by providing caring, customer-focused transportation options.

**INTERESTED? CONTACT:**  
Lisa Bitzer  
[volunteer@viacolorado.org](mailto:volunteer@viacolorado.org)

## Environment

**DENVER BOTANIC  
GARDENS**  
Denver Botanic Garden -  
York Street  
& Chatfield Farms  
Denver // [botanicgardens.org](http://botanicgardens.org)

**ABOUT:**

Denver Botanic Gardens connects people with plants, especially plants from the Rocky Mountain region and similar regions around the world, providing delight and enlightenment to everyone. Volunteer opportunities available in 2021.

**TYPES OF VOLUNTEERS NEEDED?**  
Groups, individuals and teens

**INTERESTED? CONTACT:**  
Volunteer Services  
[vol@botanicgardens.org](mailto:vol@botanicgardens.org)

  
**Sustainable Broomfield**  
Broomfield  
// [sustainablebroomfield.com](http://sustainablebroomfield.com)

**ABOUT:**

Our mission is to accelerate the integration of environmentally sustainable lifestyles in our community. We will achieve this by providing residents with educational experiences, practical and convenient resources,

and opportunities to advocate for sustainable public policy.

**TYPES OF VOLUNTEERS NEEDED?**

Individuals

**INTERESTED? CONTACT:**  
Brianna Hallinan  
[SustainableBroomfield@gmail.com](mailto:SustainableBroomfield@gmail.com)

  
**Volunteers for Outdoor  
Colorado**  
Denver // [voc.org](http://voc.org)

**ABOUT:**

VOC works with conservation and land agencies and relies on thousands

of people annually to provide a volunteer workforce for outdoor stewardship projects. These projects take place across Colorado - from city parks and open spaces, to grasslands and foothills, to alpine meadows and peaks. It is our mission to motivate and enable people to become active stewards of Colorado's natural resources.

**TYPES OF VOLUNTEERS NEEDED?**

Groups, individuals and families

**INTERESTED? CONTACT:**  
Kendall Cox; [outreach@voc.org](mailto:outreach@voc.org)

## Family

  
**All-Stars Club**  
Highlands Ranch // [allstarsclub.org](http://allstarsclub.org)

**ABOUT:**

We provide a place of belonging for individuals with special needs, along with a place of rest and support for their families.

**INTERESTED? CONTACT:**  
Scott Russomanno  
[scott@allstarsclub.org](mailto:scott@allstarsclub.org)



**Be The Gift**

Broomfield, Greater Denver, & Northern  
CO // [bethethegift.com](http://bethethegift.com)

**ABOUT:**

Be The Gift's provides no-cost home repairs to single moms and widows with the goal of making their homes function better, more efficient, healthier and safer. To accomplish this mission, Be The Gift engages and enables volunteers with all skills and abilities to perform the necessary home repairs.

**TYPES OF VOLUNTEERS NEEDED?**  
Groups and individuals

**INTERESTED? CONTACT:**  
Christian Walter  
[christian@bethethegift.com](mailto:christian@bethethegift.com)

  
**Homebuilders  
Association**  
Centennial  
// [hbfdenver.org](http://hbfdenver.org)

**ABOUT:**

The mission of the Home Builders Foundation is to build independence, provide opportunities and elevate lives

for individuals and families with disabilities in our community.

**INTERESTED? CONTACT:**  
Alice Wurst  
[awurst@hbfdenver.org](mailto:awurst@hbfdenver.org)





## Imagine!

### Imagine!

Lafayette, Broomfield, Boulder  
// [imaginecolorado.org](http://imaginecolorado.org)

#### ABOUT:

The mission of Imagine! is to create a world of opportunity for all abilities. Imagine!'s guiding philosophy is that all individuals, regardless of ability or disability, have talents and strengths that make them vital members of their communities.

#### TYPES OF VOLUNTEERS NEEDED?

Groups

#### INTERESTED? CONTACT:

Elizabeth Hill  
[ehill@imaginecolorado.org](mailto:ehill@imaginecolorado.org)

## JewishFamilyService

### Jewish Family Service of Colorado

Boulder & Denver  
// [jewishfamilyservice.org](http://jewishfamilyservice.org)

#### ABOUT:

Jewish Family Service of Colorado (JFS) believes in strengthening the community by providing vital services to people in need. Every day, JFS helps people overcome life's challenges to live fuller, more meaningful lives.

#### INTERESTED? CONTACT:

Nancy Benjamin  
[nbenjamin@jewishfamilyservice.org](mailto:nbenjamin@jewishfamilyservice.org)



kenzi's causes

### Kenzi's Causes

Denver // [kenziscauses.org](http://kenziscauses.org)

#### ABOUT:

We provide gifts during the holidays to more than 15,000 children in communities throughout Colorado, backpacks each August to children in 4 communities and individual assistance to families in need.

#### TYPES OF VOLUNTEERS NEEDED?

Groups and individuals

#### INTERESTED? CONTACT:

Julie Wilsong  
[julie@kenziscauses.org](mailto:julie@kenziscauses.org)

# Health & Wellness

## 9Health

Across Colorado // [9healthfair.org](http://9healthfair.org)

#### ABOUT:

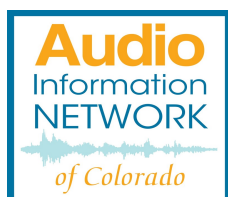
For the last 40 years, 9Health, our amazing volunteers and partners have helped keep communities across Colorado healthy through preventive care and health awareness. We are in need of virtual medical volunteers, virtual non-medical volunteers to spread the word about our preventative health services and in-person volunteers for Spring and Fall 9Health Fairs

#### TYPES OF VOLUNTEERS NEEDED?

Groups, individuals, and virtual

#### INTERESTED? CONTACT:

Alexandra Andrews  
[alex.andrews@9healthfair.org](mailto:alex.andrews@9healthfair.org)



### Audio Information Network

Across Colorado // [aincolorado.org](http://aincolorado.org)

#### ABOUT:

Provide access of print format materials to Colorado's blind, visually impaired, and print disabled.

#### TYPES OF VOLUNTEERS NEEDED?

Seniors

#### INTERESTED? CONTACT:

Kat Bradbury  
[kat@aincolorado.org](mailto:kat@aincolorado.org)

benefits to the elderly and the underserved in our communities.

#### TYPES OF VOLUNTEERS NEEDED?

Adults: ages 18+

#### INTERESTED? CONTACT:

Jane Barnes  
[jbarnes@benefitsinaction.org](mailto:jbarnes@benefitsinaction.org)

facilities maintenance such as weeding, painting, fencing, mucking stalls and more.

#### INTERESTED? CONTACT:

Aslin Kreitz  
[volunteer@ctrcinc.org](mailto:volunteer@ctrcinc.org)



### Karis Community

Denver // [kariscommunity.org](http://kariscommunity.org)

#### ABOUT:

Karis Community is a non-profit in the Congress Park area of Denver, in operation since 1976. We are a therapeutic community that offers a transitional living program for adults who are suffering from severe and persistent mental illness. Our program allows these individuals to restore basic life skills and social well-being, while they learn to manage their illness and transition to independent living.

#### TYPES OF VOLUNTEERS NEEDED?

Groups, individuals and professionals

#### INTERESTED? CONTACT:

marykate@kariscommunity.org  
303.355.5546



### Clinica Colorado

Westminster // [clinicacolorado.org](http://clinicacolorado.org)

#### ABOUT:

We are a primary care medical clinic that serves the uninsured. We have a high Spanish speaking population. We also offer other services such as counseling, ultrasounds, etc.

#### TYPES OF VOLUNTEERS:

Individuals

#### INTERESTED? CONTACT:

Jill T Schneider  
[jschneider@clinicacolorado.org](mailto:jschneider@clinicacolorado.org)



### AVP

Denver // [AVPColorado.org](http://AVPColorado.org)

#### ABOUT:

Facilitate Alternatives to Violence Project Workshops in Prisons and Communities

#### TYPES OF VOLUNTEERS NEEDED?

Individuals

#### INTERESTED? CONTACT:

Maire Callan  
[maire@avpcolorado.org](mailto:maire@avpcolorado.org)



### Benefits in Action

Lakewood // [benefitsinaction.org](http://benefitsinaction.org)

#### ABOUT:

Benefits in Action seeks to increase the education, access and utilization of healthcare and healthcare-related



### Colorado Therapeutic Riding Center

Longmont // [ctrcinc.org](http://ctrcinc.org)

#### ABOUT:

The Mission of the Colorado Therapeutic Riding Center is to change the lives of people with disabilities by promoting their physical, psychological and social well being through equine assisted activities. Get some fresh air and physical exercise by staying socially distant outside with the Colorado Therapeutic Riding Center! We need people to help with overall



### Mount Evans Home Health Care & Hospice

Evergreen // [mtevens.org](http://mtevens.org)

#### ABOUT:

Provides Home Health and Hospice Care in the foothills and mountain communities. Also coordinates fundraising events and provides community outreach through various support groups.

#### TYPES OF VOLUNTEERS NEEDED?

Individuals

## alzheimer's association

### Alzheimer's Association Colorado Chapter

Colorado Springs, Denver, Durango, Fort Collins, Grand Junction, Greeley, Louisville & Pueblo // [alz.org/co](http://alz.org/co)

#### ABOUT:

The Alzheimer's Association provides information and educational programs to all Colorado families regarding Alzheimer's disease and other forms of dementia, as well as services geared toward those living with the disease and their caregivers - all at no charge. The Association also is the leading non-profit funder of research to find a cure for Alzheimer's disease.

#### TYPES OF VOLUNTEERS NEEDED?

Individuals

#### INTERESTED? CONTACT:

Leanne Mersmann  
[lcmersmann@alz.org](mailto:lcmersmann@alz.org)



**INTERESTED? CONTACT:**  
Mark Guebert-Steward  
mguebertsteward@mtevents.org

**INTERESTED? CONTACT:**  
Brittany McGarry  
brittany.mcgarry@nmss.org

**INTERESTED? CONTACT:**  
Marlo Kirkham  
marlokirkham@projectcure.org



**The Mental Wellness Program**

COLORADO STATEWIDE

**The Need is Great.  
So are the Rewards.  
Volunteer Today!**

The Mental Wellness Program connects licensed, insured mental health professionals (or degreed professionals seeking licensure) who volunteer their time and expertise to low-income Coloradans seeking treatment. The Mental Wellness Program provides no-cost mental health services to more than 1,000 Coloradans each year.

The Benefits of Volunteering include:

- The opportunity to give back.
- Access to diverse populations and clinical opportunities.
- The opportunity to build meaningful relationships at our networking events.
- Fulfillment of your volunteer requirements for license renewal.
- A flexible schedule; we will work to accommodate you.

If you are interested in helping disadvantaged community members receive mental health services in metro Denver or Longmont call 303-867-0866 or email [cwilliams@sparkthechangecolorado.org](mailto:cwilliams@sparkthechangecolorado.org) For the Pueblo area call 719.821-2982 or email [bnufer@sparkthechangecolorado.org](mailto:bnufer@sparkthechangecolorado.org)

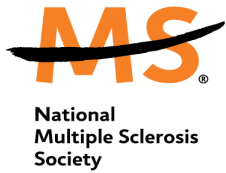


**Moving to End Sexual Assault**

Lafayette  
// [movingtoendsexualassault.org/](http://movingtoendsexualassault.org/)

**ABOUT:**  
We believe that every person has the right to live free of sexual assault. We are moving to end sexual assault and the suffering it causes in our community. We challenge all forms of oppression and recognize their connection to sexual violence.

**INTERESTED? CONTACT:**  
Lindsey Breslin  
[info@movingtoendsexualassault.org](mailto:info@movingtoendsexualassault.org)



**National MS Society**

Across Colorado  
// [nationalmssociety.org/Chapters/COC](http://nationalmssociety.org/Chapters/COC)

**ABOUT:**  
Our vision is a world of MS. Our mission: People affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever.

**TYPES OF VOLUNTEERS NEEDED?**  
Groups and individuals



**Project Angel Heart**

Denver // [ProjectAngelHeart.org](http://ProjectAngelHeart.org)

**ABOUT:**  
**Mission:** Project Angel Heart improves health and well-being for people with life-threatening illnesses by preparing and delivering medically tailored meals and promoting the power of food as medicine.  
**Vision:** Our community is healthier, happier, and stronger because nutritious food is valued as a key component of health and available to all who need it.

**INTERESTED? CONTACT:**  
Mark Smith  
[volunteer@projectangelheart.org](mailto:volunteer@projectangelheart.org)



**Project CURE**

Denver // [projectcure.org](http://projectcure.org)

**ABOUT:**  
Project C.U.R.E. identifies, solicits, collects, sorts and distributes medical supplies and services according to the imperative needs of the world.

**TYPES OF VOLUNTEERS NEEDED?**  
Groups and individuals



**The RightStep, Inc.**

Littleton // [therightstepinc.org/](http://therightstepinc.org/)

**ABOUT:**  
To better the lives of people with disabilities through the healing power of horses.

**TYPES OF VOLUNTEERS?**  
Groups and individuals

**INTERESTED? CONTACT:**  
Regina Lane  
[volunteercoordinator@therightstepinc.org](mailto:volunteercoordinator@therightstepinc.org)



**WINGS Foundation**

Statewide // [wingsfound.org](http://wingsfound.org)

**ABOUT:**  
WINGS' mission is to break the cycle and heal the wounds of childhood sexual abuse by providing education, advocacy and support to adult survivors, loved ones, providers and communities.

**TYPES OF VOLUNTEERS NEEDED?**  
Individual skilled volunteers

**INTERESTED? CONTACT:**  
Laysa Shreves  
[laysa.shreves@wingsfound.org](mailto:laysa.shreves@wingsfound.org)

**Hunger & Homelessness**



**Denver Rescue Mission**

Denver & Ft Collins  
// [denverrescuemission.org](http://denverrescuemission.org)

**ABOUT:**  
Denver Rescue Mission is changing lives in the name of Christ by meeting people at their physical and spiritual points of need with the goal of returning them to society as productive, self-sufficient citizens.

**INTERESTED? CONTACT:**  
Sydney McCleery  
[smccleery@denrescue.org](mailto:smccleery@denrescue.org)

**ABOUT:**  
The Denver VOICE fills a gap in services that only our nontraditional approach is able to meet. The Street Paper—which is a concept used around the world, illustrated by the 120 papers that are part of the International Network of Street

**TYPES OF VOLUNTEERS NEEDED?**  
Individuals  
**INTERESTED? CONTACT:**  
Justin Canelas  
[program@denvervoice.org](mailto:program@denvervoice.org)



**Family Promise of Greater Denver**

Denver //

[familypromiseofgreaterdenver.org/](http://familypromiseofgreaterdenver.org/)

**ABOUT:**  
Our mission is to provide homeless families with emergency shelter, meals

and supportive services that foster self-sufficiency.

**TYPES OF VOLUNTEERS NEEDED:**  
Groups and volunteers

**INTERESTED? CONTACT:**  
Miriam Rosenblum  
[mrosenblum@familypromiseofgreaterdenver.org](mailto:mrosenblum@familypromiseofgreaterdenver.org)



**Food Bank of the Rockies**

Denver, Western Slope & Wyoming  
// [foodbankrockies.org](http://foodbankrockies.org)

**ABOUT:**  
We help families thrive by efficiently procuring and distributing food and essentials to the hungry through our programs and partner agencies. We can no longer accept special needs groups. All state mandated COVID-19 restrictions and precautions apply.



**INTERESTED? CONTACT:**  
Kristina Thomas  
[kthomas@foodbankrockies.org](mailto:kthomas@foodbankrockies.org)



Eastlake // [foodforhope.net](http://foodforhope.net)

**ABOUT:**  
The mission of Food for Hope is to empower and strengthen the future of our communities by providing nutritious food to children in need.

**INTERESTED? CONTACT:**  
Emily Stromquist  
[emily@foodforhope.net](mailto:emily@foodforhope.net)







## Human Services Network of Colorado

Jefferson County // [theactioncenterco.org](http://theactioncenterco.org)

### ABOUT:

The Human Services Network of Colorado creates opportunities to improve the quality and integrity of services provided to vulnerable populations.

### TYPES OF VOLUNTEERS NEEDED?

Individuals

### INTERESTED? CONTACT:

John Dandurand  
[john@thenetwork-co.org](mailto:john@thenetwork-co.org)



## Jeffco Eats

Lakewood // [jeffcoeats.org](http://jeffcoeats.org)

### ABOUT:

We provide weekend food for Jeffco kids enrolled in Jeffco Title One, GAPS Schools, and Section 8 apartment communities. We provide produce (when available) but usually non-perishable family food; and snack & pantry food to schools. Volunteers needed to pack bags 7-10 items; Totally 700-1,000 per week

### TYPES OF VOLUNTEERS NEEDED?

Individuals and Groups

### INTERESTED?

See Jobs at:  
[sparkthechangecolorado.org](http://sparkthechangecolorado.org)

### GROUPS CONTACT:

Beth Koehler  
[bethkoehler.jeffcoeats@gmail.com](mailto:bethkoehler.jeffcoeats@gmail.com)



## Jovial Concepts

Denver // [jovialconcepts.org](http://jovialconcepts.org)

### ABOUT:

Jovial Concepts is a nonprofit organization created in 2009 as a resource for community and stewardship. Since its inception, Jovial Concepts has worked with local communities in Colorado to raise awareness towards issues of social, economic and environmental conflict, created forums for their peaceful resolve and collaborated with like-minded organizations to further the effectiveness of current sustainability actions. Through COVID-19 we have adjusted our programs to help the community get through tough times. such as handing out breakfast and lunches to children and produce boxes to families, which we hope to continue in the upcoming months.

### TYPES OF VOLUNTEERS NEEDED?

Individuals and Groups

### INTERESTED? CONTACT:

Alyssa Angel  
[alyssa@jovialconcepts.org](mailto:alyssa@jovialconcepts.org)



## Salvation Army- Lambuth Family Center

Denver //

[lambuthfamilycenter.salvationarmy.org](http://lambuthfamilycenter.salvationarmy.org)

### ABOUT:

We are an emergency shelter for families experiencing homelessness.

### TYPES OF VOLUNTEERS NEEDED?

Groups and individuals

### INTERESTED? CONTACT:

Katie Coler  
[kaitlyn.coler@usw.salvationarmy.org](mailto:kaitlyn.coler@usw.salvationarmy.org)



## Severe Weather Shelter Network

Arvada, Englewood, Lakewood & Littleton  
[swshelternetwork.com](http://swshelternetwork.com)

### ABOUT:

Severe Weather Shelter Network partners with other organizations and agencies to provide emergency overnight shelter on life threatening winter nights for individuals living on the streets.

### TYPES OF VOLUNTEERS NEEDED?

Groups and individuals

### INTERESTED? CONTACT:

Tracy Thayer  
[tracy@swshelternetwork.com](mailto:tracy@swshelternetwork.com)



## The Action Center

Jefferson County // [theactioncenter.org](http://theactioncenter.org)

### ABOUT:

The Action Center provides an immediate and compassionate

response to those in our community experiencing hardship and offers the resources and services needed to stabilize lives and promotes pathways lasting change. Services include food, clothing, hygiene products, household goods, rental and utility assistance, and case management. The Action Center relies on hundreds of volunteers weekly and has many different types of volunteer opportunities for individuals and groups.

### TYPES OF VOLUNTEERS NEEDED?

Individuals and Groups

### INTERESTED? CONTACT:

Kerri Stroupe  
[volunteer@theactioncenter.org](mailto:volunteer@theactioncenter.org)



## The Delores Project

Denver

// [thedeloresproject.org](http://thedeloresproject.org)

### ABOUT:

The Delores Project partners with individuals experiencing barriers to housing by providing safe, reliable shelter and housing coupled with onsite services as they move towards stability.

### TYPES OF VOLUNTEERS NEEDED?

Groups and individuals

### INTERESTED? CONTACT:

Stephanie Johnson-Wall  
[sjohnson-wall@thedeloresproject.org](mailto:sjohnson-wall@thedeloresproject.org)



## The Gathering Place

Denver// [tgpdenver.org/](http://tgpdenver.org/)

### ABOUT:

Founded in 1986, The Gathering Place is the only daytime drop-in center in metropolitan Denver that serves women, transgender individuals, and their children who are experiencing poverty, many of whom are also

experiencing homelessness. We are a community of safety and hope where positive relationships, choice, and essential resources transform lives. We offer basic services ranging from showers, laundry facilities, a food pantry, a clothing boutique, three meals each day, and access to computers, to more extensive programming, including resources for families, education and job assistance, art classes, and physical and mental health support.

### TYPES OF VOLUNTEERS NEEDED:

Individuals

### INTERESTED? CONTACT:

Cortney Mabry  
[cortney@tgpdenver.org](mailto:cortney@tgpdenver.org)



## The Refuge

Denver Metro // [therefugeonline.org](http://therefugeonline.org)

### ABOUT:

We are a Christian community and mission center that is a hub for healing community in North Denver, including free lunch three days a week, advocates, links to resources, Personal Care Cabinet and supplemental food, support groups for recovery, single moms and people experiencing homelessness, workshops, classes, special events, and more.

### TYPES OF VOLUNTEERS NEEDED?

Groups and individuals

### INTERESTED? CONTACT:

Kathy Escobar and Katie Peterson  
[therefugeco@gmail.com](mailto:therefugeco@gmail.com)



## We Don't Waste

Denver // [wedontwaste.org](http://wedontwaste.org)

### ABOUT:

We Don't Waste is an innovative food recovery organization. We reduce food waste by recovering food from venues, events, caterers, restaurants and other major food distributors. We then deliver the food to community-based non-profit agencies serving vulnerable populations, thereby increasing food security within those populations. We serve as the link between food sources and the underserved.

### INTERESTED? CONTACT:

[Volunteer@wedontwaste.org](mailto:Volunteer@wedontwaste.org)





# Senior Services



## A Little Help

Denver // [alittlehelp.org](http://alittlehelp.org)

### ABOUT:

A Little Help connects neighbors to help older adults thrive. We equip neighbors of all ages to provide services like transportation, snow shoveling, yard and home chores, and friendly visits, empowering our older adults to age well in their homes and communities.

### TYPES OF VOLUNTEERS NEEDED:

Individuals

### INTERESTED? CONTACT:

Tanya Matthias  
[office@alittlehelp.org](mailto:office@alittlehelp.org)



## Bridges Community Homecare and Hospice

Denver, Colorado  
Springs // [seniorhousingoptions.org](http://seniorhousingoptions.org)

### ABOUT:

Bridges Community Homecare and Hospice provides hospice and palliative care services to patients and their families in the home or care facilities. Bridges provides care in the Denver and Colorado Springs metro areas.

### TYPES OF VOLUNTEERS NEEDED?

Individuals

### INTERESTED? CONTACT:

Nora Simmons Daly  
[nsimmons Daly@bridges.com](mailto:nsimmons Daly@bridges.com)



## Castle Rock Senior Activity Center

Castle Rock // [castlerockseniorcenter.org](http://castlerockseniorcenter.org)

### ABOUT:

The Castle Rock Senior Activity Center exists to bring seniors together. At no other time in a person's life is there as much isolation as during the senior years, as many are living alone for the first time. Meanwhile, at no other time in a person's life is there as much free time as during the senior years, after raising families and in demanding careers come to an end. The Castle Rock Senior Activity Center exists to see that people are neither isolated nor idle, both which bring down quality of life. The Center brings seniors together, creates lifelong bonds and to provides outlets for their talents and interests, along with helping them

develop new interests.

### TYPES OF VOLUNTEERS NEEDED:

Individuals

### INTERESTED? CONTACT:

Juli Asbridge  
[jasbridge@crgov.com](mailto:jasbridge@crgov.com)



## Colorado Talking Book Library

Denver // [cde.state.co.us/ctbl/](http://cde.state.co.us/ctbl/)

### ABOUT:

Our mission is to provide free audio, Braille, and large-print books to Coloradans of all ages who are unable to read standard print material due to visual, physical, or learning disabilities. Our audiobooks are available for download or sent via Free Matter through the mail.

### TYPES OF VOLUNTEERS NEEDED?

Individuals

### INTERESTED? CONTACT:

Terri Marcotte  
[marcotte\\_t@cde.state.co.us](mailto:marcotte_t@cde.state.co.us)



## Cultivate

Boulder and Broomfield // [cultivate.ngo](http://cultivate.ngo)

### ABOUT:

We provide no-cost, safety-net services to seniors in our community, all through volunteers.

### TYPES OF VOLUNTEERS NEEDED?

Seniors

### INTERESTED? CONTACT:

Carly Marquis  
[cmarquis@cultivate.ngo](mailto:cmarquis@cultivate.ngo)



## DRCOG

Denver // [drcog.org/ship](http://drcog.org/ship)

**ABOUT:** Meeting the challenges of a rapidly growing older adult population in a constrained funding environment requires an innovative and integrated approach. As the Area Agency on Aging for the region, DRCOG is responsible for planning and funding the delivery of services. In addition, we provide help for people with disabilities and offer the most comprehensive regional resource for aging information and issues in Network of Care. We also lead the way in advocacy, fighting to make life better for people of all ages, incomes and abilities. \*Volunteer opportunities to begin in 2021.

### TYPES OF VOLUNTEERS NEEDED:

Individuals

### INTERESTED? CONTACT:

Lauren Bell  
[LBell@drcog.org](mailto:LBell@drcog.org)



## Senior Assistance Center

Denver // [seniorassistancecenter.org](http://seniorassistancecenter.org)

### ABOUT:

Senior Assistance Center provides emergency assistance to low income seniors 55+ residing in the City and County of Denver and parts of Adams and Jefferson counties. These services include emergency utility assistance, reduced fair monthly RTD bus passes to seniors 65+, LEAP application assistance, durable medical equipment loans at no cost, emergency food bags and toiletries when available and

computer research stations.

### TYPES OF VOLUNTEERS NEEDED?

Individuals

### INTERESTED? CONTACT:

Karen Black  
[kb@seniorassistancecenter.org](mailto:kb@seniorassistancecenter.org)



## Senior Housing Options

Denver // [seniorhousingoptions.org](http://seniorhousingoptions.org)

### ABOUT:

To provide residential communities and caring services to enrich the lives of older adults in Colorado.

### TYPES OF VOLUNTEERS NEEDED?

Board members with specific skills

### INTERESTED? CONTACT:

Program Coordinator/Office Admin.  
[info@seniorhousingoptions.org](mailto:info@seniorhousingoptions.org)



Empowering Changemakers. Igniting Service.

## Help Make Independence a Reality



Senior Companions are National Service volunteers, aged 55 and above who provide assistance and friendship to other older adults who have difficulty with daily living tasks, such as shopping or paying bills. The program aims to keep older adults independent longer and provide assistance to family caregivers.

National Service is about extraordinary acts by ordinary citizens. Together, we can help older adults live independently and with dignity, while remaining engaged in your community. Serve your country by helping your community!



Visit us online at:

[sparkthechangecolorado.org/senior-companion-program](http://sparkthechangecolorado.org/senior-companion-program)  
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### WHY CSR MATTERS

Corporate Social Responsibility (CSR) is rapidly becoming one of the most strategic efforts in business management, yet most organizations still have difficulty scheduling time and proving the value it brings to their overall financial performance.

**VOLUNTEER • GIVE • LEARN**

# Tips & Tricks for Volunteering During COVID -19

## 1 Be flexible

Organizations are having to change how they partner with volunteers and the work volunteers can do safely.



## 2 Find newsletters

Newsletters from Spark the Change Colorado and Colorado Responds are great ways to keep updated on new volunteer opportunities.



## 3 Use online platforms

Spark the Change Colorado has an online database with hundreds of volunteer opportunities and info on hundreds of nonprofits.



## 4 Do your research

Keep in mind the type of volunteering you are most comfortable with, such as in-person or virtual. Contact the organization directly with questions.

## 5 Consider your skills

What can you offer? Think about what skills you have and how they can translate to helping a nonprofit both in-person and virtually.



## 6 Be Safe

When volunteering, specifically in-person, be sure to follow all local and state health orders. Organizations will likely have procedures in place and it is important volunteers do their part as well.

## 7 Learn something new

Volunteering can be a great opportunity to step outside your comfort zone and learn a new skill or meet new people.



## 8 Have fun

Volunteering can be quite rewarding. Remember to have fun and if you find something you enjoy, volunteer again!



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## Photo Captions & Sources

1. Spark the Change Colorado's Daisy Club members enjoy a day of fun in the sun. The Daisy Club is a service of Spark's Mental Wellness Program for girls aged 6-14 who have suffered abuse or trauma.
2. Volunteers Lead Change, Source: Corporation for National and Community Service, 2017-2020.  
<https://www.nationalservice.gov/serve/via>
3. Spark the Change Colorado Volunteers complete a Shelter Clean-up Day of Service for the Emergency Women's Shelter in the Denver Coliseum, created in response to COVID-19.
4. Soles 4 Souls' Colorado Donation Center paired and sorted 3,295 pairs of shoes, which funded meals, shelter, and schooling for a full year for 4 Colorado families!
5. Stock Image: Family Volunteering.
6. Stock Image: Family Volunteering, Gardening.
7. Spark the Change Colorado partners with Harvest Pack to fund, pack, and distribute healthy meals to families in need in our local Colorado communities. \$1 = 4 meals to those in need!
8. Stock Image: Helping Hands.
9. Soles 4 Souls participating in an Employee Volunteer Day curated by Spark the Change Colorado's Employee Volunteer Program (EVP).

## Spark Resources: Full Links

- **Spark the Change Colorado Website:**  
<https://www.sparkthechangecolorado.org>
- **Sign Up to Receive Our Spark the Change Newsletter:**  
<https://metrovolunteers.us8.list-manage.com/subscribe/post?u=57aac5db3ba762baee69ff417&id=74151f00fe>
- **Spark the Change Colorado Blog:**  
<https://sparkthechangeco.wordpress.com>
- **Southern Colorado Mini-site:**  
<https://www.sparkthechangecolorado.org/area/southern-colorado>
- **City of Broomfield Mini-site:**  
<https://www.broomfieldvolunteerhq.org>
- **City of Golden Mini-site:**  
<https://www.volunteergoldenco.org>
- **Colorado Responds Mini-site:**  
<http://volunteer.coloradoresponds.org>
- **Board Match Training:**  
<https://www.sparkthechangecolorado.org/BoardMatch>
- **Volunteer Management Training Series:**  
<https://www.sparkthechangecolorado.org/vmts>
- **Mental Wellness Program:**  
<https://www.sparkthechangecolorado.org/mental-health>
- **Senior Companion Program:**  
<https://www.sparkthechangecolorado.org/senior-companion-program>

## Interested in adding YOUR organization to the next Volunteer Guide?

All Spark the Change Colorado Member Organizations are eligible for inclusion in our annual Volunteer Guide.

## Not a Member?

Not a problem! Visit [www.sparkthechangecolorado.org/org-sign-up](http://www.sparkthechangecolorado.org/org-sign-up) to start a membership today! Still have questions?

## Contact us:

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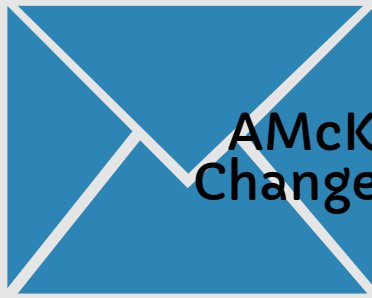
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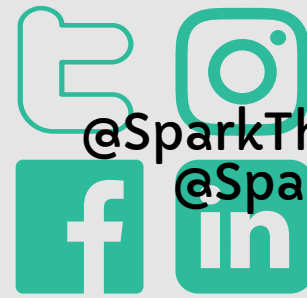




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Visit us online at

[Sparkthechangecolorado.org](https://sparkthechangecolorado.org)

and search through dozens of volunteer opportunities based on location, time, impact area, etc.

Register for a volunteer account and sign up or express interest in any of our member volunteer opportunities and activities.

# Questions? Contact us!



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Empowering Changemakers. Igniting Service.

SPARK THE CHANGE COLORADO'S MISSION IS TO SPARK CHANGE AND INSPIRE A MOVEMENT OF GOOD THROUGH THE POWER OF VOLUNTEERISM, SERVICE AND ENGAGEMENT.