Community Volunteer Opportunities

“The best way to find yourself is to lose yourself in the service of others.”
~Mahatma Gandhi
“The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.”

~ Helen Keller
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Before You Volunteer

What's Right for Me?
You may make an instant decision to volunteer in your community. But don't be hasty in selecting a project or organization. First and foremost, take time to learn about groups, ideas and causes that interest you.

Before choosing an activity, consider the following:
- What community or neighborhood problems concern you?
- Does volunteering for one of these groups fit your own interests?
There are many reasons to volunteer. But one should be universal—volunteer for something you can enjoy.

As you search for the "right" volunteer activity, ask yourself:
- How much time do I have to commit?
- What talents or skills do I offer?
- What do I want to get out of my involvement?
- Will I enjoy this type of service?

Don't limit your thinking. You may prefer the more structured approach of a larger group, or the "family" feeling of a smaller organization. Perhaps you want to create your own volunteer activity by engaging your friends or family, or maybe just work alone on a project. When you've selected or narrowed your volunteer interests, you may want to talk to your parents, friends, a teacher or club sponsor, a counselor, or someone at your church or synagogue. They might have suggestions on how to go about making it happen. Call organizations and local government offices that offer services to the public. After you've made a choice, commit yourself to it. Give it your energy—and adequate time—to determine if it's a good fit.
Do’s and Don’ts of Successful Volunteering

Do be flexible. It is rare to find the "perfect" fit right away. Keep an open mind—you might discover something new that interests you.

Do be persistent. Volunteer coordinators are often busy, so don't assume they're not interested in you if they don't call you right away.

Do attend orientation meetings. Keep in mind that informed volunteers are the best volunteers. These meetings will help you do the best job possible.

Do take necessary training classes. Ask about them before you decide to get involved and be prepared to learn what will be needed.

Do be responsible. Show up on time and follow through with your commitments. People will be depending on you.

Don't expect to start at the top. You have to work hard and prove your worth before you are given more responsibility.

Don't think that volunteering has to be a group effort. You can start your own volunteer program and do it on your own time.

Do expect to get plenty of personal enjoyment and satisfaction from your volunteer experiences.

Contacting an Organization

Look up information about the organization you want to contact. Find out about their mission and programs, so when you contact them you’re informed. Think about how you’ll introduce yourself. Talk about what you’d like to offer, as opposed to asking them what they can give you to do.
To build a stronger youth and work with youth 5 to 19 on leadership skills and share and teach subjects in areas from a-z. Many of our subjects are agriculture related but others are not (e.g. hiking, foods, shooting sports, biking, camping, sewing). It depends on what our volunteers can teach.

Adult Volunteers (18+ yrs); Teen Volunteers (ages 16-17); Student Service Projects; Special Needs Volunteers; Limited English Volunteers

The Alternatives to Violence Project is a multi-cultural volunteer organization that is dedicated to reducing interpersonal violence in our society. The AVP program offers experiential workshops that empower people to lead nonviolent lives through affirmation, respect for all, community building, cooperation and trust.

Adult Volunteers (18+ yrs); Teen Volunteers (ages 16-17); Minor Volunteers w/Guardian (<16 yrs); Interns; Court Ordered Service; Special Needs Volunteers
The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

Adult Volunteers (18+ yrs); Teen Volunteers (ages 16-17); Interns; Group Volunteer Projects; Special Needs Volunteers; Limited English Volunteers

The mission of the Boy Scouts of America is to help young people to make ethical and moral choices over their lifetimes by instilling in them the values of the scout oath and law. We offer five programs serving kindergarten to 20 years old.

Adult Volunteers (18+ yrs); Teen Volunteers (ages 16-17);
The mission of the Antelope Valley Boys & Girls club is to inspire and empower all young people especially those that need us the most, to realize their full potential as productive, caring, responsible citizens. We offer after school enrichment opportunities and summer programming.

Adult Volunteers (18+ yrs); Teen Volunteers (ages 16-17); Interns; Group Volunteer Projects; Student Service Projects

The Foundation’s mission is to raise funds for the hospital’s current needs and long-range growth, such as facility upgrades, innovative equipment and building a healthy community.

Adult Volunteers (18+ yrs); Teen Volunteers (ages 16-17); Group Volunteer Projects; Student Service Projects
Leadership & Development Program that offers High School Diploma, Career & Community Development along with Life Skills, Counseling and Classroom Education for Adults over 18 years old.

Adult Volunteers (18+ yrs); Teen Volunteers (ages 16-17); Interns; Group Volunteer Projects; Household Donations; Food Donations

The mission of the CHP is to provide the highest level of Safety, Service, and Security. This includes not only patrolling the roadways, but protecting the state infrastructure such as state buildings, the California Aqueduct, and the power grid.

Adult Volunteers (18+ yrs)
CASA of Los Angeles is a non-profit organization that mobilizes community volunteers to advocate for children who have experienced abuse and neglect. Court Appointed Special Advocate (CASA) volunteers are paired with a child and, unlike others in the system, work one-on-one to advocate for the child’s best interests in both the courtroom and the community.

Adult Volunteers (18+ yrs)

CHIRLA
Coalition for Humane Immigrant Rights

Our mission in the Antelope Valley is to highlight immigrant volunteering and promote voting.

Adult Volunteers (18+ yrs); Teen Volunteers (ages 16-17); Limited English Volunteers
DesArt Entertainment Group exists to create and promote arts and entertainment within the Antelope Valley. Co-founders, Michael and Carol Ross, transplants from Los Angeles, each have an extensive background in the entertainment industry. Their desire is to bring their passion and experience to elevate the arts in our local community. They produce American Classic Christmas, an annual holiday event in Poncitlan Square. DesArt Entertainment Group is also involved in other local performance and arts events including Kaleidoscope Art Festival.

Adult Volunteers (18+ yrs); Teen Volunteers (ages 16-17); Minor Volunteers w/Guardian (<16 yrs); Interns; Group Volunteer Projects

www.butlerscoffee.org

We are a community non-profit organic coffee house. We provide job training for people who need work experience. We open our doors to many local groups from mommy and me to art classes and study groups. The money that we raise is then distributed to various local charities that benefit our local community.

Adult Volunteers (18+ yrs); Teen Volunteers (ages 16-17); Interns; Student Service Projects; Eagle Scout/Gold Award Projects
Friends of the Palmdale City Library is a non-profit organization dedicated to the enrichment of library services and programs. Through fundraising and volunteer efforts, we are able to provide financial support and promote enthusiasm for the Palmdale City Library.

Adult Volunteers (18+ yrs); Book Donations

www.friendsofpalmdalelibrary.org

Forget Us Not

Community Services

(661) 478-9330
ForgetUsNotCS@gmail.com

To advocate for issues that support services improving the quality and longevity of life for seniors and persons with a disability through life transitions; and to enrich their lives with dignity and uphold their rights. Find us on Facebook.

Group Volunteer Projects
Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.

Adult Volunteers (18+ yrs);  Eagle Scout/Gold Award Projects

Our Mission is to empower people to thrive with dignity, not just survive, through training, education, food, clothing, shelter, medical care and spiritual investment. Today we have over 30 paid staff members and over 400 volunteers serving those in poverty, near poverty, and the working poor.
Green Thumb AV Youth program is a community based nonprofit with a mission to address the needs of youth and underserved individuals, helping them identify and overcome barriers to success. Green Thumb assists individuals in finding their gifts and intellectual abilities, while laying a positive foundation, mentoring, and motivating individuals toward success.

Adult Volunteers (18+ yrs)

www.MomsHouseAv.org

To enhance and improve the quality of life for the elder community by providing free or low cost access to products, services and information; to lessen the generational gap by fostering multigenerational relationships.

Adult Volunteers (18+ yrs); Group Volunteer Projects; Student Service Projects; Household Donations; Craft Donations
Optimal Hospice Care believes each person matters from the first moment of life to the last. We are dedicated to helping the patient and their families make the most of the time they have together. Optimal Hospice Care Volunteers offer caring support when it matters most!
"It's about Living."

Adult Volunteers (18+ yrs); Interns; Group Volunteer Projects
Los Angeles County Department of Animal Care and Control’s mission is to protect the animals and the community. DACC offers the following services: law Enforcement, Pet Licensing, Animal Facility Licensing, Adoptions, Emergency Response.

Adult Volunteers (18+ yrs); Teen Volunteers (ages 16-17); Group Volunteer Projects; Eagle Scout/Gold Award Projects

We will end veteran suicide by assisting veterans and their support animals. We work closely with multiple assistance agencies and offer housing and food assistance programs for veterans and veterinary and food assistance for their support animals.

Adult Volunteers (18+ yrs); Teen Volunteers (ages 16-17); Interns; Limited English Volunteers; Household Donations; Food Donations; Dog and Cat Food
palmdaleregional.com

Our Hospital Mission is committed to providing high quality healthcare in a compassionate and efficient manner to all. Services include but is not limited to: Rehabilitation, Oncology, Neurology, Surgery, Diabetes Management, Otolaryngology, Emergency Services, Stroke Care, Weight Loss Surgery and Cardiology.

Adult Volunteers (18+ yrs)

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(661) 266-3008
thepalmdalewomansclub.org

Founded in 1921, the Palmdale Women’s Club has been involved in numerous community projects and events. There is nothing more rewarding than belonging to a community of wonderful strong women who work together servicing the community, and making a difference in people’s lives!

Adult Volunteers (18+ yrs); Teen Volunteers (ages 16-17); Minor Volunteers w/Guardian (<16 yrs); Interns; Court Ordered Service; Special Needs Volunteers

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Saddle Up is a non-profit organization established to help physically and mentally challenged individuals improve balance, strength and self-esteem by teaching them to ride horses. Volunteers are our life line. Horse experience is not required. Our volunteers find the work they do as beneficial to them as it is to our students.

Adult Volunteers (18+ yrs); Teen Volunteers (ages 16-17); Group Volunteer Projects; Student Service Projects; Eagle Scout/Gold Award Projects
South Bay Center for Community Development

(661) 728-6617

South Bay Center for Community Development works with residents in the community based on their gifts and talents. SBCC has many groups that are resident lead and community oriented.

Adult Volunteers (18+ yrs); Teen Volunteers (ages 16-17); Minor Volunteers w/ Guardian (<16 yrs)
The Painted Turtle is a non-profit medical specialty camp that serves children with serious medical conditions. We are a year round program that is always looking for fantastic volunteers to help further our mission of letting kids be kids. Volunteers must be 19 years old.

Adult Volunteers (19+ yrs); Group Volunteer Projects; Eagle Scout/Gold Award Projects

(661) 949-6143  
www.valleyoasis.org

Valley Oasis is a community based organization dedicated to eliminating social and domestic violence and homelessness through community awareness, intervention, prevention, safe shelter and supportive services

Adult Volunteers (18+); Group Volunteer Projects; Household Donations
www.avhistorical.org

The West Antelope Valley Historical Society works to preserve and educate the public about the history of the Antelope Valley. We have a library of photographs, documents, and artifacts recording A.V.’s early history. Monthly meetings feature speakers discussing local lore.

Adult Volunteers (18+ yrs); Teen Volunteers (ages 16-17); Interns; Group Volunteer Projects; Student Service Projects; Eagle Scout/Gold Award Projects

www.avvets4veterans.org

The mission of Vets 4 Veterans is to empower local veterans, who are suffering the physical and psychological wounds of war, to successfully reintegrate into the life of the community. We accomplish that by offering scholarships, immediate need assistance, counseling and art therapy.

Adult Volunteers (18+ yrs); Teen Volunteers (ages 16-17); Minor Volunteers w/Guardian (<16 yrs); Court Ordered Service; Group Volunteer Projects; Student Service Projects; Eagle Scout/Gold Award Projects
The City recruits volunteers on an ongoing basis for positions throughout the City. Applications are only accepted for posted openings or by program referral, and volunteers must complete an application and a background check.

**Current Volunteer Programs Include:**

- Movie Screening Aide—Palmdale City Library
- Coaches—All Sports and Seasons
- Summer Lunch Program Volunteer—Community Programs
- Volunteer Driver—SAVES
- Park Activities—Recreation and Culture
- Literacy Tutor—Palmdale Antelope Valley Adult Literacy Program

**GAIN/TSE PARTICIPANTS:** The City does accept community service participants from GAIN (Greater Avenues to Independence) based upon program needs. Participant should be aware that they must complete a program interview and background check prior to acceptance. For placement availability please contact Community Programs at 661/267-5665.

**SERVICE HOURS:** Student learners completing school required hours (20 hours or less) that are 16 years of age or older may contact SAVES directly at 661/267-5191. Available Hours: Monday through Thursday: 7:30 AM – 6:00 PM

**SERVICE PROJECTS:** Student learners are encouraged to develop service projects based on their individual interests. The attached catalog of project ideas may inspire you.

**COURT ORDERED SERVICE:** The City accepts Court Referred Community Service in the following programs. A referral must be completed from the Volunteer Center of Los Angeles prior to registering with a City program.
Additional Resources

Websites

Volunteer Match
https://www.volunteermatch.org

Idealist
https://www.idealist.org

United Nations Online Volunteers
https://onlinevolunteering.org

Just Serve
https://www.justserve.org

AmeriCorps
https://www.nationalservice.gov/programs/americorps

Books

The Kid’s Guide to Service Projects: Over 500 Service Ideas for Young People Who Want to Make a Difference
by Barbara A. Lewis

Volunteering: The Ultimate Teen Guide
by Kathlyn Gay

50 Ways to Help Your Community: A Handbook for Change
by Steve Fiffer

Ways to Help Your Community
by Claire O’Neal

How to Be an Everyday Philanthropist: 330 Ways to Make A Difference
by Nicole Bouchard Boles
American Red Cross Programs and Services

Free emergency preparedness presentations for kids, teens, adults, and seniors

Redcross.org/la-request

Certification in CPR, First Aid, and AED

1-800-RED-CROSS or Redcross.org/classes

Request FREE installation of smoke alarms

Tinyurl.com/lancastersmokealarms

Learn more about our Sound the Alarm campaign

Redcross.org/lahomefire

Download our FREE apps on your smartphone: Emergency, First Aid, Pet First Aid, Swim, Blood, and more!

Redcross.org/apps
Palmdale Neighborhood Homes

The Neighborhood House program provides opportunities for residents to participate in programs right in their own neighborhood. They serve as a meeting place for community-based organizations; offer drop-in afternoon activities for children; and provide a variety of services and programs offered by community groups. The programs are free to residents of the neighborhood.

Yucca Neighborhood House
503 East Avenue Q-3

Tumbleweed Neighborhood House
1129 East Avenue R-4

Manzanita Neighborhood House
38627 32nd Street East

Hammack Neighborhood House
1012 E. Avenue Q5

Q3 Community Garden
515 East Avenue Q-3 (next to Yucca Neighborhood House).

Q5 Community Garden
1012 East Avenue Q-5 (next to Hammack Neighborhood House)

Antelope Valley Partners for Health, AVPH
44226 10th Street West
Lancaster, CA 93534
661/942-4719
Cecelia Gibson
Community Center Manager
cgibson@avph.org
Thank You!

As someone that relies on the hard work and dedication of volunteers, I want to thank you for taking the time to give back to your community. In these divisive times, it is more important than ever for us to find the things that unite us, our shared common values. If you’re interested in being a volunteer, that means you care about your community and the world around you. When we work together, we can lift each other up, learn from each other, and grow.

There are so many ways to volunteer, as you’ve seen in this booklet. Hopefully you found at least one cause that speaks to you, and gets you excited about taking the next step. Each of us has a unique set of experiences, skills, and knowledge. YOU have something to contribute to this world that no one else can. Thank you for sharing your gifts with the world.

By going through this booklet, you’ve taken the first step in making a difference in your life, your community, and even the world. Thank you again, and have fun volunteering!

“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

~Anne Frank
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Community Programs
823 East Avenue Q-9, Suite A
Palmdale, CA 93550
(661) 267-5450