

How Can I Help? *Volunteer Opportunities*

Major Volunteer Programs

✓ Alta Bates Medical Center Volunteer Services

2450 Ashby Ave. Berkeley
510-204-1695 M-F 8:30-4:30 www.altabatessummit.org
Volunteers work at varied tasks in a hospital setting. 100 hours/year commitment. Student volunteer program.

✓ Bay Area Volunteer Information Center

www.volunteerinfo.org
Online database of nonprofit organizations seeking volunteers (w/links); can be limited to East Bay area.

✓ Berkeley School Volunteers

1835 Allston Way Berkeley
510-644-8833 M-F 9-5 www.bpef-online.org
Volunteers help in classrooms, homework centers, gardens, and libraries, for pre-k through high school. One-semester commitment; 2 hrs/week. Weekly orientations.

✓ East Bay Regional Park District

2950 Peralta Oaks Court Oakland
510-544-2515 Volunteer Coordinator www.ebparks.org
510-841-8732 Tilden Park Botanic Garden
510-525-2233 Tilden Nature Center
Volunteers help with trail safety patrol, trail maintenance, plant propagation, and many other park activities.

✓ Oakland Museum of California

1000 Oak St. Oakland
510-238-2914 www.museumca.org
Variety of volunteer opportunities available, with different time commitments and training; call/see website for details.

Ongoing Programs (short- & long-term)

❖ Alameda County Computer Resource Center

1501 Eastshore Highway Berkeley
510-528-4052 M-F 9-4 Sat noon-4 www.acrc.org
Volunteers (14 years and older) receive hands-on training refurbishing donated computers and electronic equipment.

❖ Berkeley Animal Care Shelter

2013 Second St. Berkeley
510-981-6600 M-Tu, Th-Sat 10-4 W 10-7 Sun 11-3
www.ci.berkeley.ca.us/animalservices
Volunteers help with being a dog/cat friend, dog socializing, in-home foster care, dog/cat grooming, lost & found, etc.

❖ Berkeley-East Bay Humane Society

2700 9th St. Berkeley www.berkeleyhumane.org
510-845-7735 Tu-Sat noon-6 Sun noon-5
Volunteers help with animal socialization, administration support, mobile adoption help, etc.

❖ Berkeley Food and Housing Project

Administration 2140 Dwight Way Berkeley
510-649-4965 Ext. 312 M-F 10-6 www.bfhp.org
Volunteers (10 years and older) assist staff with programs. Programs include: M-F meals (use Ext. 302) at Trinity United Methodist Church; Men's and Women's shelters; Women's Resource Center; and the Multi Service Center.

❖ Berkeley Free Clinic

2339 Durant Ave. Berkeley
510-548-2570 www.berkeleyfreeclinic.org
Most clinic services are provided by trained volunteers. Programs include health and dental care, counseling, and

information and referral. Training is provided; one-year usual minimum commitment.

❖ Berkeley Path Wanderers Association

510-540-7223 www.berkeleypaths.org
Volunteers lead path walks, identify and map paths, and help restore, maintain and preserve Berkeley's paths, lanes, and public steps.

❖ Berkeley Public Library

www.berkeleypubliclibrary.org
510-981-6146 Library Volunteer Coordinator
510-981-6299 Literacy Program at West Branch
Training provided; minimum time commitment.

❖ Berkeley Youth Alternatives (BYA)

Strawberry Creek Center 1255 Allston Way Berkeley
510-647-0712 M-F 10-6 www.byaonline.org
Adult volunteers work with children or youth as mentors, tutors, coaches, etc. Six-month commitment.

❖ Botanical Garden at Berkeley

200 Centennial Drive Strawberry Canyon Berkeley
510-643-1924 www.botanical.garden.berkeley.edu
Volunteers help with garden shop, special events, docent tours, plant propagation, garden maintenance, etc.

❖ Catholic Worker

510-466-5553 Dorothy Day House www.catholicworker.org
510-684-1892 Night on the Streets www.catholicworker.org
Volunteers help with meals, hospitality services, & support services for homeless people.

❖ Crisis Support Services of Alameda County

510-420-2460 Business office www.crisissupport.org
24-hour crisis line staffed by trained volunteers under professional supervision. Volunteers must be 20 or older; 80 hours training; minimum commitment 4 hrs/week for 1 year.

❖ Daily Bread Project/Milk for Kids Project

510-526-3123
Pick-up and deliver surplus food from local restaurants, grocery stores, gardens, and bakeries directly to emergency food kitchens; also delivers "Milk for Kids" to local shelters. Minimum 1 hr/week commitment.

❖ Ecology Center

2530 San Pablo Ave. Berkeley
510-548-2220 Ext. 235 www.ecologycenter.org
Volunteers assist with administrative and other responsibilities in the store, at farmers' markets, and special events. Training as needed. Time commitment varies.

❖ English in Action

at YWCA at UC Berkeley 2600 Bancroft Way Berkeley
510-843-9716 www.ywca-berkeley.org
Native English speakers volunteer one hour a week for conversational practice with limited-English speaking, UC-connected or adult school students.

❖ Friends of the Berkeley Public Library

www.berkeleypubliclibrary.org
510-841-5604 Channing Way Store
510-981-6152 Office/workroom
Volunteers provide book sorting, bookstore staffing, book pickups, etc.

❖ Friends of Five Creeks

1236 Oxford St. Berkeley
510-848-9358 www.fivecreeks.org
Monthly work parties, water quality monitoring, etc.

❖ **Golden Gate Raptor Observatory**

Fort Cronkhite Bldg. 1064 Sausalito
415-331-0730 M-F 8-5 www.ggro.org
Volunteers count, track, and band hawks; give Hawk Talks and banding demonstrations. Training provided.

❖ **Lavender Seniors of the East Bay**

1395 Bancroft Ave. San Leandro
510-667-9655 www.lavenderseniors.org
Volunteers phone or visit seniors who need friendly support.

❖ **Legal Assistance for Seniors-Health Insurance Counseling and Advocacy Program (HICAP)**

464 7th St. Oakland
510-839-0393 M-F 9-5 www.lashicap.org
Trained volunteers help people on Medicare make informed decisions about health insurance. Formal 30 hour training offered "as needed." 10 hrs/month, one-year commitment.

❖ **Pets Are Wonderful Support (PAWS)**

510-464-1011 pawseastbay@sbcglobal.net
Volunteers provide pet food delivery, cat box maintenance, assistance with pet grooming, and dog walking for low-income medically disabled individuals.

❖ **Project Open Hand. East Bay**

3443 San Pablo Ave. Oakland
510-596-8200 www.openhand.org
Volunteers cook, pack, and deliver hot meals to seniors (also services Berkeley's Meals on Wheels), the critically ill, and/or those with AIDS/HIV.

❖ **Shorebird Nature Center**

160 University Ave. Berkeley Marina Berkeley
510-981-6720 www.cityofberkeley.info/marina
Volunteers may help with one-time events (beach cleanup, gardening, playground construction) or ongoing projects (BayIT interpretive program). Ongoing docent training for BayIT volunteers.

❖ **Spiral Gardens**

2850 Sacramento St. Berkeley
510-843-1307 www.spiralgardens.org
Volunteers may help at the Urban Garden Center (urban farm, produce stand, harvesting backyard fruit trees, etc.). Harvest goes to homeless, elderly, & volunteer gardeners.

❖ **St. Vincent de Paul**

675 23rd St. Oakland
510-451-7676 www.svdp-alameda.org
Volunteers help prepare, serve, cleanup for hot lunch served 7 days a week (including Thanksgiving & Christmas); help at daytime drop-in resource centers for women & children, and for men.

❖ **Tax-Aide Volunteer Program (AARP)**

888-227-7669 www.aarp.org/money/taxaide
Volunteers of all ages provide free tax preparation assistance at local libraries & senior centers. Seven day training session in January (apply by Dec 15th). Minimum commitment of 4hrs/wk during tax season (Feb-April 15th).

❖ **Tele-Care Program**

Herrick Hospital 2001 Dwight Way Berkeley
510-204-4487 7 days 8:30am-11:30am
Volunteers make cheerful, daily telephone calls (from the Tele-Care office) to the home-bound, elderly and convalescent or provide office assistance (16 years and older). Calling service is free.

❖ **Vital Life Services**

5720 Shattuck Ave. Oakland
510-655-3435 M-F 9:30-4 www.vitalcalifornia.org
Volunteers help with front desk, kitchen, message, and special events.

❖ **Women's Cancer Resource Center**

5741 Telegraph Ave. Oakland
510-601-4040 www.wcrc.org
Volunteers work at the Helpline, library, office, Latina Program, or give in-home emotional and practical support to people with cancer. Six-month minimum commitment. Training provided.

❖ **Women's Daytime Drop-in Center**

2218 Acton St. Berkeley
510-548-2884 www.womensdropin.org
Volunteers help with hospitality, lunch preparation, clerical and computer work, gardening, etc. in this daytime refuge for homeless women and their children. 4 hrs/wk commitment.

One-Time Opportunities

◆ **Rebuilding Together Albany-Berkeley-Emeryville**

3318 Adeline St. Berkeley
510-644-8979 www.rebuildingtogetherabe.org
On Saturdays in April, volunteers rehabilitate homes for low-income and disabled home owners. Volunteers also help year-round with administrative and planning tasks.

◆ **Shoreline Clean-up**

160 University Ave. Berkeley Marina Berkeley
510-981-6720 www.cityofberkeley.info/marina
Volunteers of all ages clean local beaches on the third Saturday in September. Groups can clean shoreline anytime, gloves and bags provided.

And on the Web, connect to local volunteer and service opportunities:

<http://sfbay.craigslist.org/eby/vol/>

◀ *For more information on these and other local organizations seeking volunteers, check the BIN online database* ▶

This flyer is a service provided by the Berkeley Public Library's
Berkeley Information Network, www.berkeleypubliclibrary.org

Providing community information & referrals since 1980!!

Explore our online database of community organizations, services, meeting rooms....

BIN Phone Line: 510-981-6166