

# 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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.catholicworker.org)  
510-684-1892 Night on the Streets [www.catholicworker.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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.

❖ **Meal on Wheels. Berkeley**

1901 Hearst Ave. Berkeley  
510-622-0222 [www.openhand.org](http://www.openhand.org)  
Volunteers deliver hot meals to seniors. Lunches are picked up at North Berkeley Senior Center for distribution to Berkeley Seniors. (Project Open Hand is contracted to provide the meals.)

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

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

❖ **Shorebird Nature Center**

160 University Ave. Berkeley Marina Berkeley  
510-981-6720 [www.cityofberkeley.info/marina](http://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](http://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 23<sup>rd</sup> St. Oakland  
510-451-7676 [www.svdp-alameda.org](http://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](http://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 15<sup>th</sup>). Minimum commitment of 4hrs/wk during tax season (Feb-April 15<sup>th</sup>).

❖ **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](http://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](http://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](http://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](http://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](http://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](http://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*