

How Can I Help? *Volunteer Opportunities*

MAJOR VOLUNTEER PROGRAMS

Alta Bates Medical Center Volunteer Services

2450 Ashby Ave. Berkeley 94705
510-204-1695 M-F 8:30-4:30 www.altabatessummit.org
Volunteers work at varied tasks in a hospital setting.
Commitment of 100 hours per year. Student volunteer program.

Bay Area Volunteer Information Center

www.volunteerinfo.org
Online database of non-profit organizations seeking volunteers.
Searchable by area and specialty.

Berkeley School Volunteers

2020 Bonar St. Suite 130 Berkeley 94702
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 hours per week.

East Bay Regional Park District

2950 Peralta Oaks Court Oakland 94605
510-544-2515 Volunteer coordinator www.ebparks.org
510-544-3169 Tilden Park Botanic Garden
Volunteers help with trail safety patrol, trail maintenance, plant propagation, and many other park activities.

Oakland Museum of California

1000 Oak St. Oakland 94607 www.museumca.org
volunteer@museumca.org (No phone calls)
Variety of volunteer opportunities available, with different time commitments and training. See website for details.

ONGOING PROGRAMS (short- and long-term)

Alameda County Computer Resource Center

620 Page St. Berkeley 94710
510-528-4052 M-F 9-4, Sat 12-4 www.accrc.org
Volunteers sort electronics. Sister operation in Novato trains volunteers in refurbishing donated computers.

Berkeley Animal Care Shelter

1 Bolivar Dr. Berkeley 94710
510-981-6600 www.ci.berkeley.ca.us/animalservices
Volunteers help with being a dog/cat friend, dog socializing, in-home foster car, grooming, etc.

Berkeley-East Bay Humane Society

2700 9th St. Berkeley 94710
510-845-3633, ext. 26 www.berkeleyhumane.org
Volunteers help with animal socialization, administrative support, mobile adoption help, etc.

Berkeley Food and Housing Project

Administration 2362 Bancroft Way Berkeley 94704
510-649-4965 Administration M-F 10-6
510-809-8506 Volunteer Coordinator
Volunteers assist staff with programs, including M-F meals, shelters, Women's Resource Center, and the Multi-Service Center.

Berkeley Food Pantry

1600 Sacramento St. Berkeley 94702
510-525-2280 www.berkeleyfoodpantry.vpweb.com
Volunteers help sort and distribute groceries to low-income families. Commitment: 1 day per week, 1-4:30.

Berkeley Free Clinic

2339 Durant Ave. Berkeley 94704
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

info@berkeleypaths.org (Email for volunteer information)
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

510-981-6146 Library Volunteer Coordinator
510-981-6299 Literacy Program
www.berkeleypubliclibrary.org
Volunteer opportunities for Library Guides, Technology Helpers, teens, and literacy tutors. Training provided; minimum 2 hours per week for 3 months.

Berkeley Youth Alternatives (BYA)

1255 Allston Way Berkeley 94702
510-845-9010 M-F 9-6 www.byaonline.org
Adult volunteers work with children or youth as mentors, tutors, coaches, etc. Six-month commitment.

Botanical Garden (UC Berkeley)

200 Centennial Dr. Berkeley 94720
510-643-7265 Volunteer Coordinator
www.botanicalgarden.berkeley.edu
Volunteers help with garden shop, special events, docent tours, plant propagation, garden maintenance, etc.

Catholic Worker/Dorothy Day House

510-466-5553 www.dorothydayhouse.org
Volunteers help with meals, hospitality services, and support services for homeless people.

Crisis Support Services of Alameda County

510-420-2460 Business Office www.crisissupport.org
510-550-8240 Volunteer Outreach Coordinator
24-hour crisis line staffed by trained volunteers under professional supervision. Volunteers must be 20 or older; 80 hours training; minimum commitment 4 hrs/wk for one 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 hour per week commitment.



This resource list is provided by the Berkeley Public Library (Community Resources)

<http://www.berkeleypubliclibrary.org>

510-981-6100 TTY 510-548-1240

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Ecology Center

2530 San Pablo Ave. Berkeley 94702

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 (EIA)

YWCA Berkeley 2600 Bancroft Way Berkeley 94704

510-843-9716 www.ywca-berkeley.org

Native English speakers volunteer for one hour a week for conversational practice with English language learners.

Friends of the Berkeley Public Library

510-841-5604 www.berkeleylibraryfriends.org

510-981-6152 Office

Volunteers sort books, staff bookstore, and pick up donations.

Friends of Five Creeks

1236 Oxford St. Berkeley 94709

510-848-9358 www.fivecreeks.org

Monthly work parties, water quality monitoring, etc.

Golden Gate Raptor Observatory

Fort Mason Building 201 San Francisco 94123

415-331-0730 www.ggro.org

Volunteers count, track, and band hawks, give Hawk Talks and banding demonstrations. Training provided.

Lavender Seniors of the East Bay

1814 Franklin St. 4th Floor Oakland 94612

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)

1970 Broadway Suite 300 Oakland 94612

510-839-0393 M-F 9-5 www.lashicap.org

Trained volunteers help people on Medicare make informed decisions about health insurance. One-year commitment.

Meals on Wheels Berkeley

1900 6th St. Berkeley 94710

510-981-5250 www.ci.berkeley.ca.us/seniors

Volunteers deliver hot meals to seniors. Lunches are picked up at north Berkeley Senior Center for distribution. Project Open Hand is contracted to provide the meals.

Pets Are Wonderful Support (PAWS)

2700 9th St. Berkeley 94710 (Berkeley Humane Society)

510-845-7735 ext. 205 www.berkeleyhumane.org

Volunteers provide pet food delivery, cat box maintenance, assistance with pet grooming, and dog walking for low-income seniors and medically disabled individuals.

Shorebird Nature Center

160 University Ave. Berkeley Marina Berkeley 94710

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.

Spiral Gardens

2850 Sacramento St. Berkeley 94702

Email: info@spiralgardens.org www.spiralgardens.org

Volunteers may help at the Urban Garden Center (urban farm, produce stand, harvesting backyard fruit trees, etc.). Harvest goes to homeless and elderly members of the community and to volunteer gardeners.

St. Vincent de Paul

510-877-9252 www.svdp-alameda.org

Variety of volunteer opportunities at various locations, including Dining Room, Drop-in Centers, and Job Club.

Tax-Aide Volunteer Program (AARP)

1-888-227-7669 www.aarp.org/money/taxaide

Volunteers of all ages provide free tax preparation assistance at local libraries and senior centers. Seven-day training session in January (apply by Dec 15th). Minimum commitment of 4 hours per week during tax season (Feb-April 15th).

Tele-Care Program

Herrick Hospital 2001 Dwight Way Berkeley 94704

510-204-4487

www.altabatessummit.org/community/telecare.html

Volunteers make cheerful, daily telephone calls (from the Tele-Care office) to people who are home-bound, convalescing, or elderly. Volunteers also provide office assistance. 16 and older.

Women's Cancer Resource Center

5741 Telegraph Ave. Oakland 94609

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 94702

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/week commitment.

ONE-TIME OPPORTUNITIES

Rebuilding Together Albany-Berkeley-Emeryville

3318 Adeline St. Berkeley 94703

510-644-8979 www.rtebn.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 Cleanup

160 University Ave. Berkeley Marina Berkeley 94710

510-981-6720 www.cityofberkeley.info/marina

Volunteers of all ages clean local beaches on the third Saturday in September. Groups can clean shoreline any time; gloves and bags provided.



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