HELPING hands
Volunteer Opportunities in Boone County
THANK YOU FOR VOLUNTEERING

How to Use this Catalog
Helping Hands was developed to help you decide where to volunteer your time. Often, the most difficult part of volunteering is getting started, so here are several tips to help you:

1. Review the information in this directory.
   Give special attention to:
   • Opportunities available
   • Day(s)/Times volunteers are needed
   • Specific requirements
   • Location

2. Highlight the organizations that meet your interests, and fit your schedule.

3. Call the agency’s contact person for additional information.
   Tell the agency you learned of it through the HELPING HANDS catalog.

Voluntary Action Center: Who We Are
VAC is a non-profit agency that provides direct services to meet the basic needs of low-income persons. Our mission is to address unmet needs, giving low-income people the opportunity to gain independence, overcome crises, meet their basic needs, and improve their quality of life.

VAC also connects local agencies and volunteers with opportunities to respond to serious social problems and community issues. VAC is supported by the Heart of Missouri United Way, the City of Columbia, Boone County, local faith congregations, Boone Electric Trust, and donations from businesses and individuals.

ABOUT VAC
“You do a lot!”
We hear that all the time. And it’s true; VAC does provide a lot of services for many people in our community. Every year we serve close to 10,000 individuals with direct supports that help them “fill the gaps,” assisting with immediate needs.

There’s a lot to do. The U.S. Census Bureau reports that the percentage of Boone County residents living at or below Federal poverty guidelines has hovered around 20% for several years. That means many of our neighbors are struggling – even with the basic needs of living – day to day.

So VAC does what we can, day in and day out, making a difference in small and large ways. A completely local organization, VAC is continuing the work that has been entrusted to us by those who have gone before, knowing this is what our supporters want us to do today.

Our Mission:
To help low-income individuals and families bridge the gaps between crisis and stability and improve quality of life in Boone County.

VAC carries out this mission by providing services primarily in the areas of Health, Employment, Education, and Housing. Here are some of the ways we help:

• Prescription and other medical co-pays
• Emergency food
• Diapers and baby formula
• Hygiene and household products
• Bus tickets, gas, and car repair
• State IDs, driver’s licenses, and birth certificates
• Uniforms for work
• Referrals for clothing, car seats, and other items

We also provide information and referral services, helping people make connections to other valuable resources throughout the community. VAC offers a number of seasonal programs, too. Learn more about these on page 45 of this publication.

To learn more about VAC and our services, please visit our web site at www.vacmo.org.

Helping Hands is sponsored by

StorageMart

VOLUNTARY ACTION CENTER PAGE 1
WHY VOLUNTEER?

According to the Bureau of Labor Statistics, America’s workforce has focused its attention more towards finding a paid job. However, it is important to note that there are great personal and professional benefits of volunteering:

- **Employment**: Volunteers have the opportunity to learn and utilize valuable skills that can help land that dream job. Many companies also take volunteer work into account and consider it as experience in their search for new employees.

- **Building Relationships**: Taking the time to volunteer is a great way to meet new people and forge friendships with others in your community. Although we live in a digital age, the connection with a virtual friend isn’t quite the same as a physically present one.

- **Strengthening Your Community**: Volunteering not only strengthens your relationship with others, but your community as well! There are many different businesses and organizations that rely on volunteers to operate successfully, such as agencies which are faith-based or non-profit organizations. Even in this publication, there are diverse types of organizations that could use volunteer help within Boone County, from groups that focus on helping the elderly to education to arts & culture.

- **Sense of Purpose**: Being a volunteer can help bring more meaning in your life by being a part of an organization that coincides with your interests and ideology. Volunteering kindles happiness, a fact that is backed up by many research studies.

QUESTIONS TO ASK:

- How much time can I give?
- Would I rather commit to a long-term or short-term position?
- What are some community problems that concern me?
- What are my interests? What do I enjoy doing?
- What are my skills? How can I apply them to a volunteer position?
- Do I want to work directly with people or would I rather work behind-the-scenes, such as clerical or fundraising?
- Do I want to work one-on-one or with a group?
- With which demographic (youth, low-income, elderly, etc) would I like to volunteer?
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A Way With Words & Numbers
Contact: Volunteer Coordinator
Email: www.communityservice@missouri.edu
Website: http://career.missouri.edu/A3WN
Phone: 573-882-5535
Address: Univ. of Missouri 201 Student Success Ctr
         Columbia, MO 65211

Provides literacy and math tutoring to local children.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tutor</td>
<td>Open</td>
<td>Tutor children (K-8) in math and reading</td>
</tr>
</tbody>
</table>

Note: Volunteers must be MU students
Seasonal: School year only

AARP FOUNDATION TAX AIDE PROGRAM
Contact: Cyrus Harbourt
Email: cyrus6914@gmail.com
Website: http://www.aarp.org/money/taxes/aarp_taxaide
Phone: 573-445-6914
Address: 2 Springer Dr.
         Columbia, MO 65201

Tax preparation assistance for low & moderate income persons of all ages, including seniors and the disabled.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>AARP Tax Aide Counselor</td>
<td>Open</td>
<td>Assist low &amp; moderate income persons with tax preparation using computer software Training provided.</td>
</tr>
</tbody>
</table>

Seasonal: January through April

Adult Education and Literacy
Contact: Barbie Banks
Email: alcinfo@cpsk12.org
Website: www.career-center.org
Phone: 573-214-3690
Address: 4203 S Providence Rd
         Columbia, MO 65203

Provides classes for adults age 17 and over, including:
- HSE-High School Equivalency preparation and ELL-English Language Learners.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tutor</td>
<td>25</td>
<td>Help adults learn basic skills in reading, math, and language</td>
</tr>
</tbody>
</table>

Alzheimer’s Association
Contact: Joetta Coen
Email: jcoen@alz.org
Website: http://alz.org/greatermissouri
Phone: 573-443-8665
Address: 2400 Bluff Creek Drive
         Columbia, MO 65201

The Alzheimer’s Association promotes awareness of Alzheimer’s and other dementias, enhances care and support for all those affected, delivers consumer education, and offers online information. As the leading voice for Alzheimer’s disease advocacy, the Association is fighting for critical Alzheimer’s research, prevention, and care initiatives at the state and federal level.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office</td>
<td>Open</td>
<td>Mailings, phoning, and data entry</td>
</tr>
</tbody>
</table>

Youth: Walk to End Alzheimer’s, The Longest Day, and other events
Groups: Walk to End Alzheimer’s, The Longest Day, and other events
Seasonal: Walk to End Alzheimer’s, The Longest Day, and other events

American Cancer Society
Contact: Lois Gilmore
Email: lois.gilmore@cancer.org
Website: www.cancer.org
Phone: 573-443-0979
Address: 2409 Hyde Park Rd
         Jefferson City, MO 65109

A nationwide, voluntary organization dedicated to eliminating cancer as a major health problem through prevention, saving lives, and diminishing suffering through research, education, advocacy, and service.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office Volunteer</td>
<td>Open</td>
<td>Help with mailings</td>
</tr>
<tr>
<td>Reach to Recovery</td>
<td>3</td>
<td>Lumpectomy/mastectomy breast cancer survivors to visit with current patients</td>
</tr>
</tbody>
</table>

Seasonal: Fundraising events

Please note: Columbia, MO office is closed; Jefferson City, MO is the closest office
American Heart Association
Contact: Regina Pauley
Email: regina.pauley@heart.org
Website: www.heart.org
Phone: 573-446-3000
Address: 104 Corporate Lake Dr
Columbia, MO 65203

Provides supportive services for persons with heart disease or stroke as well as education on prevention for the public.

Position | Number | Duties
---|---|---
Community Education | Open | Educate the public on heart disease & stroke prevention

Youth: Office work available  
Groups: Heart Walk volunteers are always welcome  
Seasonal: Volunteering with The Heart Walk

American Red Cross - Blood Services
Contact: Marie Rantz
Email: marie.rantz@redcross.org
Website: www.redcrossblood.org
Phone: 314-658-2122
Address: 1511 S. Providence  
Columbia, MO 65203

ARC biomedical services works to fulfill the needs of the American people for the safest, most reliable, most cost effective blood and plasma services through voluntary donations.

Position | Number | Duties
---|---|---
Hospital Driver | 10 | Deliver products to hospitals
Donor Ambassador | 10 | Help in donor room at blood center

Youth: Assist with blood drives

American Red Cross - Mid Missouri
(continued)

Position | Number | Duties
---|---|---
Communications Volunteer | Open | Blogging, reporting, writing, photography, social media, develop presentations
DHS (Disaster Health Services Trainee | Open | Provide support to persons who have disaster-related or disaster aggravated health needs
DMHS (Disaster Mental Health Services) Volunteer | Open | Provide crisis intervention to Red Cross members and clients following a disaster
Blood Services Transportation Specialist | Open | Excellent driving abilities to get the blood services truck to and from events
Blood Donor Ambassador | Open | Volunteer at blood drives, manning refreshments, attendance, and cleanliness
PHSS (Preparedness, Health, and Safety Services) Volunteer | Open | Instruct Red Cross Lifesaving Classes

Youth: All of our programs are available for volunteers under the age of 18, except for our DHS and DHMS programs

Asian Affairs Center at MU
Contact: Thitinun (Ta) Boonseng
Email: boonsengt@missouri.edu
Website: www.asia.missouri.edu
Phone: 573-882-6902
Address: 518 Hitt St., N49 Memorial Union  
Columbia, MO 65211

To provide short and long-term training in diverse fields to Asian businesses, government, and related clients.

Position | Number | Duties
---|---|---
Conversation Experimenter | up to 30 | Participating in English corner or meet with partners from Asia once a week scholars

Groups: Yes, contact Thitinun Boonseng for more information  
Seasonal: Semester-based volunteer opportunities
Big Brothers Big Sisters of Central MO

Contact: Dave Overfelt  
Email: bigs@bigsofcentralmo.org  
Website: www.bbbs.org  
Phone: 573-874-3677  
Address: 4250 E Broadway, Suite 1067  
Columbia, MO 65201

Provides one-to-one role models for at-risk youth as a way for them to become productive and healthy future citizens.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Based Mentor</td>
<td>Open</td>
<td>Mentor youth aged 6 to 18 on evenings and weekends 2 to 4 times per month. Mentors must be 18 or older and will pick youth up from their homes so must have transportation and insurance</td>
</tr>
<tr>
<td>School Based Mentor</td>
<td>Open</td>
<td>Mentor youth aged 6 to 18 at school 2 to 4 times per month. Mentors must be 18 or older and will meet youth at their school for one hour per week.</td>
</tr>
</tbody>
</table>

Youth: Volunteers under the age of 18 cannot be paired with youth in mentoring relationships, but can help at events.

Boone County Family Resources

Contact: Sherry Wohlgemuth  
Email: swohlgemuth@bcfr.org  
Website: www.bcfr.org  
Phone: 573-874-1995 ext. 160  
Address: 1209 E. Walnut Street  
Columbia, MO 65201

To enable Boone County residents with developmental disabilities to thrive in the community, connect with others, and achieve their personal goals.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Photographer</td>
<td>1</td>
<td>Take photos at special events and/or marketing materials</td>
</tr>
<tr>
<td>Cleaner/Organizer</td>
<td>1</td>
<td>Help clean equipment donated to our Assistive Technology Exchange Program</td>
</tr>
</tbody>
</table>

Youth: Helping to serve food at the holiday party; helping along the race route at our 5K fun run; helping wrap gifts for our holiday party; help tidy the grounds around our building

Boone County Fire Protection District

Contact: Gale Blomenkamp  
Email: gblomenkamp@bcfdmo.com  
Website: www.bcfdmo.com  
Phone: 573-447-5000  
Address: 2201 I-70 Dr. N.W.  
Columbia, MO 65202

Provides full-service fire protection, emergency medical service, rescue, community education, and code compliance.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteer</td>
<td></td>
<td>Fire suppression, EMS, rescue and Haz Mat</td>
</tr>
<tr>
<td>Firefighter</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Boone County Historical Society

(Walters-Boone County Historical Museum & Galleries)

Contact: Chris Campbell, Executive Director  
Email: officemanager@boonehistory.org  
Website: www.boonehistory.org  
Phone: 573-443-8936  
Address: 3801 Ponderosa St.  
Columbia, MO 65201

The society manages and operates the Walters-Boone County Historical Museum, the Montminy Art Gallery, the Maplewood House, and the Junction at Boone Village - all in Columbia's historic Nifong Park. Since 1924, the BCHS preserves Boone County's past for future generations.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Docent (tour guide)</td>
<td>10</td>
<td>Greet visitors, describe and show exhibits</td>
</tr>
</tbody>
</table>
### Boone County Historical Society
(Walters-Boone County Historical Museum & Galleries, continued)

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Receptionist/cashier</td>
<td>4</td>
<td>Greet visitors, manage cash drawer</td>
</tr>
<tr>
<td>Curatorial Asst.</td>
<td>3</td>
<td>Assist with planning &amp; executing exhibits; also assist with managing collections</td>
</tr>
<tr>
<td>Movers &amp; Cleaners</td>
<td>4</td>
<td>Quarterly cleaning activity to maintain grounds, exhibit spaces, &amp; storage vaults</td>
</tr>
<tr>
<td>Concert Hospitality</td>
<td>4</td>
<td>Assist with attending guests &amp; food prep 6x per year for concert events</td>
</tr>
</tbody>
</table>

**Youth:** Volunteers ages 15 to 17 are welcome to be a part of quarterly cleaning days  
**Groups:** Pruning and cleaning flower beds, gardens, planters, etc.

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### Boone Hospital Center

**Contact:** Barb Shettlesworth  
**Email:** bshettle@bjc.org  
**Website:** www.boone.org/volunteer  
**Phone:** 573-815-3472  
**Address:** 1600 East Broadway  
Columbia, MO 65201

To improve the health of the people and communities we serve.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gift Shop</td>
<td>Open</td>
<td>Provide customer service, work as salesperson &amp; cashier</td>
</tr>
<tr>
<td>ICU Waiting</td>
<td>Open</td>
<td>Serve as liaison/host for visitors with patients in ICU</td>
</tr>
<tr>
<td>Wayfinders</td>
<td>Open</td>
<td>Provide directional assistance/escort customers</td>
</tr>
<tr>
<td>Surgery Waiting</td>
<td></td>
<td>Provide assistance to family members with patients in surgery &amp; serves as liaison to staff</td>
</tr>
</tbody>
</table>

**Youth:** Summer volunteer program

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### Boy Scouts - Great Rivers Council

(continued)

**Website:** stacy.rosson@scouting.org  
**Phone:** 449-2561  
**Address:** 1203 Fay Street  
Columbia, MO 65201

Serves others by instilling values in young people, helping them achieve their full potential and preparing them to make ethical choices over their lifetime.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office</td>
<td>2</td>
<td>Phone, copying, typing, mailing</td>
</tr>
<tr>
<td>Unit Leaders</td>
<td>Open</td>
<td>Assist packs and troops</td>
</tr>
<tr>
<td>Badger Counselor</td>
<td>5</td>
<td>Teach merit badge skills</td>
</tr>
</tbody>
</table>

**Youth:** Volunteers can help at summer camp with handicrafts, aquatics, geology, scout skills, etc.  
**Groups:** Help with service projects  
**Seasonal:** Need extra office help in the summer/spring

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### Boys and Girls Club of the Columbia Area

**Contact:** Valorie Livingston  
**Email:** valorie@bgc-columbia.org  
**Website:** www.bgc-columbia.org  
**Phone:** 573-874-1697  
**Address:** 1200 N 7th St.  
Columbia, MO 65201

To inspire and enable all young people, especially those who need us the most, to realize their full potential as productive, caring, and responsible citizens. We do this by providing a Safe, Affordable, Positive, and Fun place after school and during the summer time in 5 Core program areas; Character & Leadership, Education & Career, Health & Life Skills, Art & Music, and Sports & Fitness.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Assistant</td>
<td>10</td>
<td>Assist staff with program implementation, preparation, and mentoring</td>
</tr>
<tr>
<td>Fundraising</td>
<td>5</td>
<td>Assist staff with fundraising event set up and helping during Feb/July/Sept events</td>
</tr>
<tr>
<td>Facility projects</td>
<td>5</td>
<td>Organizing supplies, landscaping, painting, decorating</td>
</tr>
</tbody>
</table>

**Youth:** Same volunteer opportunities as adult volunteers, but will be paired with an adult  
**Groups:** Sprucing up the landscaping, painting a room, decorating the program rooms
Boys and Girls Club of the Columbia Area (continued)

Seasonal: Landscaping or between our after school year or after our summer time program

Burrell Behavioral Health
Contact: Brince Rogers
Email: ganjstorer@burrellcenter.com
Website: www.burrellcenter.com
Phone: 573-777-7500
Address: 1805 E. Walnut
Columbia, MO 65201

Meets mental health problems when and where they occur, and treats them before they become more serious. BBH works with adults dealing with severe and persistent mental illness or substance abuse issues.

C.A.R.E. (continued)

Program benefits greatly from “employing” many unpaid interns/volunteers, and in return, offers them many great learning experiences as well as a way to make a difference in the life of an at-risk youth.

The Armory Sports Center (701 East Ash Street), which is located at the corner of 7th St. and Ash St., is easy walking distance from the Mizzou, Columbia College, and Stephens College campuses.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work Site Mentors</td>
<td>185</td>
<td>Mentor, train, explain, demonstrate, supervise, and monitor at-risk trainee(s) at your place of employment, complete four bi-weekly evaluations, and fill out five bi-weekly timesheets to get free labor, improve Columbia as a whole, and make a difference in the life of an area youth</td>
</tr>
<tr>
<td>Job Coach Assistant</td>
<td>6</td>
<td>Assist C.A.R.E. job coaches with mentoring trainees, communicating with work site mentors, visiting trainees at their work sites, and life skills training, s well as take photos of trainees, work site mentors, and job coaches “in action” at the work sites, help applicants apply online for trainee positions, set up interviews, interview trainee applicants, work site recruitment, special projects, and paperwork</td>
</tr>
<tr>
<td>Summer Art Gallery</td>
<td>1</td>
<td>Markets the C.A.R.E. Summer Gallery as well as helps oversee classroom art activities as needed. The Summer Art Gallery Marketing/Programming Assistant</td>
</tr>
<tr>
<td>Marketing/Programming Assistant</td>
<td></td>
<td>Keep the C.A.R.E. Facebook, Twitter, and Instagram accounts current, take photos for the website, brochure, social media, etc., and/or possibly redesign some brochures</td>
</tr>
</tbody>
</table>

C.A.R.E. is an excellent place for unpaid interns/volunteers to gain valuable experience. Each semester, the C.A.R.E.

C.A.R.E. (continued)

Position               Number        Duties
Activity Aide          2              Monitor and facilitate activities in client lounge (board games, movies, etc), assist in serving daily lunches
Job Coach Assistant    6              Mentor, train, explain, demonstrate, supervise, and monitor at-risk trainee(s) at your place of employment, complete four bi-weekly evaluations, and fill out five bi-weekly timesheets to get free labor, improve Columbia as a whole, and make a difference in the life of an area youth

C.A.R.E. (Career Awareness Related Experience)
Contact: Ron Schmidt
Email: rschmidt@gocolumbiamo.com
Website: www.gocolumbiamo.com
Phone: 573-874-6377
Address: 701 E. Ash
Columbia, MO 65201

The City of Columbia’s Career Awareness Related Experience (C.A.R.E.) Program, which began in 1982, is a comprehensive program for Columbia’s at-risk youth that provides:
- paid real-world hands-on work experience
- mentoring
- career exploration
- life skills training

The C.A.R.E. Program works with at-risk 14 to 20-year-olds who live in the City of Columbia, MO and/or attend a Columbia, MO school. High-risk teenagers face many barriers to joining the labor force. C.A.R.E.’s goal is for “Columbia’s youth to be ready to enter the workforce and become productive, self-sufficient citizens.”

C.A.R.E. is an excellent place for unpaid interns/volunteers to gain valuable experience. Each semester, the C.A.R.E.
C.A.R.E. (continued)

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessment Intern/Volunteer</td>
<td>1</td>
<td>Work with current and researching/developing new assessment tools, program evaluations, pre-tests/post-tests, participant surveys, measurable objectives, outcomes, and outputs; researching similar programs that use “Best Practices” or are “Model Programs;” and tying the C.A.R.E. Program to the “developmental assets framework,” which was created by the Search Institute</td>
</tr>
</tbody>
</table>

**Seasonal:** Work site mentors are only needed during the summer, job coach assistants are mainly needed January through August, and the summer art gallery marketing/programming assistant is only needed during the summer.

Candlelight Lodge

**Contact:** Jill Anderson

**Email:** janderson@candlelightlodge.com

**Phone:** 573-449-5287

**Address:** 1406 Business Loop 70 W
Columbia, MO 65202

Provides a wellness-based, positive, Christian home where residents can be productive, secure, comfortable, enjoy life, and maintain a sense of personal dignity.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yard Work</td>
<td>1-10</td>
<td>Trash removal, weeding, planting</td>
</tr>
<tr>
<td>Wheelchair Cleaning</td>
<td>1-10</td>
<td>Clean &amp; disinfecting wheelchairs/walkers</td>
</tr>
<tr>
<td>Housekeeping</td>
<td>1-5</td>
<td>Vacuum, dust, wash windows</td>
</tr>
<tr>
<td>Organizing</td>
<td>2-6</td>
<td>Organize storage areas/art room/media</td>
</tr>
<tr>
<td>Crafts</td>
<td>2-6</td>
<td>Come up with ideas for low-functioning residents and implement them</td>
</tr>
</tbody>
</table>

**Youth:** Any/all opportunities available

**Groups:** Yard work, socials, bingo

**Seasonal:** Decorating for Christmas, leaf removal, snow shoveling

Cedar Creek Therapeutic Riding Center

**Contact:** Karen Grindler

Email: cedarcketrcc@gmail.com

Website: www.cedarcrest.missouri.org

Phone: 573-875-8556

Address: 4895 E. Hwy 163
Columbia, MO 65201

Provides therapeutic horseback riding lessons to persons with physical, mental, and emotional disabilities.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sidewalker</td>
<td>100</td>
<td>Walk alongside people with disabilities while they ride</td>
</tr>
<tr>
<td>Horse Handler</td>
<td>50</td>
<td>Lead horses for people with disabilities who ride</td>
</tr>
<tr>
<td>Horse/Stall Care</td>
<td>Open</td>
<td>Help groom the horses and clean the stalls</td>
</tr>
</tbody>
</table>

**Youth:** Age 13 and older can be sidewalkers. Youth can also groom horses and clean stalls.

**Groups:** Riding class assistants or special projects

**Seasonal:** March to November (Three 8-week sessions - spring, summer, fall)

Center for Women’s Ministries

**Contact:** Cherie Stott

**Email:** colcwm@mchsi.com

**Website:** www.columbiacwm.org

**Phone:** 573-256-1799

**Address:** 1900 N. Providence Rd. Ste. 210
Columbia, MO 65203

Creates an environment where non-judgemental listening, encouragement, and prayer support can take place one-on-one with our trained peer-counselors.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counseling Volunteer</td>
<td>Open</td>
<td>Volunteer must agree to take Basic Peer Counseling training (37 hours), and at least 28 hours of volunteer work</td>
</tr>
<tr>
<td>Receptionist Volunteer</td>
<td>Open</td>
<td>Volunteer will receive receptionist training. Possible work day(s) will depend on available openings. May also be added to substitute list</td>
</tr>
</tbody>
</table>

Central Missouri Area Agency on Aging Ombudsman

**Contact:** Beth Busseau

**Email:** bbusseau@cmaaa.net

**Website:** www.cmaaa.net
Central Missouri Area Agency on Aging Ombudsman (continued)

Phone: 573-443-5823  
Address: 1121 Bus Loop 70 E Ste 2A  
Columbia, MO 65201

Assist residents in long-term care facilities to maintain or improve their quality of life through visits, education, and advocacy.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ombudsman</td>
<td>Open</td>
<td>Visit residents, educate residents &amp; their families about their rights, and advocate for them</td>
</tr>
</tbody>
</table>

Central Missouri Community Action (Including Head Start & Foster Grandparents)  
Contact: Kelley Lucero  
Email: kelley-lucero@showmeaction.org  
Website: www.showmeaction.org  
Phone: 573-443-8706 ext. 1916  
Address: 800 N. Providence Rd.  
Columbia, MO 65201

To help low-income families and individuals achieve self-reliance.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office Assistants</td>
<td>2</td>
<td>Typing, filing, scanning, answering phones</td>
</tr>
<tr>
<td>Head Start Classroom</td>
<td>4</td>
<td>Assist classroom teacher as needed</td>
</tr>
<tr>
<td>Foster Grandparent Program</td>
<td>Open</td>
<td>Mentor children in the classroom</td>
</tr>
<tr>
<td>Fundraising Events</td>
<td>As Needed</td>
<td>Inquire with volunteer coordinator</td>
</tr>
<tr>
<td>Love Where You Live Volunteers</td>
<td>Open</td>
<td>Assist families when needed with light home maintenance or special projects</td>
</tr>
</tbody>
</table>

Youth: We welcome volunteers from the age of 8, but all volunteers under the age of 18 must be accompanied by an adult at all times

Central Missouri Regional Arthritis Center  
Contact: Amber Phelps  
Email: phelpsam@missouri.edu  
Website: www.moarthritis.org  
Phone: 573-882-8097  
Address: Mizzou North Room 1028  
115 Business Loop 70 W  
Columbia, MO 65211

Educates and supports persons with arthritis and other chronic conditions through community-based self-management and physical activity programs.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leaders</td>
<td>Open</td>
<td>Lead physical activity or self-management programs; Training provided</td>
</tr>
</tbody>
</table>

Seasonal: Mailing as needed, help prepare charts and presentation packets, file and organize literature

Central Pantry, The  
Contact: Melanie Lake  
Email: melaniel@sharefoodbringhope.org  
Website: www.centralmofoodbank.org  
Phone: 573-447-6609  
Address: 1007 Big Bear Blvd  
Columbia, MO 65202

Low-income Boone County residents are provided with food from the pantry in a “shopping” format.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greeter/intake stockers</td>
<td>2</td>
<td>Welcome and assist shoppers</td>
</tr>
<tr>
<td>stockers</td>
<td>3</td>
<td>Stock shelves and help shoppers</td>
</tr>
</tbody>
</table>

Central Missouri Humane Society  
Contact: Chris Campbell  
Email: volunteer@cmhspets.org  
Website: www.cmhspets.org  
Phone: 573-443-7387 ext 212  
Address: 616 Big Bear Blvd  
Columbia, MO 65202

Promotes animal welfare, provides public education of the proper care & treatment of animals, and serves as an adoption agency for homeless cats and dogs.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cat Room Attendants</td>
<td></td>
<td>Please call Chris Campbell for more information</td>
</tr>
<tr>
<td>Dog Kennel Attendants</td>
<td></td>
<td>Please call Chris Campbell for more information</td>
</tr>
<tr>
<td>Front Desk</td>
<td></td>
<td>Please call Chris Campbell for more information</td>
</tr>
</tbody>
</table>

Lead physical activity or self-management programs; Training provided

Seasonal: Mailing as needed, help prepare charts and presentation packets, file and organize literature

Youth: We welcome volunteers from the age of 8, but all volunteers under the age of 18 must be accompanied by an adult at all times

Groups: Love Where You Live projects and Head Start Clean Up days
Central Pantry, The (continued)

Position        Number        Duties
Kitchen Workers     2          Sort and prepare produce

Youth: Can accept up to 2 youths at any one time.

Centro Latino de Salud, Educacion y Cultura
Contact: Eduardo Crespi
Email: centro.latino@gmail.com
Website: centrolatino.missouri.org
Phone: 573-449-9442
Address: 609 North Garth
          Columbia, MO 65203

The mission of Centro Latino is to empower Latinos, Latino families, and the general public through provision of services and guidance in navigating the health, education, and cultural resources of mid-Missouri.

Position        Number        Duties
English Tutor     Multiple    Work with adults to tutor them in basic English
Clerical          2          Answer phones and record keeping
Prep Cooks        Multiple    Help prepare meals for fundraisers

Youth: Youth over 15 can assist serving and at fundraisers
Groups: Assistance needed for fundraising events each month
Seasonal: After school program runs September to December, January to May

Children’s Grove
Contact: Sharon Thomas-Parks
Email: info@childrensgrove.com
Website: www.childrensgrove.com
Phone: 573-864-8704

The Children’s Grove is a community-driven movement under Boone County’s “Putting Kids First Coalition” that encourages youth and educational activities that promote acts of kindness and raise awareness about how mental health impacts our children, youth, and young adults. Our goal is to influence citizens, especially young people, to reflect in their behavior acts of kindness, compassion, self-confidence, and respect for the individuality of all people.

Position        Number        Duties
Commissioners    12          Serve on Commission on Cultural Affairs
Columbia Values   approx. 10   Committee members for event planning
Diversity
Celebration
Volunteers
Youth: Annual events such as the Creative Kids Family Fun Fest or Columbia Values Diversity Celebration
Groups: Typically only have volunteer opportunities during annual events such as Creative Kids Family Fun Fest (in September) and the Columbia Values Diversity Celebration (one day in January)
Seasonal: Annual events such as the Creative Kids Family Fun Fest or Columbia Values Diversity Celebration

City of Columbia Parks and Recreation
Special Olympics & Adaptive Programs
Contact: Jody Cook
Email: jfcrane@gocolumbiamo.com
Website: www.gocolumbiamo.com
Phone: 573-874-7312
Address: P.O. 6015
          Columbia, MO 65205

Note: Volunteering opportunities are available to those persons with knowledge relating to web design & graphics, business, law, and accounting.

Youth: Help guide Children’s Grove; annual art contest; ongoing media programs/outreach; and website, Facebook, and Twitter development
Groups: Promote projects of kindness, mental health awareness, and mental health first aid training
Seasonal: Spring/Summer - Family Fun Fest, Annual Art Contest, production and selling of Children’s Grove Note Cards; Fall/Spring - National and local “Acts of Kindness” events and activities

City of Columbia Office of Cultural Affairs
Contact: Joyce Gelina
Email: OCA@GoColumbiaMo.com
Website: www.GoColumbiaMo.com/Arts
Phone: 573-874-6386
Address: 300 S. Providence Road
          Columbia, MO 65201

The Office of Cultural Affairs creates an environment where artists and cultural organizations thrive by advancing and supporting the arts for the benefit of the citizens of Columbia.

Position        Number        Duties
Commissioners    12          Serve on Commission on Cultural Affairs
Columbia Values   approx. 10   Committee members for event planning
Diversity
Celebration
Volunteers
City of Columbia Parks and Recreation
Special Olympics & Adaptive Programs (continued)

Provides recreation activities and sports participation for individuals with special needs. A commitment for a sports season is required.

All sports have a Sports Coordinator who oversees practice, handles paperwork, parent/staff communication, and deals with any athlete issues. A Head Coach provides practice plans and oversees the practices. The Sports Coordinator, Head Coaches, and volunteers work very much as a team.

An amazing experience is guaranteed.

Position | Number | Duties
--- | --- | ---
Special Olympics | *Assigned for each sport | Assist with practices, teach sport skills

*Note: 225 total volunteer positions: Softball- 20, Golf- 25, Tennis- 20, Bocce- 5, Bowling- 50, Basketball- 30, Swim-20, Track- 45, Volleyball- 10


City of Columbia Public Works
Volunteer Program (continued)

Youth: Most of our positions, with the exception of instructor positions, are suitable for 14 – 18 as well as adults
Groups: Eco-cleanups and Adopt-A-Spot Litter Control are most suitable for larger groups
Seasonal: Most of our events occur March – November

City of Columbia Volunteer Programs
Contact: Leigh Britt or Tina DeClue
Email: volunteer@gocolumbiamo.com
Website: www.gocolumbiamo.com/Volunteer
Phone: 573-874-7499
Address: 1313 Lakeview
P.O. Box 6015
Columbia, MO 65205

Provides valuable opportunities to build community while volunteering in the city government.

Position | Number | Duties
--- | --- | ---
Varied Needs | Open | Clerical, event planners, photographers, horticulturists, and more. We can use any talent you have!
Park Patrol | Open | Serve as an ambassador along Columbia’s trails
Tree Keepers | 30 | Learn about tree care and maintenance while helping with tree projects
Clean Up Columbia Adopt-A-Spot | Open | Beautify Columbia through litter clean-up and planting & maintaining landscaped areas

Youth: Youth in Action Summer Volunteer Program, clean-ups, special events (Limited positions under age 18)
Groups: Special events, planting/beautification, clean-up projects, Adopt-A-Spot
Seasonal: Some projects are seasonal

City of Refuge
Contact: Lori Stoll
Email: cityofrefuge.lori@gmail.com
Website: www.newcitycomo.com/cityofrefuge
Phone: 573-999-1686
Address: 9030 Lake Meadows Way
Columbia, MO 65203

Help refugees and immigrants navigate a new life.
City of Refuge (continued)

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>English &amp; Cultural tutors</td>
<td></td>
<td>Please contact Lori for more information</td>
</tr>
<tr>
<td>Youth: If youth is with an adult, they can tutor as a family and help with homework</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Groups: Sorting donations, hosting garage sales &amp; fundraisers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seasonal: Garage sales</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

CLAIM (Community Leaders Assisting the Insured of Missouri)

Email: claim@primaris.org  
Website: www.missouriclaim.org  
Phone: 573-817-8300  
Address: 200 North Keene St, Columbia, MO 65201

Helps Medicare beneficiaries work through healthcare issues and understand Medicare options or changes.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counselor</td>
<td>Open</td>
<td>Assist Medicare beneficiaries with enrollment, billing, Medicare prescription plans, Medigap, supplemental insurance, Medicare Advantage Plans, and appeals and grievances. Computer skills required; extensive training provided.</td>
</tr>
</tbody>
</table>

Youth: Youth can help with Medicare Prescription Drug searches on the Medicare Web site, and administrative support activities  
Seasonal: Will need extra help from Sept. - Dec.

Columbia Area Senior Center (continued)

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bus Tables</td>
<td>Several</td>
<td>Clear tables in the dining room</td>
</tr>
<tr>
<td>Bagging Bread</td>
<td>5</td>
<td>Bagging and labeling Panera Bread</td>
</tr>
<tr>
<td>Pick up Panera Bread</td>
<td>2</td>
<td>Pick up Panera Bread early</td>
</tr>
<tr>
<td>Receptionist</td>
<td>2</td>
<td>Answer phone calls and greet</td>
</tr>
<tr>
<td>Clerical/ Production</td>
<td>1</td>
<td>Copy monthly Talker</td>
</tr>
<tr>
<td>Photographer</td>
<td>2</td>
<td>Take pictures for newspapers</td>
</tr>
<tr>
<td>Dance Organizer</td>
<td>1</td>
<td>Organize dances, set up for dances</td>
</tr>
<tr>
<td>Cashier</td>
<td>Several</td>
<td>Make change</td>
</tr>
<tr>
<td>Server</td>
<td>Several</td>
<td>Serve food, pour coffee, bus dishes</td>
</tr>
<tr>
<td>Maintenance</td>
<td>Several</td>
<td>General repairs, plumbing, and electrical</td>
</tr>
<tr>
<td>Ticket Takers</td>
<td>Several</td>
<td>Collect meal tickets</td>
</tr>
<tr>
<td>Seminars</td>
<td>Several</td>
<td>Prepare or set up room</td>
</tr>
</tbody>
</table>

Youth: Help patrons with food (will need food handler card)  
Groups: Help deep-clean facility and parking lot  
Seasonal: Minor landscaping, weed control, help with garage sale in September

Columbia Art League

Contact: Diana Moxon  
Email: info@columbiaartleague.org  
Website: www.columbiaartleague.org  
Phone: 573-443-8838  
Address: 207 South 9th St, Columbia, MO 65201

Promotes the visual arts, making them accessible to everyone through exhibitions, classes, sales, and Art in the Park Festival.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Front Desk</td>
<td>Open</td>
<td>Help sell art and greet guests</td>
</tr>
<tr>
<td>Exhibitions</td>
<td>Open</td>
<td>Hang artwork and help at receptions</td>
</tr>
<tr>
<td>Art in the Park</td>
<td>200</td>
<td>Help with a variety of jobs for the festival</td>
</tr>
<tr>
<td>Boone County Art Show</td>
<td>30</td>
<td>Help hang the show and greet guests</td>
</tr>
</tbody>
</table>

Seasonal: Art in the Park is the first full weekend in June, and the Boone County Art Show is in the fall

Columbia Area Senior Center

Contact: Jan Palmer  
Email: columbiaseniorcenter@gmail.com  
Website: www.columbiaseniorcenter.com  
Phone: 573-874-2050  
Address: 200 North Keene St, Columbia, MO 65201

To aid in establishing activities to promote senior citizens in maintaining a life-style of independence and personal growth.
Columbia / Boone County Department of Public Health and Human Services

Contact: Mary Martin  
Email: mmmartin@gocolumbiamo.com  
Website: www.gocolumbiamo.com/Health  
Phone: 573-874-7356  
Address: 1005 W. Worley  
PO Box 6015  
Columbia, MO 65205

Provides public health services.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Data Entry</td>
<td>Open</td>
<td>Provide data entry support for grant activities</td>
</tr>
<tr>
<td>Smoking Cessation Counselor</td>
<td>Open</td>
<td>Provide brief smoking cessation counseling to low-income individuals trying to quit smoking</td>
</tr>
<tr>
<td>Medical Reserve Corp.</td>
<td>Open</td>
<td>Nurses and physicians interested in providing emergency response</td>
</tr>
</tbody>
</table>

Youth: Call for information  
Seasonal: Lunch in the Park (summer)

Columbia Center for Urban Agriculture

Contact: Heather Gillich  
Email: education@columbiaurbanag.org  
Website: www.columbiaurbanag.org  
Phone: 573-514-4174  
Address: 1209 Smith St  
Columbia, MO 65201

CCUA is a nonprofit seeking to promote and work toward the establishment, development, and maintenance of a sustainable local food system in CoMo. CCUA depends on volunteers, vegetable sales, landscaping clients, grants, and the generosity of the public to fulfill this mission.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Urban Farm Hands</td>
<td>40</td>
<td>Assist with our working urban farm</td>
</tr>
<tr>
<td>Office Admin</td>
<td>6</td>
<td>Assist program staff with admin duties</td>
</tr>
<tr>
<td>Membership support</td>
<td>5</td>
<td>Recruit and maintain CCUA memberships</td>
</tr>
<tr>
<td>Event volunteers</td>
<td>50</td>
<td>Help with our annual fundraisers</td>
</tr>
<tr>
<td>Program support volunteers</td>
<td>10</td>
<td>Help implement our programs in the community</td>
</tr>
</tbody>
</table>

Youth: 14 years of age and older with parental consent  
Groups: Please schedule a group workday at least two weeks in advance; workdays are 120 minutes long

Columbia Center for Urban Agriculture (continued)

Seasonal: Most volunteer opportunities occur between April and October

Columbia Chorale

Contact: Ken Logsdon  
Email: info@columbiachorale.com  
Website: www.columbiachorale.com  
Address: PO Box 1746  
Columbia, MO 65205

Promotes choral music of the highest artistic quality and stimulates a greater community understanding, appreciation, and enjoyment of choral music by presenting rich, vital, varied musical programs that appeal to a wide cross-section of Columbia residents.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concert Assistant</td>
<td>4-6</td>
<td>Usher or take tickets</td>
</tr>
<tr>
<td>Mailers</td>
<td>2-4</td>
<td>Folding, stuffing, stamping</td>
</tr>
<tr>
<td>Recording Engineer</td>
<td>1-2</td>
<td>For concert (requires musical knowledge)</td>
</tr>
<tr>
<td>Publicity Staff</td>
<td>1-2</td>
<td>Ideas for publicity, distributing posters, making posters</td>
</tr>
<tr>
<td>General Booster</td>
<td>Open</td>
<td>Choir supporter</td>
</tr>
<tr>
<td>Ad Seller</td>
<td>Open</td>
<td>Sell ads in program book</td>
</tr>
</tbody>
</table>

Youth: The opportunities listed could be done by youth  
Groups: Ushers, general boosters, and ad sellers  
Seasonal: Concerts are October through April

Columbia Entertainment Company

Contact: Jennifer Bloss  
Email: webmaster@cectheatre.org  
Website: www.cectheatre.org  
Phone: 573-814-1123  
Address: 1800 Nelwood Drive  
Columbia, MO 65202

Provides quality live theater experiences through education and participation.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Set Builder</td>
<td>Open</td>
<td>Construct sets for productions</td>
</tr>
<tr>
<td>Concessions</td>
<td>Open</td>
<td>Sales during performances</td>
</tr>
<tr>
<td>Costumes</td>
<td>Open</td>
<td>Design &amp; provide costumes</td>
</tr>
<tr>
<td>Maintenance</td>
<td>Open</td>
<td>Small repairs &amp; maintenance</td>
</tr>
</tbody>
</table>
Columbia Entertainment Company
Youth: Help with productions
Groups: Maintenance and construction

Columbia Eve Fest
Contact: Tina DeClue
Email: volunteer@gocolumbiamo.com
Website: www.columbiaevefest.com
Phone: 573-874-7499
Address: PO Box 1284
Columbia, MO 65205

A New Year’s Eve community celebration of the arts, which brings the community together in downtown Columbia for an alcohol-free celebration and quality arts experience for all ages.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Various</td>
<td>Open</td>
<td>Sales, ushers, button checkers, stages and children’s art area</td>
</tr>
</tbody>
</table>

Note: Most shifts are for 2 hours
Youth: Families can volunteer together. Teens over age 16 can assist with children’s activities
Groups: A group can staff a venue for the evening
Seasonal: Steering Committee works year round, event volunteers are New Years Eve only

Columbia Farmers Market
Contact: Corrina Smith
Email: info@columbiafarmersmarket.org
Website: www.columbiafarmersmarket.org
Phone: 573-823-6889
Address: 1701 West Ash Street
Columbia, MO 65203

Provide both the local farmer and consumer a reliable, regulated marketplace for the direct exchange of high quality and safe food. By facilitating such commerce the market strives to meet the needs of the local consumer while encouraging a sustainable agriculture in mid-Missouri.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assist w/Green-house activities</td>
<td>Open</td>
<td>Assist with planning and managing children’s learning activities at market, help get kids more involved with the local food community and eating healthy</td>
</tr>
<tr>
<td>Sales, ushers, button checkers, stages and children’s art area</td>
<td>Open</td>
<td>Take photos &amp; document the farmers market &amp; other special events</td>
</tr>
</tbody>
</table>

Columbia HealthCare Center
Contact: Kathy Gray/Amy McCauley
Email: columbiass@socket.net
Website: www.columbiahealthcarecenter.com
Phone: 573-474-6111
Address: 1801 Towne Dr.
Columbia, MO 65202

Provides nursing home care.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity/social services helpers</td>
<td>Open</td>
<td>Assist and facilitate activities; volunteers with special talents are invited to share them</td>
</tr>
</tbody>
</table>

Youth: Age 14 or older
Groups: Entertain residents on evenings and week-ends
Seasonal: Holidays and Birthday parties

Columbia Housing Authority
Contact: Matt Kessler
Email: mkessler@columbiaha.com
Website: www.columbiaha.com
Phone: 573-554-7043
Address: 201 Switzler Street
Columbia, MO 65203

Provides safe and affordable housing opportunities to low-income persons.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Pantry</td>
<td>1-2</td>
<td>Distribute food to residents, stock shelves, unload truck</td>
</tr>
</tbody>
</table>

Groups: Landscaping, beautification, adopting pantry
Seasonal: Outside trash pickup
Columbia Housing Authority/Moving Ahead Tutoring Program

Contact: Janice Brooks
Email: mapassist@columbiaha.com
Website: www.columbiaha.com
Phone: 573-554-7045
Address: 201 Switzler Street
Columbia, MO 65203

Provides after school and summer/mentoring to youth age 5-14. Sponsored by the City of Columbia and the Boone County Children Services Commission.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tutor/Mentor</td>
<td>25-35</td>
<td>Assist youth with reading, math, and additional activities</td>
</tr>
</tbody>
</table>

Youth: Older teens can serve as a tutor or mentor for a younger child
Group: Help students with arts and crafts projects

Columbia Public Schools
Contact: Community Relations
Website: www.cpsk12.org
Phone: 573-214-3960
Address: 1818 W. Worley Street
Columbia, MO 65203

Uses volunteer resources to enrich student experiences and improve the quality, productivity, and effectiveness of education in the school district.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Various positions and duties</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Columbia Public School: Adult Learning Center

Contact: Barbie Banks
Website: www.career-center.org/adult
Phone: 573-214-3690
Address: 4203 S. Providence Rd
Columbia, MO 65203

The Adult Learning Center of Columbia, Missouri provides many activities to support adults in obtaining their High School Equivalency certificate, non-native English speakers in improving their English language skills, and family literacy skills.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tutor</td>
<td>20+</td>
<td>Offer support to teachers and students in adult basic education classes</td>
</tr>
</tbody>
</table>

Coyote Hill Christian Children’s Home
Contact: Liza Thompson
Email: office@coyotehill.org
Website: www.coyotehill.org
Phone: 573-874-0179
Address: 9501 Coyote Hill Rd
Harrisburg, MO 65256

Coyote Hill exists to provide a professional, yet traditional home environment for abused and neglected children. Through licensed counselor and full-time Home Parents, the children of Coyote Hill are ensured a safe and healthy place to grow, learn, laugh, and love. We are A Safe Place to Be a Child.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tutor</td>
<td>20+</td>
<td>Assist children after school with learning &amp; homework</td>
</tr>
<tr>
<td>Cook</td>
<td>Open</td>
<td>Prepare meals in the evening</td>
</tr>
<tr>
<td>Mentor</td>
<td>Open</td>
<td>Spend one-on-one time with a child at Coyote Hill, providing a committed friendship, support, encouragement, and fun activities</td>
</tr>
</tbody>
</table>

Youth: Under adult supervision: help with meals, complete work projects or help with fundraising events
Groups: Help prepare a meal, various work projects & fundraiser events, hang out with kids

Daniel Boone Regional Library
Contact: Volunteer Coordinator
Email: hr@dbrl.org
Website: www.dbrl.org
Phone: 573-443-3161
Address: 100 West Broadway
PO Box 1267
Columbia, MO 65205

Provides public library services.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shelver</td>
<td>Open</td>
<td>Replace books on shelves</td>
</tr>
<tr>
<td>Special Projects</td>
<td>Open</td>
<td>As needed</td>
</tr>
</tbody>
</table>
Division of Youth Services

Contact: Erica Madison  
Email: erica.madison@dss.mo.gov  
Website: www.dss.mo.gov  
Phone: 573-449-2939  
Address: 1240 E. Brown School Rd.  
Columbia, MO 65202

State-run juvenile justice agency that provides therapeutic rehabilitative services to youth and families to aid in the prevention of delinquency.

Position | Number | Duties
--- | --- | ---
Job Shadow | | Allow youth to job shadow as part of career exploration
Tutors/Mentors | | Provide tutoring & mentoring to students in residential and non-residential settings
Art Teacher | | Provide instruction to youth for art exploration/projects

Groups: Various opportunities to teach and engage youth in various activities such as sports, debate, games, etc.

Downtown Optimist Club

Contact: Charles Neville  
Email: cneville@vu.com  
Website: www.downtownoptimistclub.org  
Phone: 573-228-1915  
Address: 2801 West Broadway, R5  
Columbia, MO 65203

To inspire respect for law, to develop optimism as a philosophy of life, to promote an active interest in good government and civic affairs, to promote patriotism and work for international accord and friendship among all people, to aid and encourage the development of youth in the belief that the giving of one's self in service to others will advance the well-being of mankind, the community, and the world.

Position | Number | Duties
--- | --- | ---
Chapter member | Open | Monthly meetings, fundraising, grant dreams to children

Youth: Very limited  
Groups: Fundraising on behalf of Dream Factory

Dream Factory

Contact: Tim Bach  
Email: bacht99@yahoo.com  
Website: www.centralmissouridreamfactory.org  
Phone: 573-489-8710  
Address: 705 E. Rockcreek Dr.  
Columbia, MO 65203

Brings a bright spot into the lives of families with chronically or critically ill children.

Position | Number | Duties
--- | --- | ---
Chapter member | Open | Monthly meetings, fundraising, grant dreams to children

Youth: Very limited  
Groups: Fundraising on behalf of Dream Factory

Easter Seals Midwest

Contact: Staci Bowlen  
Email: staci.bowlen@esmw.org  
Website: www.esmw.org  
Phone: 573-874-3777  
Address: 918 Bernadette Dr.  
Columbia, MO 65203

Providing autism services, therapy, and support across 49 countries. Formerly known as Life Skills - TouchPoint Autism Services.

Position | Number | Duties
--- | --- | ---
Office/Clerical | 1 | Filing, copying, mailings
Childcare | 1 | Must pass background check for all positions

Seasonal: Yes, please contact Staci for more information

Encircle Technologies

Contact: Teri Walden  
Email: encircletech@gmail.com  
Website: www.encircletech.org  
Phone: 573-228-0218  
Address: 3701 Sardis Court  
Columbia, MO 65203
Encircle Technologies (continued)

We train adults with autism for technology jobs, teaching hard technical skills in programming, web development, Adobe products, and Microsoft Office as well as soft skills.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Administrative Team</td>
<td>4</td>
<td>Fundraising, grant writing, recruiting, data entry</td>
</tr>
<tr>
<td>Tech Teacher</td>
<td>Open</td>
<td>Teach area of expertise</td>
</tr>
</tbody>
</table>

Groups: During some fundraisers, we might have group volunteering opportunities.

Family Health Center

Contact: Kerry Lewis
Email: klewissfhcmo.org
Website: www.fhcmo.org
Phone: 573-214-2314 ext. 1022
Address: 1001 West Worley
Columbia, MO 65203

Family Health Center exists to provide access to primary medical, dental, and mental health services for community members, with emphasis on the medically underserved; to improve the health of the community; and to train future health care providers.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Project Data Volunteer</td>
<td></td>
<td>Collect project-specific data, enter data into spreadsheet, assist with analysis</td>
</tr>
<tr>
<td>Clerical Volunteer</td>
<td></td>
<td>Create drafts/revisions of documents, call patients, document meeting notes, copying</td>
</tr>
<tr>
<td>Marketing Volunteer</td>
<td></td>
<td>Develop written marketing materials for print and social media, assist with graphic design of materials</td>
</tr>
</tbody>
</table>

Youth: Data collection, data entry, clerical work, cleaning, etc.

The Food Bank for Central and Northeast MO (continued)

Network of 142 charitable organizations providing hunger relief through soup kitchens, food pantries, senior/children programs, and rehabilitation facilities.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Various</td>
<td>Open</td>
<td>Assist with food distribution</td>
</tr>
<tr>
<td>Various</td>
<td>Open</td>
<td>Help with special events</td>
</tr>
</tbody>
</table>

Youth: Repacking food and food drives (No children ages eight and under or less than 48” in height)
Groups: Repacking food, food drives, fundraising
Seasonal: Need more help during the holiday season

For His Glory/ FHG Incorporated

Contact: Rev. Janice Dawson-Threat, Ph.D.
Email: forhisglory65203@yahoo.com
Website: www.forhisgloryinc.com
Phone: 573-268-4372
Address: PO Box 30843
Columbia, MO 65205

We are an academic support center that provides tutors for homework assistance; development of math skills using computers; and tutoring assistance for reading, writing, spelling, for elementary grades, and specific subjects for high school students. Target grades are 5th to 9th grade. Younger and older siblings are welcome to enroll. No drop in service. All participants must be enrolled.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tutors</td>
<td>10</td>
<td>Assist with homework and computerized math instruction</td>
</tr>
</tbody>
</table>

Sessions: Sept-Dec; Feb-April; May-June, 4:30-6:30 p.m.
Youth: Can assist as tutors for younger students during the May and June term by reading, assisting with game strategies, and computer tutorials
Groups: Can provide presentations that enrich or mentor young people

Foster Grandparent Program

See Central Missouri Community Action

Foundation for the Higher Good

Contact: Crystal Umfress
Email: foundationforthehighergood@gmail.com
Website: www.thehighergood.org
Foundation for the Higher Good (continued)

Phone: 573-239-9326
Address: 101 Corporate Lake Ste A
Columbia, MO 65203

To engage our community and promote the health and wellness of children & families around the world.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tigers on the Prowl (1)</td>
<td></td>
<td>Move tigers around during the months of August &amp; Sept.</td>
</tr>
<tr>
<td>Tigers on the Prowl (2)</td>
<td></td>
<td>Volunteer at community events with tigers</td>
</tr>
<tr>
<td>Event volunteers</td>
<td></td>
<td>Volunteer at events throughout the year</td>
</tr>
</tbody>
</table>

Groups: Volunteer throughout the Tigers on the Prowl campaign

Fun City Youth Academy

Contact: Consuela Johnson
Email: consuela@funcityyouthacademy.org
Website: www.funcity.missouri.org
Phone: 573-256-1436
Address: 318 Park Ave.
PO Box 1426
Columbia, MO 65205

Our mission is to engage area youth and their parents in academic, cultural & recreational programs that promote academic achievement, self-respect, and social responsibility.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth facilitator</td>
<td>5</td>
<td>Assist with activities of younger children during Summer</td>
</tr>
<tr>
<td>(Must be between Ages 13-18)</td>
<td></td>
<td>Summer</td>
</tr>
<tr>
<td>Summer Mentors/ Tutors (18+)</td>
<td>5</td>
<td>Assist teachers in classroom during Summer</td>
</tr>
<tr>
<td>Saturday Mentors/ Tutors (18+)</td>
<td>20</td>
<td>Assist with Saturday Academy activities during school year</td>
</tr>
</tbody>
</table>

Youth: Youth facilitators (ages 13-18) assist with activities of younger children (ages 5-12)

Girl Scouts of the Missouri Heartland Council, Inc. (continued)

Phone: 877-312-4764
Address: 230 Metro Dr.
Jefferson City, MO 65109

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

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Troop Leader</td>
<td></td>
<td>Provide the Girl Scouts program to a group of local girls</td>
</tr>
<tr>
<td>Assistance Leader</td>
<td></td>
<td>Help the Troop Leader provide the Girl Scouts program</td>
</tr>
<tr>
<td>Events Assistant</td>
<td></td>
<td>Help with programming &amp; recruitment events as needed</td>
</tr>
<tr>
<td>Series Volunteer</td>
<td></td>
<td>Provide a 4-6 week program for girls who aren’t in troops</td>
</tr>
<tr>
<td>Service Team</td>
<td></td>
<td>Be a member of the area’s core volunteer team who help organize Girl Scout events, activities, and leader support</td>
</tr>
</tbody>
</table>

Youth: Older girls may work with leaders to help with programming for younger Girl Scouts. Older girls may also assist with program events, recruitment efforts, and short term series

Groups: Groups can provide programming or badge work for a Girl Scout troop or short-term series. We would also like groups to help staff our program and recruitment events

Seasonal: Day camp assistants, resident camp counselors, Fall Product Coordinator, and Cookie Program Coordinator are all seasonal volunteer positions with GSMH

Great Circle

Contact: Susan Reeves
Email: susan.reeves@greatcircle.org
Website: www.greatcircle.org
Phone: 573-442-8331 ext. 209
Address: 4304 S. Bearfield Rd
Columbia, MO 65202

Great Circle is an agency that provides a unique spectrum of behavioral health services to children and families. With specialized programs and highly-trained professionals, we provide hope to those in difficult circumstances throughout Missouri and beyond.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dining Hall Decorations</td>
<td>4</td>
<td>Create and hang decorations in the residential dining hall 4 times per year</td>
</tr>
</tbody>
</table>
Great Circle (continued)

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Guest speaker/presenter</td>
<td>Multiple</td>
<td>Seeking speakers for school assemblies, on topics such as bullying, goal setting, careers, hobbies, entertainment. Would prefer presentations to occur between Mon-Thurs and between the hours of 1-3 PM.</td>
</tr>
<tr>
<td>Program Aide</td>
<td>1</td>
<td>Ongoing volunteer with the Impact Us Program to assist coordinator with twice weekly, evening classes (Wed/Thur from 5-7PM). Require completion of an application, background check and fingerprinting, and commitment of six months or more to volunteering</td>
</tr>
</tbody>
</table>

Note: All volunteers must be 21 years of age or older

Groups: Individuals or groups interested in planning one-time recreational activity for the children living on our residential campus may contact the volunteer coordinator at 573-442-8331, ext. 210 to arrange a date and time for the activity

Seasonal: Holiday Gift Drive - Adopt the holiday gift wish list of one or more of the children living on our Intensive Treatment and purchase the top three items for the child(ren)

Habitat for Humanity – Show-Me Central Chapter

Contact: Marsh Talyor
Email: showmehabitat@yahoo.com
Website: showmehabitat.org
Phone: 573-499-1202
Address: 1906 Monroe
Columbia, MO 65201

Building decent, affordable, low income housing for God’s people in need.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Driver</td>
<td>Open</td>
<td>Drive Restore truck to pick up donations (M-F available)</td>
</tr>
<tr>
<td>Construction Worker</td>
<td>10 per day</td>
<td>Physical construction work (Fridays and Saturdays)</td>
</tr>
<tr>
<td>Restore Volunteer</td>
<td>Open</td>
<td>Assist in office and Restore - load and unload donations</td>
</tr>
</tbody>
</table>

Groups: Groups can volunteer to build homes by contacting our email address at showmehabitat@yahoo.com

Harry S Truman Memorial Veterans’ Hospital

Contact: Sylvia M. Jackson, Chief, Voluntary Svc
Email: sylvia.jackson@va.gov
Website: www.columbiamo.va.gov
Phone: 573-814-6405
Address: 800 Hospital Drive
Columbia, MO 65201

Improves the health of veterans by providing primary, specialty, and extended care and related social support services in an integrated health care delivery system.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lap Robe/Book Distribution</td>
<td>Several</td>
<td>Distribute personal care items Books for 2-4 hours/week Recreation, patient escort, coffee cart, popcorn cart, surgery waiting room, etc</td>
</tr>
<tr>
<td>Various</td>
<td>Open</td>
<td></td>
</tr>
</tbody>
</table>

Note: There are opportunities in a wide range of areas from patient contact to support services. Contact for information.

Youth: Call for information (ages 14 and older)

Groups: Holidays, special occasions, bingo, outdoor activities, National Salute to Veterans, Veterans Day

Seasonal: Summer Student Program

Head Start

See Central Missouri Community Action

Heart of Missouri CASA

Contact: Ruth O’Neill or Sara Echternach
Email: heartofmissouricasa@hotmail.com
Website: www.heartofmissouricasa.org
Phone: 573-442-4670
Address: PO Box 10028
Columbia, MO 65205

Heart of Missouri CASA recruits, trains, and supports CASA volunteers (Court Appointed Special Advocates) to be exceptional voices for abused/neglected children that have been taken out of their homes and placed in foster care and in the custody of the Boone County Family Court System.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Court Appointed Special Advocates (CASAs)</td>
<td>Ongoing</td>
<td>*At least 21 years old. CASAs are volunteers who want to make a difference in the lives of foster children who have been taken out of their homes due to abuse/neglect;</td>
</tr>
</tbody>
</table>

*At least 21 years old. CASAs are volunteers who want to make a difference in the lives of foster children who have been taken out of their homes due to abuse/neglect;
Heart of Missouri United Way

**Contact:** Courtney Daviess  
**Email:** volunteer@uwheartmo.org or cdaviess@uwheartmo.org  
**Website:** volunteer.uwheartmo.org  
**Phone:** 573-443-4523  
**Address:** 105 East Ash Street  
Columbia, MO 65203

Heart of Missouri United Way improves the lives of people in need by mobilizing and coordinating the caring power of community resources in Mid-Missouri.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student Intern</td>
<td>4-6</td>
<td>Variety of tasks including marketing, public relations, volunteer coordination, allocations, special events help with various projects</td>
</tr>
</tbody>
</table>

**Youth:** Clerical opportunities; however, we help find volunteer opportunities in the community for people and groups of all ages  
**Groups:** Be a part of our “Live United Action Team” projects; we will help you find group opportunities and organize volunteer projects for your group  
**Seasonal:** We organize volunteer experiences every day of the week all year long. There are several things that happen during the holidays like gift drives, gift delivery, seasonal homeless shelters, clothes drives, bell ringing, gift wrapping, holiday meals. When weather permits: lawn care, summer camps, playground installs, ramp building for access, gutter cleaning, 5K walk/runs, etc

Hospice Advantage

**Contact:** Dale Willis  
**Email:** dale.willis@hospicecom.com  
**Website:** www.hospicecompassus.com  
**Phone:** 573-424-8219  
**Address:** 3050 I-70 Dr., Suite 100  
Columbia, MO 65201

Provide hospice services to people in central Missouri.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient Support</td>
<td>Open</td>
<td>Provide friendly visits to patients on hospice care</td>
</tr>
<tr>
<td>Volunteer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Administrative</td>
<td>Varies</td>
<td>Sort, file, put packets together in hospice office</td>
</tr>
<tr>
<td>Volunteer</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Job Point

**Contact:** Patty Cole  
**Email:** hr@jobpoint.org  
**Website:** www.jobpoint.org  
**Phone:** 573-777-1523  
**Address:** 400 Wilkes Boulevard  
Columbia, MO 65201

Since 1965, Job Point has been linking people and jobs. We promote the abilities of individuals seeking employment through innovative training, education and business partnership, enriching the communities where we work and live.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marketing/</td>
<td>1</td>
<td>Varies, project driven</td>
</tr>
<tr>
<td>Clerical</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Office Clerk</td>
<td>1</td>
<td>Assist with mailings and general office duties</td>
</tr>
<tr>
<td>Interviewer</td>
<td>Open</td>
<td>Conduct mock interviews with job seekers (long term commitment required)</td>
</tr>
<tr>
<td>Guest Speaker</td>
<td>Open</td>
<td>Speak to students regarding job market, expectations, etc etc</td>
</tr>
<tr>
<td>Tutor</td>
<td>Open</td>
<td>Help at-risk youths improve basic skills, study for the high school equivalency test, or prepare for college entrance exams</td>
</tr>
</tbody>
</table>
Jumpstart
Contact: Chrissie Bennett or Martina Hoyt
Email: bennettc@missouri.edu
Website: www.jstart.org
Phone: 573-882-8942
Address: University of Missouri
201 Student Success Center
Columbia, MO 65211

Engages people in service to work toward the day when every child in America enters school prepared to succeed.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool</td>
<td>Open</td>
<td>Painting, cleaning, playground</td>
</tr>
<tr>
<td>Maintenance</td>
<td></td>
<td>equipment repair, gardening</td>
</tr>
<tr>
<td>Comm. Events</td>
<td>Open</td>
<td>Assist with kid-friendly events</td>
</tr>
</tbody>
</table>

Youth: Yes, all positions above
Groups: Maintenance, community events, family events, book drives, preschool classroom supply drives
Seasonal: Holiday decorating, Martin Luther King Jr. event, Fall and Spring preschool events

Katy Trail State Park –
Department of Natural Resources
Contact: Jim Gast
Email: jim.gast@dnr.mo.gov
Website: www.mostateparks.com/katytrail
Phone: 573-449-7402
Address: 5901 S. Hwy 163
Columbia, MO 65203

Provides non-motorized trail creation on the MKT corridor. Preserves and interprets the natural and cultural features along the corridor.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Park Aide</td>
<td>Open</td>
<td>Public outreach, special events, newsletter,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>research, surveys</td>
</tr>
<tr>
<td>Trail Watch</td>
<td>Open</td>
<td>Hike-ride trails and assist visitors with</td>
</tr>
<tr>
<td></td>
<td></td>
<td>minor first aid or directions</td>
</tr>
<tr>
<td>Interpreter</td>
<td>Open</td>
<td>Lead bike or hike tours to a natural or</td>
</tr>
<tr>
<td></td>
<td></td>
<td>cultural site of interest</td>
</tr>
</tbody>
</table>

Youth: Youth groups (boy scouts, cub scouts, etc) or children may participate with an adult
Groups: Park maintenance
Seasonal: Summer is the busiest time

KBIA-FM Radio
Contact: Sally Jameson
Email: jamesonSM@missouri.edu
Website: www.kbia.org
Phone: 573-882-7100
Address: 101 Reynolds Journalism Institute
Columbia, MO 65211

Provide excellent radio programs, including NPR and classical music, for the Mid-Missouri community.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office/Clerical</td>
<td>1</td>
<td>Typing, filing, copying, and answering the</td>
</tr>
<tr>
<td></td>
<td></td>
<td>phone</td>
</tr>
<tr>
<td>On-air</td>
<td>Open</td>
<td>On-air announcing for the right candidate</td>
</tr>
<tr>
<td></td>
<td></td>
<td>that has an interest in classical music</td>
</tr>
<tr>
<td></td>
<td></td>
<td>with good enunciation</td>
</tr>
</tbody>
</table>

Seasonal: Office volunteer is during the summer

KMOS-TV Missouri PBS
Contact: Louise Beasley
Email: beasley@kmos.org
Website: www.kmos.org
Phone: 573-239-1997
Address: 804 Cypress Lane
Columbia, MO 65203

KMOS-TV is Mid-Missouri’s Public Television station airing programs that educate, inspire, and entertain young and old. We also provide community outreach events during the year throughout Columbia/Jeff City and our 37 county viewing areas such as Kids Day, Create Lifestyle Expo and Film screenings.

Youth: Wear costume characters
Groups: Create Lifestyle Expo November 7, 2015 at the Parkade Center in Columbia; we also need folks to answer phones during our 3 pledge drives per year
Seasonal: Fundraising pledge drives are March, August, December; Kids Day is Summer, and Create Expo is Fall

Komen for the Cure Mid-Missouri
Contact: Mandy Schick
Email: office@komenmidmissouri.org
Website: www.komenmidmissouri.org
Phone: 573-445-1905
Address: 204 Peach Way Drive
Columbia, MO 65203

The Susan G. Komen Mid-Missouri is dedicated to combat-
Komen for the Cure Mid-Missouri (continued)

ing breast cancer at every front. Up to 75% of the Komen Mid-Missouri’s net income goes toward funding grants to local hospitals and community organizations that provide breast health education and breast cancer screening and treatment programs for medically underserved women.

Groups: We are always looking for volunteers for our Race for the Cure
Seasonal: During race time in the fall

KOPN

Contact: Jill Sheets
Email: jill@kopn.org
Website: www.kopn.org
Phone: 573-874-1139
Address: 915 E. Broadway
Columbia, MO 65211

Educates, informs, entertains, and engages the people of Mid-Missouri through the use of broadcast and electronic media.

Position | Number | Duties
--- | --- | ---
On Air Board Operator | 5-7 | Read announcements, take meter readings, operate air board (good voice, ability to read, must complete training)
General Volunteer | Open | Help with special events and many other support positions
Office & Clerical News and Public Affairs | Open | Computer and phone skills
Interviewing, reading, writing, research, editing, and production

Youth: Call the station for information
Groups: Help with phone drives; mailings; and creative projects such as bulletin boards, archiving, and recycling

L.E.A.D. Institute, The

Contact: Stephanie Logan
Email: slogan@midamerica.net
Website: www.deaflead.com
Phone: 573-445-5005
Address: 2505 West Ash
Columbia, MO 65203

Provides leadership through education, advocacy, crisis intervention services, counseling, and other direct services for deaf, hard of hearing, deaf/blind and late deafened individuals, their families, and the communities in which they live.

Position | Number | Duties
--- | --- | ---
Student | 8 | Provide interpretation services at the summer camp
Interpreter | Open | Be a cabin leader at the summer camp
Camp Counselor | 5 | Help with fundraising events
Fundraising | Open | Help with fundraising events

Groups: Fundraising
Seasonal: Summer Camp and fundraising events

Lenoir Woods Retirement Center

Contact: Kim Leon
Email: kleon@lssliving.org
Website: www.lssliving.org/communities/lenoir-woods/skilled-nursing
Phone: 573-876-5800
Address: 3300 New Haven Road
Columbia, MO 65201

Our mission statement is “Older adults living life to the fullest.” We provide person-centered care to older adults who need 24-hour nursing care.

Position | Number | Duties
--- | --- | ---
Recreation | Open | Help with special activities, events, outings
Friendly Visitor | Open | Serve as one-on-one visitor, and interact with the residents
Entertainers | Open | Share your talents and skills in singing, music, drama, puppetry, etc. with seniors
Snack Shop | Open | Sell stamps, snacks, cards, etc

Youth: Age 16 and older; children under 16 must be accompanied by an adult
Groups: Provide entertainment or help with special activities or events
Seasonal: Holiday parties, etc.

Life Network of Central MO & My Life Clinic

Contact: Shirley McDonald
Email: clientspecialist@mylifeclinic.org
Website: www.lifenetworkfriends.com, www.mylifeclinic.org
Phone: 573-874-3561
Address: 802 N Providence Rd Ste 2
Columbia, MO 65251
Life Network of Central MO & My Life Clinic (continued)

Pregnancy help medical clinic with support services for pregnant women, parents, and families. Seek to care for all aspects of client health: medical, physical, educational, relational, spiritual, and access to basic needs. Support offered from Christian perspective if client requests/gives permission.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent Mentor</td>
<td>2</td>
<td>Educate/support clients through pregnancy and after, looking for married couple to mentor couples</td>
</tr>
<tr>
<td>Event volunteers</td>
<td>5</td>
<td>Events throughout year: set up, clean up, etc.</td>
</tr>
<tr>
<td>Mailing Team</td>
<td>4</td>
<td>Help with bulk mail items, as needed</td>
</tr>
</tbody>
</table>

Youth: Organize diaper/formula drive, help with recruitment for fundraising
Groups: Yes
Seasonal: Events for fundraising, group classes run for about 12 weeks and breaks in between

Literacy Action Corps
Contact: Mahree Skala
Email: LacColumbia@yahoo.com
Website: www.literacyactioncorps.org
Phone: 573-442-4280
Address: PO Box 7105
Columbia, MO 65205

Provides basic adult literacy and math help with one-on-one tutoring, plus help for international people wishing to improve their English reading, writing and conversational skills.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tutors</td>
<td>Open</td>
<td>Help students to read, write, and/or learn math skills; training is required</td>
</tr>
<tr>
<td>Various</td>
<td>Open</td>
<td>Administrative, fundraising, publicity, finance, newsletter</td>
</tr>
</tbody>
</table>

Love In the Name of Christ
Contact: Randy Hodill
Email: office@columbialoveinc.org
Website: www.columbialoveinc.org
Phone: 573-256-7662
Address: 1516 Business Loop 70 W
Columbia, MO 65202

Develops manageable opportunities for church volunteers and church ministries to provide caring connections for individuals in need.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admin/Office</td>
<td>Open</td>
<td>Assists with various office tasks or projects; update or create resource materials to best help those in need</td>
</tr>
<tr>
<td>Life Skills Coaching</td>
<td>Open</td>
<td>Coaching in the areas of money management, employment and affordable housing search, life purpose, and adult tutoring</td>
</tr>
<tr>
<td>Individuals and Groups</td>
<td>Open</td>
<td>Furniture pickup and delivery; sort and clean donated items</td>
</tr>
</tbody>
</table>

Lutheran Family and Children Services
Contact: Heather Wall
Email: heatherw@lfcs.org
Website: www.lfcsmo.org
Phone: 573-815-9955
Address: 401 West Boulevard North
Columbia, MO 65203

Provides pregnancy counseling, foster care, and adoption services.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Growing Hope Festival</td>
<td></td>
<td>Yearly fundraising event</td>
</tr>
<tr>
<td>Advisory Board</td>
<td></td>
<td>Serve as committee member</td>
</tr>
<tr>
<td>Baby Supplies</td>
<td></td>
<td>Collect baby supplies for office (diaper drives, etc)</td>
</tr>
<tr>
<td>Mentors</td>
<td></td>
<td>Support young women, attend support group, etc</td>
</tr>
<tr>
<td>Clerical Duties</td>
<td></td>
<td>Clerical duties and mailings</td>
</tr>
<tr>
<td>Seasonal:</td>
<td></td>
<td>Growing Hope Festival, Mother’s Day Tea, and Birth Mother’s Day Brunch</td>
</tr>
</tbody>
</table>

Make-A-Wish Foundation of Missouri
Contact: Andi Malick
Email: amalick@mo.wish.org
Website: www.mo.wish.org
Phone: 314-205-9474
Address: 13523 Barrett Parkway Drive, Ste 241
Ballwin, MO 63021

We grant wishes of children with life-threatening medical
Make-A-Wish Foundation of Missouri

(continued)

conditions to enrich the human experience with hope, strength, and joy.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wish Granter</td>
<td>Open</td>
<td>A wish granter is a Make-A-Wish® volunteer who works with wish children to discover, plan, and fulfill a wish. Wish granters work in teams of two; use resources wisely by seeking donated goods and services; and make each wish a unique, magical and memorable experience for the child. They understand these wishes-come-true are powerful, life-changing events that enhance the human experience, strengthen families, and bring communities together. (Wish Granters must be at least 21 years old)</td>
</tr>
<tr>
<td>Event Volunteers</td>
<td>40</td>
<td>Help at our Walk for Wishes event in St. Louis or Kansas City in April. Jobs include: water station helpers, inflatable monitors, carnival game workers, set up/clean up, cheering squad along the route</td>
</tr>
</tbody>
</table>

Youth: High school students are able to volunteer at the Walk for Wishes

Groups: We have our annual Walk for Wishes in April every year in St. Louis and Kansas City; we can use groups to volunteer to help at each walk

Seasonal: Our Walk for Wishes is in April every year

Maplewood Barn Community Theatre

(continued)

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Musicians</td>
<td></td>
<td>Provide music for productions</td>
</tr>
<tr>
<td>Set Builders</td>
<td></td>
<td>Construction of sets</td>
</tr>
<tr>
<td>Concessions</td>
<td></td>
<td>Sell food at performances</td>
</tr>
<tr>
<td>Tech Support</td>
<td></td>
<td>Run sound and light equipment</td>
</tr>
<tr>
<td>Costumes/Props</td>
<td></td>
<td>Design and maintain costumes and props</td>
</tr>
</tbody>
</table>

Youth: Yes, high school age and above

Groups: Yes

Marine Parents.com, Inc

Contact: Danielle Lindeman
Email: mp@marineparents.com
Website: www.marineparents.com
Phone: 573-449-2003
Address: 3208 LeMone Industrial Blvd
Columbia, MO 65201

Provides support, information, and services for Marines and their families, and encourages troop support through community awareness programs.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office/Clerical</td>
<td></td>
<td>Assemble print materials</td>
</tr>
<tr>
<td>Office/Clerical</td>
<td></td>
<td>Volunteer managers</td>
</tr>
<tr>
<td>Care Packages</td>
<td></td>
<td>Sort and label products</td>
</tr>
</tbody>
</table>

Youth: Over age of 12 can help with adult supervision

Groups: Yes, contact for more information

Mary Lee Johnston Community Learning Center

Contact: Meg Bartlett
Email: mljclexecdir@gmail.com
Website: www.mljclc.org
Phone: 573-449-5600
Address: 1509 Hinkson Ave
Columbia, MO 65201

We provide high quality care and education for children from 6 weeks through 6 years on a sliding fee scale based on family income.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool Reader</td>
<td>2</td>
<td>Regularly come read to the children</td>
</tr>
<tr>
<td>Teacher Helpers</td>
<td>2</td>
<td>Be extra set of hands for projects for teachers</td>
</tr>
</tbody>
</table>
Mary Lee Johnston Community Learning Center (continued)

Youth: Yes, background checks required
Groups: With 3 buildings to maintain there are always upkeep and yard work projects that need attending to; these include painting, washing windows, yard work, raking, spreading gravel, deep cleaning

McCambridge Center for Women
Contact: Shauna Dungan
Email: employmentcentral@pbhc.org
Website: www.compasshealthhome.org
Phone: 573-443-2204
Address: 201 N Garth
Columbia, MO 65203

To enhance wellness in the lives of individuals and communities by instilling hope, building partnerships, and supporting recovery.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Housekeeping</td>
<td>1</td>
<td>Light facility cleaning</td>
</tr>
<tr>
<td>Office/clerical</td>
<td>1</td>
<td>Copying, filing, data entry</td>
</tr>
</tbody>
</table>

Groups: Yard work
Seasonal: Yard work

Meals on Wheels
Contact: JoNetta Weaver
Email: mowheels@gmail.com
Website: www.mealsonwheelscolumbia.org
Phone: 573-886-7554
Address: 800 Hospital Drive
Columbia, MO 65201

Meals on Wheels of Columbia is dedicated and passionate about providing hot, nutritious meals to those in need.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drivers</td>
<td>Open</td>
<td>Deliver meals Monday to Friday using your car in Columbia from 11:00 - 12:30</td>
</tr>
<tr>
<td>Packer</td>
<td>Open</td>
<td>Accurately place hot trays in totes for drivers - Monday to Friday from 10:30 - 11:15 Mornings - Monday to Friday to assist with office work</td>
</tr>
<tr>
<td>Clerical</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

Youth: Volunteers under the age of 18 would need to ride along with a parent, college student, grandparent, etc, who is trained and on the regular route; children with parents are welcome to drive as our clients love to see children

Meals on Wheels (continued)

Groups: If a group, office, etc. would like to share the responsibility of driving, training can happen at your office and then a weekly route is assigned to the group; it is the office’s (group’s) responsibility to have someone each week to drive the route
Seasonal: We can use SNOW DRIVERS; meals are delivered when weather allows and some of our regular drivers are not comfortable driving in snowy conditions, so SNOW DRIVERS are trained and ready to drive at 10:30 on snowy mornings

Medical Reserve Corps
(Columbia/Boone Co. Health Dept.)
Contact: Dan Schneiderjohn
Email: dschnei@gocolumbiamo.com
Website: www.gocolumbia.mo.com/Health/Medical_Reserve_Corp
Phone: 573-817-6401
Address: 1005 W. Worley St
Columbia, MO 65203

Provides volunteers for public health crises.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Crisis</td>
<td>Open</td>
<td>Health/medical professionals and interested citizens: assist during a public health crisis</td>
</tr>
<tr>
<td>Volunteer</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Groups: Possibly
Seasonal: Active only in times of public health crisis

Mid-Missouri Legal Services
Contact: Susan Lutton, Executive Director
Phone: 573-442-0116
Address: 1201 West Broadway
Columbia, MO 65203

Provides free legal services on civil matters to low-income people in eleven counties in central Missouri.

Youth: Can help with yard care and exterior window washing
Groups: Groups are welcome
Seasonal: Window washing, mowing, weeding, raking, watering yard and trash pickup

Mid-Missouri Peaceworks/Peace Nook
Contact: Mark Haim
Email: mail@midmopeaceworks.org
Mid-Missouri Peaceworks/Peace Nook
(continued)

Website: www.midmopeaceworks.org
Phone: 573-875-0539
Address: 804-C East Broadway
         Columbia, MO 65201

Promotes an ecologically sound, sustainable world and a violence-free community in which human equality and justice flourish through public education, advocacy, and fellowship and citizen empowerment.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peace Nook</td>
<td>Open</td>
<td>Work in non-profit store 2+ hours a week; cashier, receive orders, restock, etc.</td>
</tr>
<tr>
<td>Office</td>
<td>5</td>
<td>Help with library, information files, correspondence, etc.</td>
</tr>
<tr>
<td>Sustainability and Peace Educators</td>
<td>Open</td>
<td>Outreach to community on critical issues, public education campaigns, events, etc.</td>
</tr>
</tbody>
</table>

Youth: 8th Grade or older can help in the Peace Nook
Groups: Help with large mailings 3-4 times a year
Seasonal: Earth Day in April or help at other holidays

Missouri Crisis Line

Contact: Dr. Stephanie Logan
Email: slogan@midamerica.net
Website: www.missouricrisisline.com
Phone: 573-445-5035

A 24-hour crisis hotline and texting service for individuals to call when they need someone to talk to for support.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hotline volunteers</td>
<td>Open</td>
<td>Answer crisis calls and texts</td>
</tr>
</tbody>
</table>

Missouri River Communities Network

Contact: Steve Johnson
Email: manitoubluffs@centurytel.net
Website: www.moriver.org
Phone: Office: 573-256-2602, Cell: 573-999-2165
Address: 200 Old 63 South Ste 203
         Columbia, MO 65201

Engages in activities to enhance stewardship of Missouri streams and rivers, including educational presentations, stream clean-up, and support of stream teams.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office</td>
<td>1-2</td>
<td>General office, data entry, respond to membership requests</td>
</tr>
<tr>
<td>Event Staff</td>
<td>Several</td>
<td>Staff Earth Day or Heritage Festival booths</td>
</tr>
</tbody>
</table>

Youth: Stream clean-up, tree planting, invasive species removal
Groups: Fundraising events
Seasonal: Busy season is May-August

Missouri SMP, a division of Administration on Aging

Contact: Roary Hutt
Email: rhutt@goaging.org
Website: www.missourismp.org
Phone: 888-515-6565
Address: 106 W. Young
         PO Box 1078
         Warrensburg, MO 64093

Empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report healthcare fraud, errors, and abuse through outreach, counseling, and education.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Distribution Specialist</td>
<td>Open</td>
<td>Distributes SMP brochures to doctors’ offices, hospitals, senior centers, libraries, and other sites as appropriate; staffing information exhibits at events</td>
</tr>
<tr>
<td>One-on-one Specialist</td>
<td>Open</td>
<td>Provide one-on-one assistance to people with Medicare/Medicaid regarding suspected waste, fraud and abuse, billing, and questions</td>
</tr>
<tr>
<td>Presentation Specialist</td>
<td>Open</td>
<td>Makes presentations to community groups and organizations</td>
</tr>
</tbody>
</table>

Missouri Symphony Society

Contact: Larry Babcock
Email: office@mosymphonysociety.org
Website: www.mosymphonysociety.org
Phone: 573-875-0600
Missouri Symphony Society (continued)

**Address:** 203 S. 9th St
Columbia, MO 65201

The Missouri Symphony Society is dedicated to enhancing and increasing the cultural awareness of classical music by presenting high caliber, professional performances, and encouraging and educating young performing artists.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Usher</td>
<td>Open</td>
<td>Assist patrons at concerts</td>
</tr>
<tr>
<td>Office support</td>
<td>Open</td>
<td>Mailings, answer phones, copying</td>
</tr>
</tbody>
</table>

**Youth:** Youth are welcome on all projects
**Groups:** We try to have 10-15 ushers at each concert
**Seasonal:** Hot Summer Nights Festival runs June and July

MO River Relief

**Contact:** Steve Schnarr
**Email:** riverrelief@riverrelief.org
**Website:** www.riverrelief.org
**Phone:** 573-443-0292
**Address:** PO Box 463
Columbia, MO 65205

Engages individuals and communities along the river in the exploration, enjoyment, restoration, and care of the Missouri River through hands-on experience, on the river stewardship, and educational events and activities.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>River Clean-up</td>
<td>Open</td>
<td>Clean up the Missouri River</td>
</tr>
</tbody>
</table>

**Youth:** Yes, contact for information
**Groups:** Yes, contact for information

M.S. Institute

**Contact:** Gretchen Roberts
**Email:** robertsg@health.missouri.edu
**Website:** www.muhealth.org/msinstitute
**Phone:** 573-882-6767
**Address:** One Hospital Dr - DC205.00
Columbia, MO 65212

Our mission is to provide resources to enhance the quality of life for all Mid-Missourians affected by multiple sclerosis, as well as raise public awareness about MS and encourage support while supporting local medical and research programs that address immediate health issues and work toward a cure for MS.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Assistant</td>
<td>Open</td>
<td>Assist clients at home with cleaning, yardwork, etc.</td>
</tr>
<tr>
<td>Shopper</td>
<td>Open</td>
<td>Assist clients in obtaining groceries and other items</td>
</tr>
</tbody>
</table>

**Groups:** Help MS clients with work around their home that they are unable to do
**Seasonal:** Yard work

MU Adult Day Connection

**Contact:** Jerry W. Kiesling
**Email:** kieslingjw@health.missouri.edu
**Website:** www.adultdayconnection.com
**Phone:** 573-882-7070
**Address:** 137 Clark Hall
Columbia, MO 65211

Serves adults, mostly seniors, who have experienced physical, cognitive, or emotional change and need a supportive environment. Provides respite for family caregivers.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outdoor Activity</td>
<td>3</td>
<td>Assist with groups in the garden - AM or PM</td>
</tr>
<tr>
<td>Volunteer</td>
<td>Coffee Kiosk</td>
<td>4</td>
</tr>
</tbody>
</table>

**Youth:** Musical performances, caroling, demonstrations of martial arts and cultural performances
**Groups:** Musical and cultural performances; if your group is hosting a musical performance and the players need a place to rehearse, we would enjoy hosting them
**Seasonal:** We need volunteers from December 7 - January 20; May 5 - June 5; July 25 - August 25 for Bingo, musical performances, travelogues, cultural performances, and other activities

MU at Family Impact Center

**Contact:** Ashley Guillemette
**Email:** guillemettea@missouri.edu
**Website:** www.mufamilyimpact.org
**Phone:** 573-882-2428
**Address:** 105 E. Ash Street, Suite 200
Columbia, MO 65203

The Family Impact Center provides life-long education to improve the quality of life of individuals in the Columbia and surrounding communities. We seek to bring University of Missouri programs to central Columbia in order to best
MU at Family Impact Center (continued)

reach unmet needs.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Childcare Leader</td>
<td>1</td>
<td>Oversee childcare program, create and implement curriculum, recruit volunteers</td>
</tr>
<tr>
<td>Communications Assistant</td>
<td>1</td>
<td>Creating marketing materials, updating electronic media, maintaining website, generating monthly newsletter, updating community calendars, drafting press releases</td>
</tr>
</tbody>
</table>

Youth: Individuals under the age of 18 could help with our childcare program

Groups: Back-to-School Health Fair (August), Project Homeless Connect (winter and summer), etc

Seasonal: Back-to-School Health Fair (August), Project Homeless Connect (winter and summer), etc

MU Extension - Boone County

Contact: Beth Carter
Email: carterbv@missouri.edu
Website: www.extension.missouri.edu/boone
Phone: 573-445-9792
Address: 1012 N. Hwy UU
Columbia, MO 65203

Provides research-based educational programs and information to help improve people’s lives in Boone County.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office support</td>
<td>1</td>
<td>General office work as needed</td>
</tr>
</tbody>
</table>

MU Museum of Art and Archaeology (continued)

MU Museum of Art and Archaeology

Contact: Bruce Cox
Email: coxb@missouri.edu
Website: www.maa.missouri.edu
Phone: 573-882-3591
Address: Mizzou North
115 Business Loop 70 West
Columbia, MO 65203

Collects and preserves original works of art and artifacts in a variety of media, making them available to students, scholars, and the public through exhibition, interpretation, and publication.

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<thead>
<tr>
<th>Position</th>
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<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Docent</td>
<td>Open</td>
<td>Lead tours for groups (training required)</td>
</tr>
</tbody>
</table>

MU Office of Service Learning

Contact: Anne-Marie Foley
Email: servicelearning@missouri.edu
Website: servicelearning.missouri.edu
Phone: 573-882-0227
Address: Lowry Hall, 2nd Floor
Columbia, MO 65211

Assists MU students in locating meaningful service opportunities as a component of their academic coursework.

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<tr>
<th>Position</th>
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Mustard Seed Fair Trade (now Rōûte)

Contact: Carissa Boesch
Email: info@mustardseedfairtrade.org
Website: shop.mustardseedfairtrade.org
Phone: 573-449-6166
Address: 25 S. 9th Street
Columbia, MO 65201

Seek to engage the local community in the principles and practices of fair trade, connecting Columbia with the global community and impacting lives around the world.

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<tr>
<th>Position</th>
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<tr>
<td>Help in store, run cash register, assist customers, organize merchandise, and educate others about fair trade; shifts are one 3-hour shifts per week</td>
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Email: carterbv@missouri.edu
Website: www.extension.missouri.edu/boone
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Phone: 573-882-3591
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Columbia, MO 65203

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Columbia, MO 65203

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<td></td>
</tr>
</tbody>
</table>
### National Federation of the Blind of Missouri

**Contact:** Gary Wunder  
**Email:** gwunder@earthlink.net  
**Website:** www.nfbmo.org  
**Phone:** 573-874-1774  
**Address:** 3910 Tropical Lane  
Columbia, MO 65202

Promotes the general welfare of the blind.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office Assistant</td>
<td>1</td>
<td>Read aloud incoming mail and help fill out forms, etc</td>
</tr>
<tr>
<td>Drivers</td>
<td>5</td>
<td>Provide transportation to chapter meetings</td>
</tr>
</tbody>
</table>

**Youth:** Reading or help with fundraising activities  
**Groups:** Help with fundraising activities  
**Seasonal:** Provide transportation for holiday shopping

---

### No Kill Columbia - The Spay Neuter Project

**Contact:** Ronnye Gayle Randall  
**Email:** info@spayneuterprojectmo.org  
**Website:** www.spayneuterprojectmo.org  
**Phone:** 573-397-6443  
**Address:** 206 Austin Ave  
Columbia, MO 65203

The Spay Neuter Project is Columbia’s high quality, high volume, low cost spay neuter clinic. Our mission is to provide a non-lethal alternative to the unnecessary euthanasia of homeless pets through high quality, targeted, affordable sterilization services.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Clinic</td>
<td>5</td>
<td>Laundry (on-site), general cleaning as needed</td>
</tr>
<tr>
<td>Flyers/Info</td>
<td>10</td>
<td>Pass out flyers at events, street team, businesses</td>
</tr>
<tr>
<td>Morning Greeter</td>
<td>5</td>
<td>Greet clients, offer direction and answer questions</td>
</tr>
<tr>
<td>Events</td>
<td>Open</td>
<td>Assist at various events as needed</td>
</tr>
</tbody>
</table>

**Groups:** Street teams: Pass out flyers to targeted areas by going door-to-door in teams, and delivering to businesses, etc; may do fundraising

---

### NOFAS - Missouri

**Contact:** Leigh Tenkku Lepper

NOFAS-Missouri is committed to raising public and professional awareness of the dangers of drinking alcohol during pregnancy and prior to becoming pregnant and addressing the needs of individuals with Fetal Alcohol Spectrum Disorder (FASD) and their families.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office/Clerical</td>
<td>1</td>
<td>Typing, emailing board members, managing paperwork for non-profit organizations, etc</td>
</tr>
</tbody>
</table>

**Groups:** We host an annual International FASD Awareness Day Campaign which may include participants across the state. There could be other projects that volunteers could also participate in once they have some knowledge about Fetal Alcohol Spectrum Disorders

---

### P.A.C.E Youth Theater

**Contact:** Sarah Mcanelly  
**Email:** sarahpaceinfo@gmail.com  
**Website:** www.kidsintheact.org  
**Phone:** 573-825-8023  
**Address:** 612 Big Bear Blvd, #525 & #526  
Columbia, MO 65202

Youth theatre organization. We hold classes and do theatre.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sewing</td>
<td>Open</td>
<td>Helping with costumes, sewing, and crafts</td>
</tr>
<tr>
<td>Construction</td>
<td>Open</td>
<td>Building and painting sets</td>
</tr>
</tbody>
</table>

**Groups:** Painting interior of studio

---

### ParentLink

**Contact:** Christina Torbet  
**Email:** parentlink@missouri.edu  
**Website:** parentlink.missouri.edu  
**Phone:** 573-882-1660  
**Address:** 4800 Santana Circle  
Columbia, MO 65203

ParentLink’s mission is to effectively engage families in reducing adverse childhood experiences and to promote
ParentLink (continued)

optimal development. We are a grant-funded educational organization of the University of Missouri’s College of Education. We provide a variety of resources and support services for all Missouri families, relative caregivers, foster and adoptive parents, military parents, parents who are incarcerated, as well as professionals serving parents.

Position | Number | Duties
---|---|---
Marketing/Promotion of ParentLink Services | 1-15 | Staff tables at events to help promote ParentLink services
Program Aide | 1-3 | Mailings, data entry, distribute fliers, catalog library, etc

Groups: Groups can perform the duties listed above

---

Parkside Manor

Contact: Shannon Branham
Email: parksideadmin@socket.net
Website: visitparksidemanor.com
Phone: 573-449-1448
Address: 1201 Hunt Avenue
Columbia, MO 65202

Parkside Manor is a skilled nursing home that strives to meet the daily needs in all aspects of our residents. We encourage our staff and families to make this an environment that they feel that they are at home.

Position | Number | Duties
---|---|---
Various | Open | We are always looking for volunteers to come and assist with activities or events with our residents; we always encourage volunteers that may just want to come in and visit with the residents, call bingo, or just be there to help

Youth: 13 years and up; will need to come to the facility with a parent and talk with us to see what they may want to do
Groups: The residents always enjoy groups that come in with worship services, music, or any type of talent that ones have been blessed with

Pednet Coalition (continued)

Website: pednet.org
Phone: 573-999-9894
Address: 201 W. Broadway, Building 3, Suite B
Columbia, MO 65203

The Mission of PedNet Coalition is to create a comprehensive active transportation network, promote healthy lifestyles for all, and engage the community through education and advocacy.

Position | Number | Duties
---|---|---
Office Assistant | 5 | Envelope stuffing
Event Assistant | 20 | Various

Youth: The above duties can be performed by youth

---

PET MO - Columbia

Contact: Gary Moreau
Email: petproject@giftofmobility.org
Website: www.giftofmobility.org
Phone: 573-886-7877
Address: 1908 Heriford
Columbia, MO 65202

Builds and ships hand-cranked, three-wheeled wheelchairs to over 90 countries, to provide the gift of mobility and hope for persons now crawling upon the ground. All workers are volunteers.

Position | Number | Duties
---|---|---
Carpentry | 1-2 | Cutting, routing, sanding, drilling, treated lumber pieces
Welders | 2 | Welding steel frames for PETs
Clerical | 2 | Organizing spreadsheet list of volunteers
Mission warehouse | 5 | Folding clothes and linens
Sewing machine repairman | 3 | Take machines home and repair them

Youth: Must be at least 16 years of age
Groups: Yes

---

Phoenix Programs

Contact: Adam Joyce
Email: ajoyce@phoenixhealthprograms.com
Website: www.phoenixhealthprograms.com
Phone: 573-875-8880 ext. 2127
Address: 90 E Leslie Lane
Columbia, MO 65202

---
Phoenix Programs (continued)

Improve the health and quality of life of those impacted by drug and alcohol abuse.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office support</td>
<td>2</td>
<td>General office duties</td>
</tr>
</tbody>
</table>

Preferred Hospice of Missouri

Contact: Tracy Sherman
Email: tsherman.col@preferredhospice.com
Website: www.preferredhospice.com
Phone: 573-499-4540
Address: 1900 N. Providence #311
Columbia, MO 65201

Works to impact the lives of those served, inspire through example, and encourage celebration of life. Assist with emotional peace of mind and physical and spiritual healing.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office/clerical</td>
<td>2</td>
<td>Type, file, copy, answer phone</td>
</tr>
<tr>
<td>Companionship</td>
<td>Open</td>
<td>Visit patients, read, and talk</td>
</tr>
<tr>
<td>Bereavement</td>
<td>5</td>
<td>Comfort grieving family/friends, sit with patients who are dying</td>
</tr>
</tbody>
</table>

Youth: Can make crafts for patients; over age 16 can help with office/clerical; over age 18, can volunteer as companions with parental permission

Groups: Elementary students can make cards in their classrooms to deliver to Preferred Hospice

Primaris Foundation

Contact: Jeremy Milarsky
Email: jmilarsky@primaris.org
Website: www.primaris.org
Phone: 573-817-8338 ext. 136
Address: 200 North Keene Street
Suite 101
Columbia, MO 65201

To work directly with physicians, providers, patients and payers to improve the quality of healthcare for all.

<table>
<thead>
<tr>
<th>Position</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Volunteers</td>
<td>Open</td>
<td>Assist, educate, and counsel consumers about their choices under the Affordable Care Act; extensive training provided</td>
</tr>
</tbody>
</table>

Seasonal: During our Outreach Events and Open

Primaris Foundation (continued)

Enrollment which starts November 1, 2015 and ends January 31, 2016 (Outreach events take place outside of our Open Enrollment dates)

Rainbow House

Contact: Rita Ivy
Email: rivy@rainbowhousecolumbia.org or volunteer@rainbowhousecolumbia.org
Website: www.rainbowhousecolumbia.org
Phone: 573-474-6600
Address: 1611 Towne Dr.
Columbia, MO 65202

Keeps children safe and supports families in crisis.

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<th>Number</th>
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<tbody>
<tr>
<td>House Aide</td>
<td>Open</td>
<td>Interact with the children, provide positive role model behaviors, and help with household duties</td>
</tr>
<tr>
<td>Clerical Aide</td>
<td>Open</td>
<td>Answer phones, greet visitors, general office duties</td>
</tr>
</tbody>
</table>

Youth: Possibly, talk to volunteer supervisor

Groups: Special projects, organize drives, inside and outside maintenance (youth or adult groups welcome)

Seasonal: Holiday decorations, lawn work

Refugee and Immigration Services

Contact: Katie Freehling
Email: kfreehling@cccnmo.org
Website: riscomo.wordpress.com | cccnmo.org
Phone: 573-442-7568 ext. 18
Address: 201 W Broadway Ste 3G
Columbia, MO 65203

Assists in resettling refugee families including housing, cultural orientation, education, employment, and other services as needed.

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<tr>
<th>Position</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Office Volunteer</td>
<td>Open</td>
<td>Greet clients, answering phone, taking messages, making appointments</td>
</tr>
<tr>
<td>Health Services</td>
<td>Open</td>
<td>Provide transportation education and assistance to relevant health appointments, assist clients to independently navigate the US healthcare system</td>
</tr>
</tbody>
</table>
Refugee and Immigration Services (continued)

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>English Tutor</td>
<td>Open</td>
<td>Serve as an ELL volunteer within our office, attend classes and work with students as they strive to improve their English fluency</td>
</tr>
<tr>
<td>(On site)</td>
<td></td>
<td>Serve as an in-home volunteer so that all refugees may have access to learning a new language</td>
</tr>
<tr>
<td>English Tutor</td>
<td>Open</td>
<td>Shadow and assist case managers as they provide a number of services involving cultural and community orientation, access to services, and resources as needed</td>
</tr>
<tr>
<td>(In home)</td>
<td></td>
<td>Work in the office to pick up valuable donations, set up apartments for new arrivals, and/or organize current and incoming donations</td>
</tr>
<tr>
<td>Case Management Assistant</td>
<td>Open</td>
<td>Speak a different language? Contact us to see if you can help out- we serve clients from all over the world</td>
</tr>
<tr>
<td>On Call</td>
<td>Open</td>
<td></td>
</tr>
<tr>
<td>Translation</td>
<td>Open</td>
<td></td>
</tr>
</tbody>
</table>

Groups: Sometimes, please contact Katie Freehling for more information

Riley Equine Center

Contact: Connie Riley or Carol Ward
Email: bjriley@socket.net
Website: www.rileyequinecenter.com
Phone: 660-882-6400 (daytime) | 660-882-2377 (evening)
660-537-0302 (cell)
Address: 17244 Doyle Rd
Boonville, MO 65233

We are a therapeutic riding center who serves adults and children who have physical, mental, and/or emotional challenges through the use of horses. We do this through riding lessons and equine assisted psychotherapy. Occupational therapist and licensed psychologist are on staff as well as 5 certified instructors. We also teach general riding lessons for those with no particular challenges.

Riley Equine Center (continued)

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lesson Assistant</td>
<td>Open</td>
<td>Catch, groom, and tack the horses; lead the horse or walk beside rider; keeping rider engaged and helping with instructions from instructor</td>
</tr>
<tr>
<td>Fundraiser</td>
<td>Open</td>
<td>Help with two existing fundraisers - annual horse show in the spring and mouse race this fall, finding sponsors for t-shirts, finding items for an auction</td>
</tr>
<tr>
<td>Board of Directors</td>
<td></td>
<td>Acts as advisory board to help plan projects</td>
</tr>
<tr>
<td>General</td>
<td></td>
<td>Take daily care of horses and coordinate volunteers to make sure we have enough for each lesson</td>
</tr>
</tbody>
</table>

Youth: For youths ages 14 and up (13 years old, if volunteer has some horse knowledge and are good with kids)
Groups: We could use groups for any of the position duties listed above; we have also used groups for special projects such as repairing fences and stalls

Rock Bridge Memorial State Park

Contact: Roxie Campbell
Email: roxie.campbell@dnr.mo.gov
Website: www.mostateparks.com
Phone: 573-449-7400
Address: 5901 S. Hwy 163
Columbia, MO 65203

Preserves and interprets the finest examples of Missouri’s natural and cultural resources and provides outdoor recreational opportunities.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Naturalist</td>
<td>Several</td>
<td>Lead short cave tours for the public and/or present nature programs for groups of children, lead hikes, answer questions, staff a table at events</td>
</tr>
<tr>
<td>Office Assistant</td>
<td>Several</td>
<td>Answer the phone, help visitors, make reservations and sales, data entry, make copies, prepare mailings and similar tasks as assigned; Option: history research</td>
</tr>
</tbody>
</table>
Rock Bridge Memorial State Park (continued)

Position | Number | Duties
--- | --- | ---
Resource Steward | Several | Work in small groups to identify and record numbers of frogs, butterflies, birds, stream life and other wildlife (seasonal); Options: invasive plant control on your own schedule and/or assist with prescribed burns scheduled on weekdays.
Trail Patrol | Several | Help park trails to remove litter and down branches, report maintenance needs, remind visitors of park rules, assist visitors and be a positive presence; Options: light invasive plant control while hiking and stream clean-up.

Youth: Youth can volunteer to do trail patrol, resource steward work (except for prescribed burns) and some office tasks; youth must be accompanied by a responsible adult.
Groups: Group projects of roadside litter pick-up, invasive plant control or old fence removal are generally available; call to make arrangements.
Seasonal: Generally available year-round, but certain tasks such as wildlife monitoring and burns are seasonal and cave tours are not provided in the winter.

Roots N Blues N BBQ Festival
Contact: Volunteer Coordinator
Email: volunteers@rootsnbluesnbbq.com
Website: www.rootsnbluesnbbq.com
Phone: 573-442-5862
Address: 910 E. Broadway #10
Columbia, MO 65201

Position | Number | Duties
--- | --- | ---
Various | Open | Shifts of four hours for a variety of tasks at the festival (one hour of mandatory training needed); all volunteers receive a t-shirt and one-day pass to festival.

Seasonal: Takes place for two days during the fall season.

SAFE KIDS Columbia
Contact: Sheila Robertson
Email: robertsonsm@missouri.edu
Website: www.muhealth.org/safekids
Phone: 573-875-9216
Address: MU Women’s & Children’s Hospital
404 N. Keene St
Columbia MO 65201

Works in the community to teach unintentional injury prevention and keep kids safe at home, in the car, in the

Ronald McDonald House of Mid-Missouri
Contact: Angela Huntington
Email: angela@rmhcmidmo.org
Website: www.rmhccmidmo.org
Phone: 573-443-7666
Address: 3501 Lansing Ave
Columbia, MO 65201

Home away from home for families of children receiving medical treatment in Columbia.

Position | Number | Duties
--- | --- | ---
House Volunteer | Open | Help with the daily operation of the house, including: guest room preparation, office work, and daily tasks.
Youth: House chores, yard work as part of groups with adult supervision.
Groups: Yard work, housing cleaning, meal preparation.
Seasonal: Yard work.

Rock Bridge Preschool
Contact: Alissa Gerke
Email: alissagerke@gmail.com
Phone: 573-443-5711
Address: 102 Sieville Ave.
Columbia, MO 65203

Provides preschool curriculum to educate young children.

Position | Number | Duties
--- | --- | ---
Teacher Aide | Open | Help with children during morning, lunch, and afternoons.

Groups: Yes, contact for more information.
Seasonal: Yes.
SAFE KIDS Columbia (continued)

water, on bikes and skateboards, and walking safely on streets and roads through information and fun activities.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Event Assistant</td>
<td>4</td>
<td>Help with community events by handing out information, and engaging children and their families</td>
</tr>
</tbody>
</table>

**Youth:** It varies, but we can always use help being a mascot if you are under 5’3”

**Groups:** A few times per year we have huge events that are perfect for groups to volunteer

**Seasonal:** We are busiest during the spring, summer, and fall

Salvation Army

**Contact:** Major Richard Trimmell or Captain Katie Harris-Smith (for volunteers interested in bell-ringing)

**Email:** richard_trimmell@usc.salvationarmy.org

**Website:**

**Phone:** 573-442-3229 (ext. 227 for bell-ringers)

**Address:**

The Salvation Army provides emergency shelter with meals, food pantry, clothing services, as well as a community Thanksgiving meal and Christmas assistance.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Christmas Asst.</td>
<td>5-10</td>
<td>Help with Christmas sign-up and prep of gifts</td>
</tr>
<tr>
<td>Bell Ringers</td>
<td>Many</td>
<td>Ring bells at city locations mid-Nov. to Christmas eve</td>
</tr>
<tr>
<td>Disaster Svcs</td>
<td>Open</td>
<td>With training, assist during times of crisis</td>
</tr>
<tr>
<td>Life Skills</td>
<td>Open</td>
<td>Teach life skill class from prepared material</td>
</tr>
<tr>
<td>instructor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thrift Store Aide</td>
<td>Open</td>
<td>Sort and hang clothes, tag merchandise for sales floor</td>
</tr>
<tr>
<td>Thanksgiving svcs</td>
<td>Open</td>
<td>Help with Thanksgiving meal</td>
</tr>
<tr>
<td>Food Pantry</td>
<td>Open</td>
<td>Prepare bags of groceries for distribution</td>
</tr>
</tbody>
</table>

**Groups:** 1.) Bell ringing - available times from mid-Nov. to Christmas Eve, 2.) Special projects - please call for availability, 3.) Conduct food drive for The Salvation Army

**Seasonal:** Paws in the Park Festival - two day event (fall), Supply Drive (winter)

Second Chance

**Contact:** Sarah Williams

**Email:** columbiasecondchance@hotmail.com

**Website:** www.columbia2ndchance.org

**Phone:** 660-882-5050

**Address:** 24687 Highway 179

Boonville, MO 65233

Our mission is to provide for the benevolent relief of unwanted animals. The organization provides food, shelter, medical assistance, and general relief to those animals that have been made homeless through the acts or omissions of people. We provide this care for each animal while researching and approving permanent adoptive homes. We educate the public regarding the health, exercise, and general needs of these animals, as well as to the necessity of spaying and neutering as a means of alleviating the burden of unwanted animals. While we do not accept every animal desiring the resources of Second Chance, no animal is put to sleep because of space limitation.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Office/clerical</td>
<td>5</td>
<td>Scanning and filing animal records</td>
</tr>
<tr>
<td>Event Worker</td>
<td>5</td>
<td>Attend and represent Second Chance at tabling events</td>
</tr>
<tr>
<td>Adoption Event</td>
<td>10</td>
<td>Attend and handle animals during adoption events</td>
</tr>
<tr>
<td>Worker</td>
<td></td>
<td>Care for cats housed at our Adoption Center</td>
</tr>
<tr>
<td>Cat Chore Worker</td>
<td>21</td>
<td></td>
</tr>
<tr>
<td>Weekend Workers</td>
<td>6</td>
<td>Care for dogs, organize donations, yard maintenance at our Adoption Center</td>
</tr>
<tr>
<td>Foster Family</td>
<td>Open</td>
<td>Our dogs are in foster care in private homes - We are looking for more foster homes so we can rescue more animals in need</td>
</tr>
</tbody>
</table>

**Youth:** We have many opportunities for volunteers under the age of 18, but they must be accompanied by an adult

**Groups:** As long as we have advance notice, we have many opportunities for groups to volunteer; our activities can be both outside on the property and inside our warehouse

**Seasonal:** Paws in the Park Festival - two day event (fall), Supply Drive (winter)

Services for Independent Living

**Contact:** Katie Derrick

**Email:** kderrick@silcolumbia.org

**Website:** www.silcolumbia.org

**Phone:** 573-874-1646 or 573-874-4121 (TTY)

**Address:**

Our dogs are in foster care in private homes - We are looking for more foster homes so we can rescue more animals in need

1401 Hathman Place
Columbia, MO 65201
Services for Independent Living (continued)

SIL provides programs and services along with resources for individuals with disabilities and low-income seniors that empower them to live independently and with dignity in the community. In January of 2015 Boone County Council on Aging merged with SIL. We have opportunities with youth, individuals with disabilities and seniors. SIL has core services of: Advocacy, Independent Living Skills, Information & Referral, Peer Support and Transition. We also have these signature services: Aging in Place, Accessibility Services, Consumer Directed Services, and Transportation.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adopt-a-Lawn</td>
<td>Open</td>
<td>Mow, rake leaves, or shovel snow for an older adult</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Working with people with disabilities to learn to navigate the kitchen and basic cooking skills during a 6-week class held in the fall and spring</td>
</tr>
<tr>
<td>Kitchen Cook</td>
<td>Open</td>
<td></td>
</tr>
<tr>
<td>Food Delivery</td>
<td>Open</td>
<td>Deliver food from the food pantry for older adults</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(generally once a month)</td>
</tr>
<tr>
<td>Friendly Visiting</td>
<td>Open</td>
<td>Create a relationship with a senior and help them get out in the community (generally one hour a week)</td>
</tr>
<tr>
<td>Grocery Aide</td>
<td>Open</td>
<td>Take an older adult to do their shopping or shop for them</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(generally once a month)</td>
</tr>
<tr>
<td>Handy Person</td>
<td>Open</td>
<td>Help with small repairs in the home of an older adult</td>
</tr>
<tr>
<td>LEAD Workshop</td>
<td>Open</td>
<td>Serve as mentor for students transitioning to the work force with disabilities ages 15-22 to learn about setting goals, communication, job search, transportation, etc.</td>
</tr>
<tr>
<td>Kids in the Kitchen (KIK)</td>
<td>Open</td>
<td>Assist youth ages 9-17 with disabilities to learn about kitchen safety, knife safety, grocery shopping, food preparation and menu planning, help during a 6-week session in the spring and fall</td>
</tr>
</tbody>
</table>

Services for Independent Living (continued)

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>KIK Summer Camp</td>
<td>Open</td>
<td>Assist youth ages 9-17 with disabilities to learn about kitchen safety, knife safety, grocery shopping, food preparation and menu planning during a weeklong camp in the summer</td>
</tr>
<tr>
<td>Wii Excellerate</td>
<td>Open</td>
<td>Help facilitate the video game and board games for youth ages 7-21 with disabilities (held in the evenings)</td>
</tr>
</tbody>
</table>

Groups: Lawn care, home repair, special projects
Seasonal: Lawn care, leaf raking, snow removal

Show-Me State Games & Senior Games

Contact: Cindy Garcia
Email: garciacs@missouri.edu
Website: www.smsg.org
Phone: 573-884-2946
Address: 1105 Carrie Francke Dr.
Columbia, MO 65211

Provides Missourians with opportunities to participate in activities of health, fitness, fun, and family.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Score Keepers</td>
<td>Open</td>
<td>Basketball, soccer, etc.</td>
</tr>
<tr>
<td>Timers</td>
<td>Open</td>
<td>Swimming, track, road race, soccer, triathlon</td>
</tr>
<tr>
<td>Course Marshal</td>
<td>Open</td>
<td>Duathlon, mountain biking, road race, soccer, triathlon</td>
</tr>
<tr>
<td>Opening Event</td>
<td>Open</td>
<td>Help in a variety of tasks for the parade of athletes</td>
</tr>
<tr>
<td>Registration</td>
<td>Open</td>
<td>Check in participants and hand out t-shirts</td>
</tr>
</tbody>
</table>

Youth: Yes, but 16 and under must have supervision
Groups: Participate in the corporate volunteer program (must be 12 or more volunteers from the same group - the organization name will be placed on your volunteer t-shirt)
Seasonal: The games take place in June and on the last two weekend in July

Southern Boone Learning Garden

Contact: Jennifer Grabner
Email: sobocogarden@gmail.com
Website: sbblearninggarden.org
**Southern Boone Learning Garden**

*(continued)*

**Phone:** 573-268-8431  
**Address:** PO Box 541  
Ashland, MO 65010

Small non-profit working with public school district and community in Ashland/Hartsburg area to provide high quality garden-based education through school-day classes, after-school clubs, farmers market, farm-to-school, and other community workshops.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garden</td>
<td>6-10</td>
<td>Watering, weeding, harvesting, light construction</td>
</tr>
<tr>
<td>Maintenance</td>
<td>4-6</td>
<td>Work with student groups, help with prep and clean-up</td>
</tr>
<tr>
<td>School Garden Club Helper</td>
<td>3-4</td>
<td>Help design and implement new program</td>
</tr>
<tr>
<td>Middle School Garden Club Helper</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Youth:** Garden maintenance, seasonal work days  
**Groups:** Seasonal and special project garden work days - typically involves building & repairing garden beds, hoop houses, mulching, weeding, planting, etc.  
**Seasonal:** Spring, summer, early fall

**Special Olympics Missouri**

**Contact:** Diane Brimer  
**Email:** dbrimer@somo.org  
**Website:** www.somo.org  
**Phone:** 573-256-6367  
**Address:** 9030 Old 63 N Ste A  
Columbia, MO 65201

Provides year-round sports training and competition in a variety of Olympic-type sports for people with intellectual disabilities.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Event Workers</td>
<td>Open</td>
<td>Score keepers, timers, lane hosts, heaters, escorts</td>
</tr>
<tr>
<td>Coaches</td>
<td>Open</td>
<td>Coach the athletes</td>
</tr>
</tbody>
</table>

**Youth:** Yes  
**Groups:** Help with Day of Volunteers  
**Seasonal:** Seasonal competitions

**Stream Team**

**Contact:** Amy Meier

**Email:** streamteam@mdc.mo.gov  
**Website:** mostreamteam.org  
**Phone:** 751-4115 or 1-800-781-1989  
**Address:** MO Department of Conservation  
PO Box 180  
Jefferson City, MO 65102

Promote citizen awareness and involvement in river and stream conservation.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team Leader</td>
<td>Open</td>
<td>Organize local grass roots stream activities</td>
</tr>
<tr>
<td>Team Member</td>
<td>Open</td>
<td>Pick up litter, clean streams, and monitor water quality</td>
</tr>
</tbody>
</table>

**Youth:** All ages  
**Groups:** All activities can be for groups or individuals  
**Seasonal:** Spring, summer, and fall

**Sunny Oak Equine-Assisted Activities**

**Contact:** Rosy Erganian  
**Email:** thesunnyoakfarm@yahoo.com  
**Website:** thesunnyoakfarm.com  
**Phone:** 573-356-3877  
**Address:** 12551 Rocheport Grvl. Rd.  
Rochepo, MO 65279

To provide equine-assisted activities for low-income and individuals with disabilities in a safe environment. Therapeutic riding lessons and summer camp are offered.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Horse Leader</td>
<td>5</td>
<td>Lead horse for therapeutic riders (Tuesdays 4:30-6:30)</td>
</tr>
<tr>
<td>Sidewalker</td>
<td>10</td>
<td>Walk alongside therapeutic riders (Tuesdays 4:30-6:30)</td>
</tr>
<tr>
<td>Horse Care</td>
<td>Open</td>
<td>Groom and lead horses (Tuesdays 4:30-6:30)</td>
</tr>
<tr>
<td>Camp Counselor</td>
<td>5</td>
<td>Help with summer camp: 3-week long sessions leading, grooming, arts &amp; crafts (*Volunteers commit to 2 or 3 hours for five days of summer camp)</td>
</tr>
</tbody>
</table>

**Youth:** Ages 13 and older can help lead, sidewalk, and groom horses  
**Groups:** Assist with charity horse show, fundraising, and special projects  
**Seasonal:** Our program runs from mid-March to October with 3-6 week sessions - Spring, Summer, Fall; 3 summer camp sessions; 4 horse shows in May, June, Sept., Oct.
Sustainable Farms and Communities
Contact: Kenneth Pigg
Email: lkenth80@hotmail.com
Website: sfandc.org
Phone: 573-777-2824
Address: 511 E. Walnut Columbia, MO 65201

To build a viable, sustainable community food system by connecting producers and consumers of local food.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director</td>
<td>3</td>
<td>Attend meetings, develop policy, assist with events and fundraising activities, plan program strategy, oversee interns</td>
</tr>
<tr>
<td>Event Planner</td>
<td>1</td>
<td>Assist with event planning and implementation for fund raising purposes</td>
</tr>
<tr>
<td>Fundraising</td>
<td>2</td>
<td>Assist with strategy development, planning and execution of fundraising for capital project</td>
</tr>
</tbody>
</table>

True/False Film Fest (continued)

and the world at large.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art Team</td>
<td>40</td>
<td>Assist artists with their projects for T/F</td>
</tr>
<tr>
<td>Build Team</td>
<td>15</td>
<td>Build projects (requires some building/construction skills)</td>
</tr>
<tr>
<td>Booze Team</td>
<td>15</td>
<td>Serve alcohol at various T/F events (requires 21+)</td>
</tr>
<tr>
<td>Box Office</td>
<td>25</td>
<td>Customer service (provide info, work with passholders + ticket purchasers)</td>
</tr>
<tr>
<td>Chauffer</td>
<td>20</td>
<td>Provide rides to fest guests to and from airports (requires Class E driver’s license)</td>
</tr>
<tr>
<td>Events</td>
<td>50</td>
<td>Help run T/F events - set up, tear down, serve (requires 21+)</td>
</tr>
<tr>
<td>Filmmaker Liaison</td>
<td>35</td>
<td>Provide assistance to filmmakers</td>
</tr>
<tr>
<td>Merchandise</td>
<td>30</td>
<td>Help sell merch during the fest; staff merch stations</td>
</tr>
<tr>
<td>Music Team</td>
<td>20</td>
<td>Staff music showcases, assist musicians</td>
</tr>
<tr>
<td>Set Up/Break Down</td>
<td>90</td>
<td>Set up and break down T/F venues and art, some heavy lifting</td>
</tr>
<tr>
<td>Special Ops</td>
<td>10</td>
<td>Provide last-minute support to various teams</td>
</tr>
<tr>
<td>Sustainability Team</td>
<td>20</td>
<td>Help make T/F greener, execute recycling program</td>
</tr>
<tr>
<td>Theater</td>
<td>300</td>
<td>Help run T/F venues, provide info, and customer service</td>
</tr>
<tr>
<td>Operations</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Youth: We are always open to under 18 volunteers! Though there are a few volunteer positions (Events and Booze, for example) that require volunteers to be 21 years of age or older, most of our volunteer positions are appropriate and available to younger people.

Groups: We don’t specifically have opportunities for groups, but are definitely willing to work with groups to schedule people together, etc.; the team that a group would work best with is Set Up/Break Down.

Seasonal: Some positions are just for the weekend of the fest (March 3-6, 2016 - usually in late Feb/early March), but others require hours leading up to the fest (generally November to February)

True North
Contact: Volunteer Coordinator or Fiscal Manager
Email: tninfo@socket.net
Website: www.truenorthofcolumbia.org

Toys for Tots
Contact: Melissa Barnes
Website: columbia-mo.toysfortots.org
Phone: 573-826-1536 (leave a message)
Address: 2 Ivy Lane Fulton, MO 65251

Provides toys for needy families with children. Serving Columbia, Missouri and Boone County.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toy Distribution</td>
<td>Open</td>
<td>Assist the Marine Corps League with toy distribution</td>
</tr>
</tbody>
</table>

Groups: Help sort and distribute toys
Seasonal: Christmas-time only

True North
Contact: Volunteer Coordinator or Fiscal Manager
Email: tninfo@socket.net
Website: www.truenorthofcolumbia.org
True North (continued)

Phone: 573-875-0503  
Address: 1316 Parkade Blvd  
Columbia, MO 65203

Provides a safe environment by educating, empowering, and advocating for victims of domestic violence and sexual assault. Affects social change by providing opportunities for individuals to realize and participate in the community’s responsibility to end domestic and sexual violence.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital Advocate</td>
<td>Open</td>
<td>Meet with victims of sexual assault and domestic violence at local hospitals, provide emotional support and information about legal options and community resources (48 hours of training required and provided by True North) Assist petitioners in completing Ex Parte Orders of Protection, assist shelter staff on the 24-hr crisis hotline: providing advocacy, emotional support, and/or referrals (48 hours of training required and provided by True North)</td>
</tr>
<tr>
<td>Crisis Advocate</td>
<td>Open</td>
<td>Assist children at community daycares</td>
</tr>
<tr>
<td>Childcare</td>
<td>Open</td>
<td>Utilize domestic violence education and alternative parenting skills while providing a safe place for children to play and begin the healing process (48 hours of training required and provided by True North)</td>
</tr>
</tbody>
</table>

Youth: Childcare may be provided by volunteers under the age of 18 but training is still required  
Groups: Year-round projects for groups of 5-10 people include general house maintenance, organizing landscaping, and cleaning; groups could also host a food, hygiene, or cleaning supply drive  
Seasonal: Some group projects may be seasonal (landscaping or outdoor painting, for example)

University of Missouri Health Care Office of Volunteer Services (continued)

Address: One Hospital Drive  
Columbia, MO 65212

MU Health Care provides quality health care, serving patients in MO.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wayfinding Volunteers</td>
<td>10</td>
<td>Escorting patients/visitors</td>
</tr>
<tr>
<td>Gift Shop Volunteers</td>
<td>5</td>
<td>Assist customers in gift shop</td>
</tr>
</tbody>
</table>

Youth: Summer Youth Volunteer Program

University YMCA

Contact: Julie Alexander  
Email: alexanderju@missouri.edu  
Website: uymca.students.missouri.edu  
Phone: 573-882-1550  
Address: 2500 MU Student Center  
Columbia, MO 65211

Develops community service programs that focus on the needs of today’s youth and other people in need, through a variety of volunteer service and learning opportunities.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Y Tutors</td>
<td>Open</td>
<td>Assist children with their homework</td>
</tr>
<tr>
<td>Habitat for Humanity</td>
<td>Open</td>
<td>Construction - a variety of skilled and unskilled positions are available</td>
</tr>
<tr>
<td>Kid Contact</td>
<td>Open</td>
<td>Assist children at community daycares</td>
</tr>
</tbody>
</table>

Groups: Yes  
Seasonal: Volunteers are only needed during the school year

Unlimited Opportunities

Contact: Jennifer Waibel  
Email: jennifer.waibel@uoi.org  
Website: www.uoi.org  
Phone: 660-882-5576  
Address: 1620 West Ashley Road  
Boonville, MO 65233

UOI supports individuals with disabilities, including children, women, and men of all ages. The agency supports these individuals through various programs, including
Unlimited Opportunities (continued)

residential, adult day services, children’s program, life skills services, extended employment center (sheltered workshop), and target case management.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Day Services</td>
<td>Open</td>
<td>Activities with adults with developmental disabilities, such as leisure activities, crafts, educational activities, cooking, etc.</td>
</tr>
<tr>
<td>Recycling</td>
<td>Open</td>
<td>Assistance with recycling on processing floor</td>
</tr>
<tr>
<td>Savvy Seconds Resale Store</td>
<td>Open</td>
<td>Sorting, hanging, tagging clothes, keeping store stocked with clothing and household goods, etc.</td>
</tr>
</tbody>
</table>

Groups: Volunteer opportunities are very dependent on the needs at the time; we ask to be contacted with number of volunteers and timeframe
Seasonal: Volunteer opportunities are very dependent on the needs at the time; we ask to be contacted with number of volunteers and timeframe

UCP Child Development Center
Contact: Christy Brookins
Email: brookinsc@ucpheartland.org
Website: www.ucpheartland.org
Phone: 573-449-6783
Address: 3804 Santiago Dr.
Columbia, MO 65203

Works with individuals, their families, and the community to enhance the independence and quality of life of persons with disabilities. UCP Child Development Center provides year-round child care.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classroom Volunteer</td>
<td>4-8</td>
<td>Classroom interaction with children</td>
</tr>
<tr>
<td>Camp Counselor</td>
<td>Varies</td>
<td>Arts and crafts, computer, and other games with children</td>
</tr>
<tr>
<td>Data Entry</td>
<td>1-2</td>
<td>Enter information into database</td>
</tr>
</tbody>
</table>

Groups: 4-6 people at Camp Friday respite care
Seasonal: September to May for Camp Friday

Voluntary Action Center (continued)

Email: dir@vacmo.org
Website: www.vacmo.org
Phone: 573-874-2273
Address: 403A Vandiver Drive
Columbia, MO 65202

The heart of services, VAC provides direct aid assistance for the basic and emergency needs of low-income persons and also provides information and referral services.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holiday Program Registration</td>
<td>Open</td>
<td>Help sign up families for the Holiday Program (in Oct.)</td>
</tr>
<tr>
<td>Holiday Program Distribution</td>
<td>Open</td>
<td>Help distribute Holiday food and gifts (in Dec.)</td>
</tr>
<tr>
<td>Holiday Sponsor Christmas in July</td>
<td>10</td>
<td>Sponsor a family in need for the holidays</td>
</tr>
<tr>
<td>Lunch in the Park</td>
<td>Open</td>
<td>Serve nutritious lunches to low-income children (June to August)</td>
</tr>
<tr>
<td>Back-to-School Health Fair</td>
<td>Open</td>
<td>Help with the Back-to-School Health Fair</td>
</tr>
<tr>
<td>Office</td>
<td>Open</td>
<td>Assist with mailings and special projects</td>
</tr>
</tbody>
</table>

Youth: Serve food at Christmas in July or Lunch in the Park, sponsor a family for VAC’s Holiday Program
Groups: Sponsor a family for VAC’s Holiday Program, help with holiday distributions, and serve food at Lunch in the Park
Seasonal: Christmas in July, Holiday Program - October to December, Lunch in the Park - June to August

Wardrobe, The
Contact: Evette Nissen
Email: enissen57@gmail.com
Phone: 573-864-9232
Address: 715 Park Ave
Columbia, MO 65202

Hundreds of volunteers representing members of local churches and other community agencies help distribute and sell items given to The Wardrobe. The Wardrobe helps nearly 8,000 people each year, and more than half are school-age children.
Wardrobe, The (continued)

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteer</td>
<td>Open</td>
<td>Unpack, sort, and hang clothes</td>
</tr>
</tbody>
</table>

Youth: If under 16, volunteers must be accompanied by an adult

Groups: Yard work, in particular

“We Always Swing” Jazz Series

Contact: Josh Chittum
Email: info@wealwaysswing.org
Website: www.wealwaysswing.org
Phone: 573-449-3009
Address: 21 North Tenth Street
Columbia, MO 65201

Founded in 1995 as a community-based all-jazz concert producing and educational organization, the “We Always Swing”® Jazz Series’ mission is to: present, promote, preserve and celebrate the great American art form known as “Jazz.”

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Graphic Design</td>
<td>4</td>
<td>Complete various graphic design projects</td>
</tr>
<tr>
<td>Street Team</td>
<td>12</td>
<td>Hang posters, pass out fliers</td>
</tr>
<tr>
<td>Event Staff</td>
<td>12</td>
<td>Help out at various events</td>
</tr>
</tbody>
</table>

Youth: All of our volunteer opportunities are all ages

Groups: A group could help usher at one of our larger events

Seasonal: We primarily have events during the academic calendar, so August-May

Welcome Home

Contact: Crystal Buffaloe
Email: cbuffaloe@welcomehomelessveterans.org
Website: www.welcomehomelessveterans.org
Phone: 573-443-8001 ext. 105
Address: 2105 W. Worley
Columbia, MO 65203

Our mission is to reduce Veteran homelessness by providing services and resources to meet basic needs and improve overall quality of life.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food donation pickup</td>
<td>1-2</td>
<td>Picking up food donations &amp; delivering to WHI, typically Wed/Fri 30 minutes - 1 hour</td>
</tr>
</tbody>
</table>

Welcome Home (continued)

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fundraising/ Capital Campaign Assistance</td>
<td>2-4</td>
<td>Manning booths at fundraising events, answering questions about Welcome Home</td>
</tr>
</tbody>
</table>

Groups: Groups may volunteer to prepare or provide a meal for the veterans staying at the shelter, typically Sat-Sun or holidays; contact WHI for open dates

Seasonal: We maintain a list of possible volunteers for upcoming community service projects like painting or cleaning

WIC Nutrition Program (Women, Infants, and Children)

Contact: Erin Harris
Email: emharris@gocolumbiamo.com
Website: www.gocolumbiamo.com
Phone: 573-874-6383
Address: 1005 W. Worley
Columbia, MO 65203

Provides nutrition education, supplemental food, and health care referral to women (pregnant, breastfeeding, and post-partum), infants, and children under age five. Eligibility based on income, health, nutrition guidelines.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admin. Support</td>
<td>Open</td>
<td>Various clerical duties</td>
</tr>
</tbody>
</table>

Youth: Over age 15

Wonderland Camp

Contact: Jason Hynson
Email: info@wonderlandcamp.org
Website: www.wonderlandcamp.org
Phone: 573-392-1000
Address: 1206 Rangeline St
Columbia, MO 65201

The mission of Wonderland Camp is to provide a fun, educational camp experience for children, teenagers, and adults with disabilities; to offer a respite from daily caregiving for family members and healthcare workers; and to provide and nurture a personal development experience for volunteers and staff.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program Help</td>
<td>Open</td>
<td>During the summer, assist with programs like fishing, swimming, recreation, tie-dyeing, etc.</td>
</tr>
</tbody>
</table>
Wonderland Camp (continued)

Youth: Wonderland Camp works with younger groups through churches, schools, or other civic organizations; we are interested in hearing what you would like to do at the camp.

Groups: Clean-up and growing opportunities for youth and adult groups; there are items from the grounds/facilities to programs to working directly with the campers.

Seasonal: There are many things to help with during the summer, fall, and leading up to the camp in the spring (call and find out where you can help with facilities, program, or just being available to assist someone with a disability).

Woodhaven

Contact: Jaime Friedrichs
Email: info@woodhaventeam.org
Website: woodhaventeam.org
Phone: 573-875-6181
Address: 1405 Hathman Place
Columbia, MO 65201

Woodhaven provides independent living services to adults with developmental disabilities so that they can live in their own homes and be active members of their community. These services are provided for over 100 individuals living in more than 50 homes and apartments throughout Columbia and in Jefferson City, Missouri.

Position Number Duties

Mentor 20 Spend time with individuals with developmental disabilities, helping them with literacy needs, volunteering together at other organizations or simply socializing.

Accounting Volunteer 2 Help the accounting department with its various duties.

Marketing Volunteer 1 Help with planning and promoting special events.

Community Connections Volunteer 8 Help during Community Connections with a variety of activities, including crafts, games and volunteer projects.

Youth: Volunteers under the age of 18 can participate in game days, craft activities, yard clean-up projects with adult supervision.

Groups: Groups can host a variety of events for individuals with developmental disabilities to attend; in the past, we have worked with groups on putting together game nights, movie nights, barbecues and picnics; volunteer groups have also worked on landscaping and yard clean-up projects at our various homes and apartments where individuals with developmental disabilities live.

Youth Empowerment Zone

Contact: Karita Moss
Email: yezemail@gmail.com
Website: www.yezweb.org
Phone: 573-256-1896
Address: 1002 Fay St
Columbia, MO 65201

Provides at-risk youth with the tools for them to create their own successful futures. These resources include mentors, job training, and life skills workshops.

Position Number Duties

Mentor Open Provide support for at-risk youth in the work place or community.

Meetings Open Provide career and interview tips to youth in a group setting.

Wilkes Boulevard United Methodist Church (Turning Point)

Contact: Marisa Wessel (Outreach Coordinator)
Email: outreach@wilkesblvdumc.org
Website: www.wilkesblvdumc.org
Phone: 636-359-9432
Address: 702 Wilkes Blvd
Columbia, MO 65201

Our mission is to promote and restore dignity and hope among Columbians who have experienced or are experiencing homelessness.

Position Number Duties

Our organization is undergoing changes and our volunteer positions are very fluid. Some tasks that may be assisted with are answering phones, interacting with clients, cleaning, preparing coffee and snacks, assisting with laundry, managing lists and paperwork, and helping at events in the community.

Youth: We would be open to discussing how a person under 18 could help out on an individual basis.

Groups: We are planning several community events that would be a great opportunity for a group to help out.

Seasonal: Most of our services are year-round, but we have several side projects that would be perfect for someone looking for seasonal opportunities.
Addendum

**Center Project, The**
**Contact:** Dion Wisniewski  
**Email:** info@thecenterproject.org  
**Website:** www.thecenterproject.org  
**Phone:** 573-443-1188  
**Address:** 300 St. James St. Suite 104  
Columbia, MO 65201

To provide a safe meeting and gathering space for LGBT and ally groups of mid-Missouri.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open hours</td>
<td>4</td>
<td>Answer questions from visitors</td>
</tr>
<tr>
<td>Event planning</td>
<td>4</td>
<td>Plan, advertise, staff events and fundraisers</td>
</tr>
<tr>
<td>Development</td>
<td>2</td>
<td>Find and write grants to support TCP and our programs</td>
</tr>
</tbody>
</table>

**Central Missouri Foster Care & Adoption Association (continued)**

**Youth:** Greeters at annual Gala, auction pick-up for annual Gala, play games with kids at monthly respite events  
**Groups:** Clothing drives, diaper drives, and pajama drives  
**Seasonal:** Thanksgiving boxes, Christmas boxes, and school supply drive  

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For more volunteer options, check out the “Get Involved” column in Columbia Daily Tribune’s Tuesday edition.

Voluntary Action Center provides updates each week with new, current volunteer opportunities within the community.

Heart of Missouri United Way connects volunteers with local volunteer opportunities. Learn more at: volunteer.uwheartmo.org

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**Central Missouri Foster Care & Adoption Association**
**Contact:** DeAnna Alonso, Executive Director  
**Email:** ccfosteradopt@gmail.com  
**Website:** www.ccfosteradopt.com  
**Phone:** 573-298-0258  
**Address:** 809 Swifts Highway  
Jefferson City, MO 65109 (headquarters)

Not-for-profit agency that educates, supports, and advocates for foster and adoptive children, youth, and families in central Missouri by offering services and partnering with community and governmental agencies to develop healthy and self-sufficient individuals and families. We serve kinship/relative, foster care and adoptive children, youth, and families.

<table>
<thead>
<tr>
<th>Position</th>
<th>Number</th>
<th>Duties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forget Me Not Gala</td>
<td>Open</td>
<td>Fundraising/committee member</td>
</tr>
<tr>
<td>Board of Directors</td>
<td>Open</td>
<td>Serves as a governing director</td>
</tr>
<tr>
<td>Begin Again Backpacks</td>
<td>Open</td>
<td>Collects hygiene products and baby products</td>
</tr>
<tr>
<td>Office</td>
<td>Open</td>
<td>Write thank you letters</td>
</tr>
<tr>
<td>Respite Program</td>
<td>Open</td>
<td>Play games with kids once a month</td>
</tr>
<tr>
<td>Mentorship</td>
<td>Open</td>
<td>2-yr commitment for “aging out” foster youth graduating HS</td>
</tr>
</tbody>
</table>
VAC’s Seasonal Programs

Homes for Computers
Voluntary Action Center’s Homes for Computers program provides reformatted computers donated by the City of Columbia to Columbia families with children in grades K-12. VAC partners with the City of Columbia and the Downtown Optimist Club to put on this program. Computer distribution takes place in February.

Air Conditioner Exchange
This program allows low-income Columbia Water and Light and Boone Electric customers to swap their older, less efficient, or broken window air conditioner units for new ones that are more energy efficient. All of the old air conditioners are disposed of properly and recycled by the city.

Summer Fan Program
Every year, VAC collaborates with KOMU-TV NBC Fan Club and Lowe’s to provide fans for low-income families during the hot summer months. Preference is given to families with small children, pregnant women, elderly or disabled people in the home.

Back-to-School Health Fair
Held every August and coordinated by Voluntary Action Center, Family Impact Center, and Family Health Center, the fair helps local K-12 students prepare for the start of the new school year. Students at the fair receive free vision and hearing screenings, dental check-ups, and mental health exams. They also receive free school supplies, backpacks, and haircuts.

Lunch in the Park
Lunch in the Park is a summer program that provides free, healthy lunches and enriching educational programs for low-income children. The Columbia/Boone County Health Department and Parks and Recreation provide these lunches, and VAC coordinates the volunteer servers. The educational programs are provided by various groups in Columbia.

Warm Up Columbia
Warm Up Columbia is an annual drive coordinated by VAC and churches in our community. Warm items such as coats, blankets, scarves, gloves, hats, and socks are collected and given to low-income families, elderly, homeless, and disabled individuals.

Youth Enrichment Fund
Schools are charged with providing academic experiences for children, leveling the playing field so that all may have the opportunity to learn. VAC’s Youth Enrichment Fund (YEF) provides scholarships for youth 18 and under who wish to participate in enrichment opportunities and who are referred to VAC by schools or other social service agencies or identified by VAC staff.

Holiday Program
The Holiday Program is VAC’s single largest program. It provides families, elderly and disabled individuals with gifts and food for the holidays that they may not have otherwise had. These families are matched with organizations, offices, churches, schools, businesses, individuals, and families who wish to sponsor them for the holidays. During December, the gifts and food are collected and distributed to families.
StorageMart has 6 locations across Columbia, Missouri. Find one near you and get your **First Month Free**.

- Month-to-Month Lease
- Drive-Up Accessible
- Climate Controlled
- Gated & Fenced Facility
- Well-Lit Throughout
- 24-Hour Access

*SUBJECT TO AVAILABILITY*
Voluntary Action Center stabilizes low-income families and individuals in Boone County by providing connections and resources related primarily to Health, Employment, Education, and Housing.

VAC is a nonprofit social service agency funded by Columbia Area United Way, the City of Columbia, Boone County, local congregations, Boone Electric Trust, Veterans groups, and businesses and individual donations.