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Presents



HELPING hands

Volunteer Opportunities in Boone County

Published by



**Voluntary
Action Center**

the heart of service 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.

Helping Hands is sponsored by



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**.

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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403A Vandiver Drive
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www.vacmo.org

**For more information or additional Helping Hands,
contact Voluntary Action Center:**

573-874-2273
403A Vandiver Drive
Columbia, MO 65202
www.vacmo.org

HELPING HANDS is not intended to be used to solicit the sale of products or services to the agencies listed. Possession of a copy of this catalog does not authorize its use for any purpose other than to assist individuals and groups to make the most effective use of volunteer opportunities.

CONTENTS | INDEX

AGED

AARP Tax Aide.....	5
Alzheimer's Association.....	5
Candlelight Lodge.....	10
Central Missouri Area Agency on Aging Ombudsman.....	10
Columbia Area Senior Center.....	14
Columbia HealthCare Center.....	16
Foster Grandparent Program.....	19
Hospice Compassus.....	22
Lenoir Woods Retirement Center.....	24
Meals on Wheels.....	27
Missouri SMP, a division of Administration on Aging.....	28
MU Adult Day Connection.....	29
Parkside Manor.....	32
Preferred Hospice.....	33
Show-Me State Games and Senior Games.....	37

ANIMALS | NATURE

Cedar Creek Therapeutic Riding Center.....	10
Central Missouri Humane Society.....	11
Missouri River Communities Network.....	28
MO River Relief.....	29
Second Chance.....	36
Southern Boone Learning Garden.....	37
Stream Team.....	38

BASIC NEEDS | LOW INCOME

American Red Cross - Mid Missouri Chapter.....	6
Central Missouri Community Action (Head Start & Foster Grandparents).....	11
Central Pantry, The.....	11
Columbia Boone County Department of Public Health and Human Services.....	15
Columbia Center for Urban Agriculture.....	15
Columbia Housing Authority.....	16
Family Health Center.....	19
Food Bank for Central & Northeast MO.....	19
Foundation for the Higher Good.....	19
Habitat for Humanity - Show Me Central Chapter.....	21
Job Point.....	22
Love In the Name of Christ.....	25
Meals on Wheels.....	27
Mid-Missouri Legal Services.....	27
PET MO - Columbia.....	32
Rainbow House.....	33
Refugee and Immigration Services.....	33
Ronald McDonald House of Mid-Missouri.....	35

Salvation Army.....	36
Voluntary Action Center.....	41
Wardrobe, The.....	41
WIC - Women, Infants and Children.....	42

COMMUNITY | ARTS & CULTURE

Boone County Fire Protection District...7	
Boone County Historical Society (Walters-Boone County Historical Museum & Galleries).....	7
Center Project, The.....	44
City of Columbia Office of Cultural Affairs.....	12
City of Columbia Public Works Volunteer Program.....	13
City of Columbia Volunteer Programs.....	13
Columbia Art League.....	14
Columbia Chorale.....	15
Columbia Entertainment Company.....	15
Columbia Eve Fest.....	16
Columbia Farmers Market.....	16
Columbia Public Schools.....	17
Daniel Boone Regional Library.....	17
Heart of Missouri United Way.....	22
KBIA-FM Radio.....	23
KOPN Radio.....	24
Maplewood Barn Community Theatre.....	26
Marine Parents.....	26
Mid-Missouri Peaceworks/ Peace Nook.....	27
Missouri Symphony Society.....	28
MU Museum of Art and Archeology.....	30
MU Office of Service Learning.....	30
Mustard Seed Fair Trade.....	30
P.A.C.E Youth Theater.....	31
Roots N Blues N BBQ Festival.....	35
Show-Me State Games and Senior Games.....	37
Sustainable Farms and Communities.....	39
TrueFalse Film Festival.....	39
University YMCA.....	40
Voluntary Action Center.....	41
We Always Swing Jazz Series.....	42
Wilkes Boulevard United Methodist Church (Turning Point)....	43

EDUCATION

A Way With Words & Numbers.....	5
Access Arts - School of Service.....	5
Adult Education and Literacy.....	5
Alternative Community Training.....	5
C.A.R.E.....	9
Centro Latino de Salud, Educacion y Cultura.....	12

Columbia Housing Authority/ Moving Ahead Tutoring Program.....	17
Columbia Public Schools.....	17
Daniel Boone Regional Library.....	17
For His Glory/FHG Incorporated.....	19
Fun City Youth Academy.....	20
Head Start.....	21
Job Point.....	22
Jumpstart.....	23
Literacy Action Corps.....	25
Mary Lee Johnston Community Learning Center.....	26
MU Office of Service Learning.....	30
P.A.C.E Youth Theater.....	31
ParentLink.....	31
Rock Bridge Preschool.....	35
Safe Kids Columbia.....	35
Sustainable Farms and Communities.....	39
Woodhaven.....	43

HEALTH CARE & SUPPORT

Alzheimer's Association.....	5
American Cancer Society.....	5
American Heart Association.....	6
American Red Cross - Blood Services Region.....	6
American Red Cross - Mid Missouri Chapter.....	6
Boone Hospital Center.....	8
Burrell Behavioral Health.....	8
Candlelight Lodge.....	10
Cedar Creek Therapeutic Riding Center.....	10
Central Missouri Regional Arthritis Center.....	11
CLAIM.....	14
Columbia HealthCare Center.....	16
Family Health Center.....	19
Harry S Truman Memorial Veterans' Hospital.....	21
Hospice Advantage.....	22
Hospice Compassus.....	22
Komen for the Cure Mid-Missouri.....	23
Lenoir Woods Retirement Center.....	24
Life Network of Central MO & My Life Clinic.....	24
McCambridge Center for Women.....	27
Medical Reserve Corps (Columbia/ Boone Co. Health Dept.).....	27
Missouri Crisis Line.....	28
MS Institute.....	29
MU Adult Day Connection.....	29
National Federation of the Blind of Missouri.....	31
Parkside Manor.....	32
Phoenix Programs.....	32

Preferred Hospice.....	33
Ronald McDonald House of Mid-Missouri.....	35
Services for Independent Living.....	36
University of Missouri Health Care Office of Volunteer Services.....	40
WIC - Women, Infants and Children.....	42

SPECIAL NEEDS

Alternative Community Training.....	5
Burrell Behavioral Health.....	9
Cedar Creek Therapeutic Riding Center.....	10
Center for Women's Ministries.....	10
Centro Latino de Salud, Educacion y Cultura.....	12
City of Columbia Parks & Recreation Special Olympics & Adaptive Programs.....	12
Dream Factory.....	18
Easter Seals Midwest.....	18
LEAD Institute, The.....	24
Life Network of Central MO & My Life Clinic.....	24
Literacy Action Corps.....	25
Lutheran Family and Children Services.....	25
Make-A-Wish Foundation of Missouri..	25
Mid-Missouri Legal Services.....	27
Missouri Crisis Line.....	28
National Federation of the Blind of Missouri.....	31
Phoenix Programs.....	32
Refugee and Immigration Services.....	33
Services for Independent Living.....	36
Special Olympics Missouri.....	38
Sunny Oak Equine-Assisted Activities..	38
True North.....	39
Unlimited Opportunities.....	40
UPC Child Development Center.....	41
Wonderland Camp.....	42
Woodhaven.....	43

YOUTH AND CHILDREN

A Way With Words & Numbers.....	5
Big Brothers Big Sisters of Central MO.....	7
Boy Scouts - Great Rivers Council.....	8
Boys and Girls Club of the Columbia Area.....	8
Center Project, The.....	44
Central Missouri Foster Care & Adoption Association.....	44
Centro Latino de Salud, Educacion y Cultura.....	12
Columbia Housing Authority/ Moving Ahead Tutoring Program.....	17
Columbia Public Schools.....	17
Coyote Hill Christian Children's Home.....	17

Division of Youth Services.....	18
Dream Factory.....	18
Easter Seals Midwest.....	18
Foster Grandparent Program.....	19
Foundation for the Higher Good.....	19
Fun City Youth Academy.....	20
Girl Scouts of the Missouri Heartland Council, Inc.....	20
Great Circle.....	20
Head Start.....	21
Heart of Missouri CASA.....	21
Jumpstart.....	23
Lutheran Family and Children Services.....	25
Make-A-Wish Foundation of Missouri..	25
Mary Lee Johnston Community Learning Center.....	26
NOFAS-Missouri.....	31
P.A.C.E Youth Theater.....	31
ParentLink.....	31
Pednet Coalition.....	32
Rainbow House.....	33
Rock Bridge Preschool.....	35
Ronald McDonald House of Mid-Missouri.....	35
Safe Kids Columbia.....	35
Toys for Tots.....	39
University YMCA.....	40
UPC Child Development Center.....	41
Voluntary Action Center.....	41
WIC - Women, Infants and Children.....	42
Wonderland Camp.....	42
Youth Empowerment Zone.....	43

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.

Position	Number	Duties
Tutor	Open	Tutor children (K-8) in math and reading

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.

Position	Number	Duties
AARP Tax Aide Counselor	Open	Assist low & moderate income persons with tax preparation using computer software Training provided.

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.

Position	Number	Duties
Tutor	25	Help adults learn basic skills in reading, math, and language

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.

Position	Number	Duties
Office	Open	Mailings, phoning, and data entry

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.

Position	Number	Duties
Office Volunteer	Open	Help with mailings
Reach to Recovery	3	Lumpectomy/mastectomy breast cancer survivors to visit with current patients

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

Contact: Brittany Buehrlen

Email: brittany.buehrlen@redcross.org

Website: www.redcross.org/cnmo

Phone: 573-635-1132

Address: 1511 South Providence
Columbia, MO 65203

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.

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
In-Training Instructor	Open	Help meet immediate emergency needs of those affected by a disaster
DAT (Disaster Act on Team) Member		

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 partners from Asia	up to 30	Participating in English corner or meet with scholars
once a week		

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.

Position	Number	Duties
Community Based Mentor	Open	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
School Based Mentor	Open	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.

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.

Position	Number	Duties
Photographer	1	Take photos at special events and/or marketing materials
Cleaner/Organizer	1	Help clean equipment donated to our Assistive Technology Exchange Program

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 Family Resources (continued)

Groups: Grounds keeping at our buildings, assistance at special events such as agency picnic/5K fun run and holiday party, cleaning and organizing durable medical equipment donated to our Assistive Technology Exchange Program (ATEP)

Seasonal: Helping at our Holiday Party by serving food, taking pictures, handing out gifts, and serving drinks. Also need help wrapping gifts prior to the holiday party. In September, volunteers are needed for BCFR picnic/5K fun run to help serving food, taking pictures in a photo booth, help with water stations for the 5K, and being a fun run buddy along the race route.

Boone County Fire Protection District

Contact: Gale Blumenkamp

Email: gblumenkamp@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.

Position	Number	Duties
Volunteer		Fire suppression, EMS,
Firefighter		rescue and Haz Mat

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.

Position	Number	Duties
Docent (tour guide)	10	Greet visitors, describe and show exhibits

Boone County Historical Society (Walters-Boone County Historical Museum & Galleries, continued)

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

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.

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.

Position	Number	Duties
Gift Shop	Open	Provide customer service, work as salesperson & cashier
ICU Waiting	Open	Serve as liason/host for visitors with patients in ICU
Wayfinders	Open	Provide directional assistance/escort customers
Surgery Waiting		Provide assistance to family members with patients in surgery & serves as liason to staff

Youth: Summer volunteer program

Boy Scouts - Great Rivers Council

Contact: Stacy Rosson

Email: stacy.rosson@scouting.org

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.

Position	Number	Duties
Office	2	Phone, copying, typing, mailing
Unit Leaders	Open	Assist packs and troops
Badger	5	Teach merit badge skills
Counselor		

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

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.

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

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.

Position	Number	Duties
Activity Aide	2	Monitor and facilitate activities in client lounge (board games, movies, etc), assist in serving daily lunches

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)

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.

Position	Number	Duties
Work Site Mentors	185	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
Job Coach Assistant	6	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, as 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
Summer Art Gallery Marketing/ Programming Assistant	1	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 directly assists the Gallery Coordinator.
Media and Marketing Intern/Volunteer	1	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

C.A.R.E. (continued)

Position	Number	Duties
Assessment Intern/Volunteer	1	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

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.

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

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: cedarcreektrc@gmail.com

Website: www.cedarcreek.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.

Position	Number	Duties
Sidewalker	100	Walk alongside people with disabilities while they ride
Horse Handler	50	Lead horses for people with disabilities who ride
Horse/Stall Care	Open	Help groom the horses and clean the stalls

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.

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

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.

Position	Number	Duties
Ombudsman	Open	Visit residents, educate residents & their families about their rights, and advocate for them

Central Missouri Community Action (Including Head Start & Foster Grandparents)

Contact: Kelley Lucero

Email: kelly-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.

Position	Number	Duties
Office Assistants	2	Typing, filing, scanning, answering phones
Head Start Classroom Assistants	4	Assist classroom teacher as needed
Foster Grand-parent Program	Open	Mentor children in the classroom
Fundraising Events	As Needed	Inquire with volunteer coordinator
Love Where You Live Volunteers	Open	Assist families when needed with light home maintenance or special projects

Youth: Group projects when accompanied by a parent

Groups: Love Where You Live projects and Head Start Clean Up days

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.

Position	Number	Duties
Cat Room Attendants		Please call Chris Campbell for more information
Dog Kennel Attendants		Please call Chris Campbell for more information
Front Desk		Please call Chris Campbell for more information

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.

Position	Number	Duties
Leaders	Open	Lead physical activity or self-management programs; Training provided

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.

Position	Number	Duties
Greeter/intake	2	Welcome and assist shoppers
stockers	3	Stock shelves and help shoppers

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
Please call Sharon for more information		

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. Diversity	10	Committee members for event planning
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

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

Seasonal: Softball: May - Sept, Golf: June - Sept, Tennis: July - Sept, Bocce: July - Sept, Bowling: Aug - Nov 9 (Commitment for season not Required), Basketball: Dec - March, Swim Team: Feb - May, Track: March - May, Volleyball: March- May

City of Columbia Public Works Volunteer Program

Contact: Volunteer Coordinator

Email: pw-volunteer@gocolumbiamo.com

Website: www.gocolumbiamo.com

Phone: 573-874-6271

Address: 1313 Lakeview
P.O. Box 6015
Columbia, MO 65205

The Public Works Volunteer Program utilizes talents, skills, and knowledge of volunteers to extend waste reduction and environmental cleanup programs, educate citizens about waste reduction issues, and encourage the spirit of volunteerism.

Position	Number	Duties
Household Hazardous Waste Collection	6	Traffic direction and paint sort/stir (per 2-hour shift)
Compost Class Instructor and Aide	2	Teach class or assist instructor
Festivals and Events	2	Distribute educational material (per 2-hour shift)

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	Open	Litter clean-up event in April
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)

Position	Number	Duties
English & Cultural tutors		Please contact Lori for more information

Youth: If youth is with an adult, they can tutor as a family and help with homework

Groups: Sorting donations, hosting garage sales & fundraisers

Seasonal: Garage sales

CLAIM (Community Leaders Assisting the Insured of Missouri)

Email: claim@primaris.org

Website: www.missouricclaim.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.

Position	Number	Duties
Counselor	Open	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.

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

Contact: Jan Palmer

Email: columbiaseniorcenter@gmail.com

Website: www.columbiaseniorcenter.com

Phone: 573-874-2050

Address: 1121 Bus Loop 70 E.
Columbia, MO 65202

To aid in establishing activities to promote senior citizens in maintaining a life-style of independence and personal growth.

Columbia Area Senior Center (continued)

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

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.

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

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

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.

Position	Number	Duties
Data Entry	Open	Provide data entry support for grant activities
Smoking Cessation Counselor	Open	Provide brief smoking cessation counseling to low-income individuals trying to quit smoking
Medical Reserve Corp.	Open	Nurses and physicians Interested in providing emergency response

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.

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

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.

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

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.

Position	Number	Duties
Set Builder	Open	Construct sets for productions
Concessions	Open	Sales during performances
Costumes	Open	Design & provide costumes
Maintenance	Open	Small repairs & maintenance

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.

Position	Number	Duties
Various	Open	Sales, ushers, button checkers, stages and children's art area

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.

Position	Number	Duties
Set up		Set up Saturday market from 6:30 - 7:30 AM
Break down		Break down Saturday market from 12 - 12:30 PM
Customer counter		Count # of customers at Sat. market for 10 min. at 8:30, 9:30, 10:30, and 11:30 AM

Columbia Farmers Market (continued)

Position	Number	Duties
Assist w/Green-house activities		Assist with planning and managing children's learning activities at market, help get kids more involved with the local food community and eating healthy
Photography volunteer		Take photos & document the farmers market & other special events

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.

Position	Number	Duties
Activity/social services helpers	Open	Assist and facilitate activities; volunteers with special talents are invited to share them

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.

Position	Number	Duties
Food Pantry	1-2	Distribute food to residents, stock shelves, unload truck

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.

Position	Number	Duties
Tutor/Mentor	25-35	Assist youth with reading, math, and additional activities

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.

Position	Number	Duties
Various positions and duties, please call for opportunities		

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.

Columbia Public School: Adult Learning Center (continued)

Position	Number	Duties
Tutor	20+	Offer support to teachers and students in adult basic education classes

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.

Position	Number	Duties
Tutor	Open	Assist children after school with learning & homework
Cook	Open	Prepare meals in the evening
Mentor	Open	Spend one-on-one time with a child at Coyote Hill, providing a committed friendship, support, encouragement, and fun activities

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@dbri.org

Website: www.dbri.org

Phone: 573-443-3161

Address: 100 West Broadway
PO Box 1267
Columbia, MO 65205

Provides public library services.

Position	Number	Duties
Shelver	Open	Replace books on shelves
Special Projects	Open	As needed

Daniel Boone Regional Library (continued)

Youth: Shelving, additional projects during summer
Groups: Yes

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
Christmas tree lot	Multiple	In our tree lot: lift trees, help patrons choose trees

Downtown Optimist Club (continued)

Youth: Christmas tree lot
Groups: Volunteering at our Christmas tree lot: Friday after Thanksgiving until December 22nd
Seasonal: All of our volunteer needs are from the Friday after Thanksgiving until December 22nd

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.

Position	Number	Duties
Administrative Team	4	Fundraising, grant writing, recruiting, data entry
Tech Teacher	Open	Teach area of expertise

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

Family Health Center

Contact: Kerry Lewis

Email: klewis@fhcmo.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.

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

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

The Food Bank for Central and Northeast MO

Contact: Melanie Lake

Email: melaniel@sharefoodbringhope.org

Website: www.sharefoodbringhope.org

Phone: 573-447-6609

Address: 2101 Vandiver Drive
Columbia, MO 65202

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.

Position	Number	Duties
Various	Open	Assist with food distribution
Various	Open	Help with special events

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.

Position	Number	Duties
Tutors	10	Assist with homework and computerized math instruction

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.

Position	Number	Duties
Tigers on the Prowl (1)		Move tigers around during the months of August & Sept.
Tigers on the Prowl (2)		Volunteer at community events with tigers
Event volunteers		Volunteer at events throughout the year

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.

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

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

Girl Scouts of the Missouri Heartland Council, Inc.

Contact: Tarryn Gritzner

Email: tgritzner@girlscoutsmoheartland.com

Website: www.girlscoutsmoheartland.org

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.

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

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.

Position	Number	Duties
Dining Hall Decorations	4	Create and hang decorations in the residential dining hall 4 times per year

Great Circle (continued)

Position	Number	Duties
Guest speaker/presenter	Multiple	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.
Program Aide	1	Ongoing volunteer with the Impact Us Program to assist coordinator with twice weekly, evening classes (Weds/Thurs from 5-7PM). Require completion of an application, background check and fingerprinting, and commitment of six months or more to volunteering

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.

Position	Number	Duties
Driver	Open	Drive Restore truck to pick up donations (M-F available)
Construction Worker	10 per day	Physical construction work (Fridays and Saturdays)
Restore Volunteer	Open	Assist in office and Restore - load and unload donations

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

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

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.

Position	Number	Duties
Court Appointed Special Advocates (CASAs)	Ongoing	*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 CASA (continued)

Position	Number	Duties
		CASAs advocate, investigate, monitor, and facilitate on behalf of a child who is in the custody of the state; we offer intensive training and support

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.

Position	Number	Duties
Student Intern	4-6	Variety of tasks including marketing, public relations, volunteer coordination, allocations, special events help with various projects

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

Email: ldillon@hospiceadvantage.com

Phone: 573-442-9104

Address: 2620 Forum Blvd, Ste E
Columbia, MO 65203

Position	Number	Duties
General	Open	Be friendly visitors, provide companionship, assist caregivers, or join the Compassionate Care Team

Hospice Advantage (continued)

Position	Number	Duties
Office	Open	Do general office work

*Training is provided for all positions

Hospice Compassus

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.

Position	Number	Duties
Patient Support Volunteer	Open	Provide friendly visits to patients on hospice care
Administrative Volunteer	Varies	Sort, file, put packets together in hospice office

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.

Position	Number	Duties
Marketing/Clerical	1	Varies, project driven
Office Clerk	1	Assist with mailings and general office duties
Interviewer	Open	Conduct mock interviews with job seekers (long term commitment required)
Guest Speaker	Open	Speak to students regarding job market, expectations, etc
Tutor	Open	Help at-risk youths improve basic skills, study for the high school equivalency test, or prepare for college entrance exams

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.

Position	Number	Duties
Preschool	Open	Painting, cleaning, playground
Maintenance		equipment repair, gardening
Comm. Events	Open	Assist with kid-friendly events

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.

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

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.

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

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	Open	Computer and phone skills
News and Public Affairs	Open	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

L.E.A.D. Institute, The (continued)

they live.

Position	Number	Duties
Student Interpreter	8	Provide interpretation services at the summer camp
Camp Counselor	5	Be a cabin leader at the summer camp
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.lifeworkfriends.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.

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

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.

Position	Number	Duties
Tutors	Open	Help students to read, write, and/or learn math skills; training is required
Various	Open	Administrative, fundraising, publicity, finance, newsletter

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

Love In the Name of Christ (continued)

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

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

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.

Position	Number	Duties
Growing Hope Festival		Yearly fundraising event
Advisory Board		Serve as committee member
Baby Supplies		Collect baby supplies for office (diaper drives, etc)
Mentors		Support young women, attend support group, etc
Clerical Duties		Clerical duties and mailings

Seasonal: Growing Hope Festival, Mother's Day Tea, and Birth Mother's Day Brunch

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.

Position	Number	Duties
Wish Granter	Open	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)
Event Volunteers	40	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

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

Contact: Valarie Davis

Email: maplewoodbarntheatre@gmail.com

Website: www.maplewoodbarn.com

Phone: 573-227-2276

Address: PO Box 1704
Columbia, MO 65205

Provides quality outdoor theatrical entertainment for audiences of all ages.

Position	Number	Duties
Actors		Participate in plays

Maplewood Barn Community Theatre (continued)

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

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.

Position	Number	Duties
Office/Clerical		Assemble print materials
Office/Clerical		Volunteer managers
Care Packages		Sort and label products

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: mljclcxecdir@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.

Position	Number	Duties
Preschool Reader	2	Regularly come read to the children
Teacher Helpers	2	Be extra set of hands for projects for teachers

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.

Position	Number	Duties
Housekeeping	1	Light facility cleaning
Office/clerical	1	Copying, filing, data entry

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.

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

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.

Position	Number	Duties
Health Crisis Volunteer	Open	Health/medical professionals and interested citizens: assist during a public health crisis

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.

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

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.

Position	Number	Duties
Hotline volunteers	Open	Answer crisis calls and texts

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.

Missouri River Communities Network (continued)

Position	Number	Duties
Office	1-2	General office, data entry, respond to membership requests
Event Staff	Several	Staff Earth Day or Heritage Festival booths

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.

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

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.

Position	Number	Duties
Usher	Open	Assist patrons at concerts
Office support	Open	Mailings, answer phones, copying

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.

Position	Number	Duties
River Clean-up	Open	Clean up the Missouri River

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.

M.S. Institute (continued)

Position	Number	Duties
Home Assistant	Open	Assist clients at home with cleaning, yardwork, etc.
Shopper	Open	Assist clients in obtaining groceries and other items

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.

Position	Number	Duties
Outdoor Activity Volunteer	3	Assist with groups in the garden - AM or PM
Coffee Kiosk Volunteer	4	Assist with making coffee, cleaning in the morning

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.

Position	Number	Duties
Childcare Leader	1	Oversee childcare program, create and implement curriculum, recruit volunteers
Communications Assistant	1	Creating marketing materials, updating electronic media, maintaining website, generating monthly newsletter, updating community calendars, drafting press releases

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.

Position	Number	Duties
Office support	1	General office work as needed

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.

MU Museum of Art and Archaeology (continued)

Position	Number	Duties
Docent	Open	Lead tours for groups (training required)

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.

Position	Number	Duties
		Places MU students in meaningful service projects, 12 or more weeks in length, with area not-for-profit and government offices; agencies can contact the office for information on becoming a community partner and working with our semester long service-learning students, interns, and student impact leaders

Mustard Seed Fair Trade (now Rōte)

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.

Position	Number	Duties
Store help	Open	Help in store, run cash register, assist customers, organize merchandise, and educate others about fair trade; shifts are one 3-hour shifts per week

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.

Position	Number	Duties
Office Assistant	1	Read aloud incoming mail and help fill out forms, etc
Drivers	5	Provide transportation to chapter meetings

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.

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

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 (continued)

Email: tenkku@gmail.com
Website: nofas.missouri.edu
Phone: 573-782-4446
Address: 8000 Hentges Lane
Lohman, MO 65053

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.

Position	Number	Duties
Office/Clerical	1	Typing , emailing board members, managing paperwork for non-profit organizations, etc

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.

Position	Number	Duties
Sewing	Open	Helping with costumes, sewing, and crafts
Construction	Open	Building and painting sets

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

Contact: Lawrence Simonson
Email: lawrence@pednet.org

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.

Position	Number	Duties
Office support	2	General office duties

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.

Position	Number	Duties
Office/clerical	2	Type, file, copy, answer phone
Companionship	Open	Visit patients, read, and talk
Bereavement	5	Comfort grieving family/friends, sit with patients who are dying

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.

Position	Number	Duties
Volunteers	Open	Assist, educate, and counsel consumers about their choices under the Affordable Care Act; extensive training provided

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.

Position	Number	Duties
House Aide	Open	Interact with the children, provide positive role model behaviors, and help with household duties
Clerical Aide	Open	Answer phones, greet visitors, general office duties

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.

Position	Number	Duties
Office Volunteer	Open	Greet clients, answering phone, taking messages, making appointments
Health Services Volunteer	Open	Provide transportation education and assistance to relevant health appointments, assist clients to independently navigate the US healthcare system

Refugee and Immigration Services (continued)

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

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)

Position	Number	Duties
Lesson Assistant	Open	Catch, groom, and tack the horses; lead the horse or walk beside rider; keeping rider engaged and helping with instructions from instructor
Fundraiser	Open	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
Board of Directors		Acts as advisory board to help plan projects
General		Take daily care of horses and coordinate volunteers to make sure we have enough for each lesson

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.

Position	Number	Duties
Naturalist	Several	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
Office Assistant	Several	Answer the phone, help visitors, make reservations and sales, data entry, make copies, prepare mailings and similar tasks as assigned; Option: history research

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	Hike 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

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

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

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

SAFE KIDS Columbia (continued)

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

Position	Number	Duties
Event Assistant	4	Help with community events by handing out information, and engaging children and their families

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: 1108 W. Ash Street
Columbia, MO 65203

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

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

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: Bell ringing and Thanksgiving volunteer opportunities are seasonal; times available to fit most requests

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.

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

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: 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.

Position	Number	Duties
Adopt-a-Lawn	Open	Mow, rake leaves, or shovel snow for an older adult
Kitchen Cook	Open	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
Food Delivery	Open	Deliver food from the food pantry for older adults (generally once a month)
Friendly Visiting	Open	Create a relationship with a senior and help them get out in the community (generally one hour a week)
Grocery Aide	Open	Take an older adult to do their shopping or shop for them (generally once a month)
Handy Person	Open	Help with small repairs in the home of an older adult
LEAD Workshop	Open	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.
Kids in the Kitchen (KIK)	Open	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

Services for Independent Living (continued)

Position	Number	Duties
KIK Summer Camp	Open	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
Wii Excelerate	Open	Help facilitate the video game and board games for youth ages 7-21 with disabilities (held in the evenings)

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.

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

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: sblearninggarden.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.

Position	Number	Duties
Garden Maintenance Elementary School Garden Club Helper	6-10	Watering, weeding, harvesting, light construction
Middle School Garden Club Helper	4-6	Work with student groups, help with prep and clean-up
	3-4	Help design and implement new program

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.

Position	Number	Duties
Event Workers	Open	Score keepers, timers, lane hosts, heaters, escorts
Coaches	Open	Coach the athletes

Youth: Yes

Groups: Help with Day of Volunteers

Seasonal: Seasonal competitions

Stream Team

Contact: Amy Meier

Stream Team (continued)

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.

Position	Number	Duties
Team Leader	Open	Organize local grass roots stream activities
Team Member	Open	Pick up litter, clean streams, and monitor water quality

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.
Rocheport, 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.

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

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.

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

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.

Position	Number	Duties
Toy Distribution	Open	Assist the Marine Corps League with toy distribution

Groups: Help sort and distribute toys

Seasonal: Christmas-time only

True/False Film Fest

Contact: Volunteer Coordinator

Email: camellia@truefalse.org

Website: www.truefalse.org

Phone: 573-442-8783

Address: 5 south 9th Street
Columbia, MO 65201

The True/False Film Fest exists to champion the best new nonfiction filmmaking. Our goal is to promote art, dialogue, and deepen our community's understanding of each other

True/False Film Fest (continued)

and the world at large.

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

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

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.

Position	Number	Duties
Hospital Advocate	Open	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)
Crisis Advocate	Open	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)
Childcare	Open	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)

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

Contact: Kay Steward

Email: stewardd@health.missouri.edu

Phone: 573-882-4714

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.

Position	Number	Duties
Wayfinding Volunteers	10	Escorting patients/visitors
Gift Shop Volunteers	5	Assist customers in gift shop

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.

Position	Number	Duties
Y Tutors	Open	Assist children with their homework
Habitat for Humanity	Open	Construction - a variety of skilled and unskilled positions are available
Kid Contact	Open	Assist children at community daycares

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.

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

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.

Position	Number	Duties
Classroom Volunteer	4-8	Classroom interaction with children
Camp Counselor	Varies	Arts and crafts, computer, and other games with children
Data Entry	1-2	Enter information into data-base

Groups: 4-6 people at Camp Friday respite care

Seasonal: September to May for Camp Friday

Voluntary Action Center

Contact: Director

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.

Position	Number	Duties
Holiday Program Registration	Open	Help sign up families for the Holiday Program (in Oct.)
Holiday Program Distribution	Open	Help distribute Holiday food and gifts (in Dec.)
Holiday Sponsor	Open	Sponsor a family in need for the holidays
Christmas in July	10	Help set up, serve, and clean up for the Christmas in July picnic
Lunch in the Park	Open	Serve nutritious lunches to low-income children (June to August)
Back-to-School	Open	Help with the Back-to-School Health Fair
Office	Open	Assist with mailings and special projects

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)

Position	Number	Duties
Volunteer	Open	Unpack, sort, and hang clothes

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.”

Position	Number	Duties
Graphic Design	4	Complete various graphic design projects
Street Team	12	Hang posters, pass out fliers
Event Staff	12	Help out at various events

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: 1206 Rangeline St
Columbia, MO 65201

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

Position	Number	Duties
Food donation pickup	1-2	Picking up food donations & delivering to WHI, typically Wed/Fri 30 minutes - 1 hour

Welcome Home (continued)

Position	Number	Duties
Fundraising/ Capital Campaign Assistance	2-4	Manning booths at fundraising events, answering questions about Welcome Home

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.

Position	Number	Duties
Admin. Support	Open	Various clerical duties

Youth: Over age 15

Wonderland Camp

Contact: Jason Hynson

Email: info@wonderlandcamp.org

Website: www.wonderlandcamp.org

Phone: 573-392-1000

Address:

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 care giving for family members and healthcare workers; and to provide and nurture a personal development experience for volunteers and staff.

Position	Number	Duties
Program Help	Open	During the summer, assist with programs like fishing, swimming, recreation, tie-dyeing, etc.

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

Woodhaven (continued)

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.

Position	Number	Duties
Open hours	4	Answer questions from visitors
Event planning	4	Plan, advertise, staff events and fundraisers
Development	2	Find and write grants to support TCP and our programs

Seasonal: Certain one-time events

Central Missouri Foster Care & Adoption Association

Contact: DeAnna Alonso, Executive Director

Email: ccfoosteradopt@gmail.com

Website: www.ccfoosteradopt.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.

Position	Number	Duties
Forget Me Not Gala	Open	Fundraising/committee member
Board of Directors	Open	Serves as a governing director
Begin Again Backpacks	Open	Collects hygiene products and baby products
Office	Open	Write thank you letters
Respite Program	Open	Play games with kids once a month
Mentorship	Open	2-yr commitment for "aging out" foster youth graduating HS

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

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



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.



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.



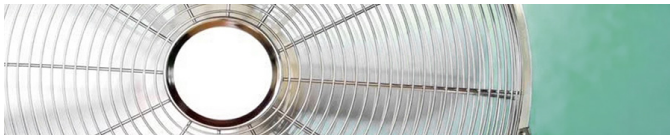
Air Conditioner Exchange

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.



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.



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.



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.



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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.



Heart of Missouri United Way



City of Columbia

