

**FOR VOLUNTEERING QUESTIONS CALL:
SUZANNE CONRON AT 203-966-5359 OR
EMAIL SUZANNE@UCANHELP.ORG**

Food Bank/Pantries

New Canaan Food Pantry – St. Mark’s Episcopal Church, 111 Oenoke Ridge, New Canaan (leave food in Green Walter Stewart’s shopping cart by office (NO perishables) 203-966-4515

Food Bank of Lower Fairfield County – 461 Glenbrook Road, Stamford 203-358-8898 (Has a large freezer to accommodate hundreds of turkeys)

Faith Tabernacle Church – 29 Grove Street, Stamford 203-348-8755

Christian Community Action – 98 South Main Street, Norwalk 203-899-2485

Person-To-Person – 1864 Post Road, Darien 203-655-0048

Neighbor-to-Neighbor – 248 East Putnam Ave, Greenwich 203-622-9208

The Salvation Army – 198 Selleck Street, Stamford 203-359-2320

Strays and Others – New Canaan 966-6556 (Call for drop off information- Needed food for cats, dogs, kitty litter, paper towels & cleaning supplies)

The Lion’s Club of New Canaan (accepts eyeglass donations-call The Volunteer Center for drop off information 203-966-5359)

Look for other volunteer opportunities at our website

www.ucanhelp.org



The Volunteer Center
of Southwestern Fairfield County

62 Palmer’s Hill Road, Stamford, CT 06902
Phone: 203-348-7714 • FAX: 203-967-9507

E-mail: info@ucanhelp.org

AGENCY LISTINGS

The Volunteer Center in New Canaan
a satellite office of



The Volunteer Center
of Southwestern Fairfield County

A HANDBOOK OF

**VOLUNTEER
OPPORTUNITIES**

FOR

**HIGH SCHOOL
STUDENTS**

IN

NEW CANAAN

2010-2011

www.ucanhelp.org



The Volunteer Center of Southwestern Fairfield County is funded by the United Way of Greenwich, New Canaan, Western CT Stamford office.

VOLUNTEERING

“We make a living by what we get, we make a life by what we give.”
 ~ Winston Churchill

Thank you for your interest in volunteering. Sharing your time and talents is a valuable contribution to your community. We hope you get as much from your volunteer experience as those you serve.

BENEFITS OF VOLUNTEERING

- Feels good
- Learn a new skill
- Meet interesting people
- Gain a new perspective on things
- Be a part of a team
- Caring is contagious
- It is FUN!

SEEKING A VOLUNTEER POSITION

- Phone the nonprofit agency and ask to speak with the volunteer coordinator.
- Let the volunteer coordinator know how you found out about the volunteer opportunity.
- Describe your interest in volunteering and your availability.
- Give a brief description of your skills, work history or previous volunteer experience.
- Ask to meet with the volunteer coordinator to learn more about the volunteer position.

VOLUNTEER TIPS

- Nonprofits rely on their volunteers. Please let your agency contact know if you are unable to volunteer or if your schedule changes.
- No task is meaningless. Tasks such as stuffing envelopes or making photocopies are a big help to staff members. Your willingness to help with any task is much appreciated.
- Please be open to training.
- Please be prepared to observe confidentiality rules.
- Have FUN!

Working with Children – Opportuniles outside New Canaan

- Americares-Camp Amerikids 203-658-9500**
- Boys and Girls Club of Greenwich 203-869-3224**
- Boys and Girls Club of Stamford 203-324-0594**
- Carver Community Center 203-838-4305**
- CTE 203-352-4876**
- Domestic Violence Crisis Center – Stamford/Norwalk 203-965-0049**
- Darien YWCA 203-655-2535**
- Family & Children’s Agency-Jr Project Friendship 203-855-8765**
- Kids in Crisis 203-622-6556**
- Pegasus Therapeutic Riding, Inc 203-655-9504**
- Stamford Museum & Nature Center 203-322-2646**
- Stepping Stones Museum 203-899-0606**

Working with Animals/Nature

- PAWS 203-750-9572**
- Stamford Museum & Nature Center 203-322-1646**
- SoundWaters 203-406-3302**
- Wildlife Orphanage 888-727-6774**

Health/Hospitals

- Americares Health Clinic 203-658-9500**
- Greenwich Hospital 203-863-3000**
- Norwalk Hospital 203-852-2000**
- Stamford Hospital 203-325-7521**
- The Multiple Myeloma Research Foundation 203-229-0464**

Court Ordered Community Service

- The Volunteer Center – Lorna Seranno – 203-965-5292**
- Email: Lorna.ucanhelp@hotmail.com**

Shelters

- New Covenant House of Hospitality – 90 Fairfield Ave, Stamford 203-964-8228**
- Norwalk Emergency Shelter – 4 Merrit Street, South Norwalk 203-866-1057**
- Malta House-Good Counsel – 5 Prowitt Street, Norwalk – 203-857-0088**
- Shelter for the Homeless – 597 South Pacific Street, Stamford 203-348-2792**
- St Luke’s LifeWorks – 141 Franklin Street, Stamford – 203-388-0175**
- Thomas Merton Center – 43 Madison Ave, Bridgeport – 203-367-9036**
- Liberation Programs – Norwalk 203-851-2077/Stamford 203-356-1980**
- Kids in Crisis – One Salem Street, Cos Cob – 203-622-6556**

AGENCY LISTINGS

New Canaan High School Groups

Volunteers look at NCHS website for up-to-date contact info.
Website: www.newcanaainfo.com Look under **Public Schools/NCHS Student Activities**. Some examples include – Best Buddies, Building with Books & Kiwanis Key Club

New Canaan Volunteering Youth Groups (See listings)

Boy Scouts of America – Website: info@ctyankee.org

Local troops:

#31 - United Methodist Church

#70 - St. Marks Episcopal Church

#286 – Church of Jesus Christ of Latter Day Saints

Co-ed Venturing Crew 31 - United Methodist Church

Senior Girl Scouts of America – Contact: 203-762-5557

Website: www.gscsc.org

New Canaan High School Red Cross-Youth Corps

Contact: 203-966-1663 Website: www.ctredcross.org

New Canaan Cares – Contact: 203-966-7862

Website: www.newcanaancares.org

New Canaan Charity League (mother/daughter philanthropy)

Website: www.nationalcharityleague.com

New Canaan Charity League Parish Chapter (mother/daughter philanthropy)

Website: www.nationalcharityleague.com

Outback Teen Center Contact: 203-594-3075

Website: www.ncoutbacktc.com

Student Governing Board-works with local agencies & special events - call or email for an application.

New Canaan Community Foundation – Young Philanthropists Fund Steering Committee – Contact: 203-594-3080

Website: www.newcanaanctf.org

Youth Adult Partnership Board (a program of the Department of Youth Services) **Contact: 203-594-3080 Human.Services@newcanaanct.gov**

SLOBS-NCHS Service League of Boys (Parent/son teams who join together in service to the community)

Contact Information at Website: www.newcanaan2.americantowns.com

(Look for clubs and organizations/SLOBS) or

www2.newcanaan.k12.ct.us/Schools?NCHSYoungLife

For more group opportunities contact local churches, synagogues or other places of worship.

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AGENCY LISTINGS

American Red Cross Connecticut Chapter: 51 Main Street, New Canaan
Contact: Theresa Addison Phone: 203-966-1663 or 1-800-319-9935 x 4264
Website: www.ctredcross.org

Volunteers ages 14 -18 help assist staff members with office help, blood drives and various tasks.

Youth group-New Canaan High School Red Cross Youth Corps.-meets during the school year. Provides support for the two high school blood drives, annual CPR training.

CERT - Community Emergency Response Team:

Contact: 203-966-1663 - Website: NewCanaanCert.org

Volunteers ages 15+ learn to be better equipped to handle a disaster in your home or workplace.

Arts for Healing: 24 Grove Street, New Canaan

Contact: 203-972-2982 - Email: info@artsforhealing.org

Website: Artsforhealing.org

Summer theater program, light office work, mailings.

Day Care Center of New Canaan: 156 South Ave, New Canaan

Contact: Wendy Hower – 203-966-9247

Email: info@daycarecenterofnewcanaan.org

Website: www.daycarecenterofnewcanaan.org

Volunteers ages 14+ help with our after school program-call for appointment

Department of Human Services: 61 Main Street, New Canaan

Contact: 203-594-3076 - Email: Human.Services@ci.new-canaan.ct.us

Website: www.newcanaan.info

Volunteers needed as shoppers and with yard work

Department of Youth Services: 61 Main Street, New Canaan

Contact: Anthony Phillips – 203-594-3080

Email: Anthony.Phillips@newcanaanct.gov

Website: www.newcanaan.info look under Departments/Human Services

Volunteers serve on the Youth/Adult Partnership Board

Family and Children's Agency, Inc., Jr. Project Friendship Program:

9 Mott Avenue, Norwalk

Contact: Sheri Richards – 203-299-1532 x 302

Email: SRichards@fcagency.org

Website: www.familyandchildrensagency.org

A great opportunity for teens to mentor a child. The program matches children ages 6-12 with high school juniors and seniors who spend two to three hours each week with the child they are matched with. Activities range from going to the movies, playing in the park, baking cookies to just walking and talking. Our high school volunteers need to have access to a car either driven by themselves or by their parents so they can engage in different activities with their Little Friend. The program nurtures a child's self esteem, promotes caring for others and expands horizons. Make a difference in a child's life.

Staying Put in New Canaan

Contact: Donna Simone 203-966-7762

Email: donnasimone@stayingputnc.org Website: www.stayingputnc.org

This is a cooperative effort to help keep residents over 50 a vital and independent part of the community. Volunteer opportunities include: running errands, walking dogs, helping at social programs, working in the office and many other possibilities.

Town Players of New Canaan: 679 South Ave, New Canaan

Contact: 203-966-7371 Email: info@tpnc.org Website: www.tpnc.org

Interested in theatre? Volunteers Welcome! The Town Players of New Canaan and the Powerhouse Performing Arts Center depend on volunteers to bring their productions to life. Go to website/click on volunteers - to apply for the latest opportunities.

Visiting Nurse & Hospice of Fairfield County:

Contact: 1-203-762-8958 - Email: info@visitingnurse.net

Website: www.visitingnurse.net

Volunteers needed for office support, filing, faxing, copying, data entry, internet research, organizational projects, mailing events& help at special events.

Waveny Care Center: 3 Farm Road, New Canaan

Contact: Sandy Malloy 203-594-5334

Email: Smalloy@waveny.org Website: www.Waveny.org

Volunteers can help by assisting with the serving of meals to residents; assist at the nurse's station; with in the special care unit with residents with cognitive impairments such as Alzheimer's disease; visit with residents and assist with activities such as card games, reviewing the latest news, leading an exercise program, play a Wii game of tennis or bowling with residents or playing the piano or other musical instrument. Help residents learn to use email and to correspond with their friends and family.

Project Ideas – Make a dinner/cookies/pies/cake/candy; Drives-Story book, new games/puzzles, back to school items; gently used: toys, linens, blankets, towels; gently used: clothing-coats, hats, gloves, men's suits, pajamas, socks, shoes, boots, undergarments-baby, children, women & men; Toiletry items-great to save from hotel stays; Knit hats for homeless; Kitchen items-pots & pans; Furniture; First aid kits; Eyeglasses; Animal supplies/pet rescue.

Food Collection Ideas – *non perishable food items*

Canned-meats, fish, vegetables, rice, beans, coffee, tea, peanut butter, jelly, soup, cereal, applesauce, fruit juice, dried packaged fruit snacks, pasta, macaroni & cheese, powdered milk & Parmalat.

AGENCY LISTINGS

Silver Hill Hospital: 208 Valley Road, New Canaan

Contact: Lisa Ruggiero 203-801-2320

Email: volunteer@silverhillhospital.org **Website:** www.silverhillhospital.com

Silver Hill Hospital welcomes mature youth volunteers age 16 and older to provide administrative assistance in our medical library, marketing/ development departments and volunteer office. Special projects include assembling new patient handbooks and educational materials, brochures assembly and mailings.

Silvermine Art Guild: 1037 Silvermine Road, New Canaan

Contact: 203-966-9700 - **Email:** sgac@silvermineart.org

Website: www.silvermineart.org

Volunteers will help with gallery openings, special events, experienced computer data entry, outdoor spring clean up, weeding & experienced gardeners.

New Canaan Society for the Arts - The Carriage Barn Art Center: located in Wavy Park, 6810 South Avenue, New Canaan

Contact: 203-972-1895

Email: thegallery@carriagebarn.org **Website:** www.carriagebarn.org

Call or email for the latest opportunities.

New Canaan Group Home Inc: 162 South Ave, New Canaan

Contact: Ron Kalban 203-972-3867

Email: Newcanaangrouphome@yahoo.com

Volunteers ages 14+ maintenance, yard work, clerical, mentor a friend & work with people with disabilities.

New Canaan Thrift Shop: (a nonprofit enterprise owned by Visiting Nurse & Hospice of Fairfield County) 2 Locust Ave, New Canaan

Contact: 1-800-898-HOME **Email:** info@visitingnurse.net

Website: www.visitingnurse.net

Volunteers ages 14+ mature student to provide retail assistance to the manager to meet the operational needs of the shop.

Strays and Others: P.O.Box 473, New Canaan, CT 06840

Contact: 203-966-6556 - **Email:** straysandothers@hotmail.com

Website: www.straysandothers.petfinder.com

Volunteers ages 15+ photographer, marketing, set up and man tables for food drives, work on holiday projects, organize a pet food/supply collection at school or place of worship.

AGENCY LISTINGS

Center for Hope/Family Centers: 590 Post Road, Darien CT

Contact: Jennifer Flatow 203-869-4848 x306 **Email:** jflatow@familycenters.org

Website: www.centerforhope.org or www.familycenters.org

Many opportunities ranging from classroom assistants, specialized projects, fundraisers and gardening at the Center for Hope.

Horizons: 545 Ponus Ridge Road, New Canaan, CT

Contact: Leah Kimmet - 203-972-7005

Email: Lkimmet@countryschool.net - **Website:** Horizonskids.org

Volunteers ages 14+ for clerical work, summer camp program must be 17+

Kids Care Clubs:

Contact: Maureen Byrne - **Email:** MByrne@Handsonnetwork.org

Rosediane Heffernan - **Email:** Rheffernan@Handsonnetwork.org

Phone- 203-656-8052 - **Website:** www.kidscare.org

Volunteer at an existing club or start a new Kids Care Club.

New Canaan Cares: 91 Main Street 2nd floor

P.O. Box 178, New Canaan Contact: Jennifer Purdy - 203-966-7862

Email: Jpurdy@newcanaancares.org **Website:** www.newcanaancares.org

Call for information on our latest community service & leadership programs.

New Canaan Chamber of Commerce: 91 Elm Street, New Canaan

Contact: Tucker Murphy - 203-966-2004 **Email:** Tucker@newcanaanchamber.com

Website: www.newcanaanchamber.com

Volunteers are needed to help with annual bulb blast and checking strings of lights for the holiday light of downtown New Canaan. Halloween Parade, Holiday Stroll, Dog Days of Summer, Village Fair and Sidewalk Sale, Office Help. Call for more opportunities

New Canaan Community Foundation: 111 Cherry Street, New Canaan

Contact: Kristin Faig - 203-966-0231

Email: info@newcanaanconf.org **Website:** www.newcanaanconf.org

NCCF launched the Young Philanthropists Fund in 2007. The Fund is governed by a Steering Committee of high school aged residents. Membership on the Steering Committee of the Young Philanthropists Fund is open to high school aged students who are residents of New Canaan. Membership is limited. Participation in the committee is an opportunity for high-school-age students to experience a grant making process and fund programs that address community needs. Students on the committee will explore philanthropy, leadership and community responsibility.

Joining the Young Philanthropist Fund Steering Committee at NCCF is simple, just fill out a YPF Application and send it in before the first YPF meeting in September. A YPF Application can be found at www.newcanaanconf.org

AGENCY LISTINGS

New Canaan Fire Company No. 1:

60 Main Street, New Canaan P.O. Box 963

Phone Non Emergency: 203-594-3140

Email: recruits@newcanaanfire.com Website: www.newcanaanfire.org

Volunteers ages 18+ go to website, fill out application forms.

New Canaan Food Pantry: Located at Marks Church in New Canaan

Contact: Maggie Downes-Angus Email: msda7757@aol.com

Volunteers must commit to 6 shifts within a six month time frame. Training is mandatory. The New Canaan Food Pantry is open every other Tuesday with a morning and evening shift. Volunteers who make the commitment have found this to be a very rewarding experience. You do not need to be a member of club or philanthropic organization to volunteer.

New Canaan Historical Society: 13 Oenoke Ridge, New Canaan

Contact: Janet Lindstrom – 203-966-1776

Email: newcanaan.historical@snet.net - Website: www.nchistory.org

Volunteers ages 14+ needed for clerical work, docent, photographer, mailings, special events, afterschool programs and summer camp.

New Canaan Inn: 73 Oenoke Ridge, New Canaan

Contact: Candi LaClair– 203-594-5453

Email: CLaClair@waveny.org Website: www.waveny.org

Volunteers needed for planting, card playing, one-to-one visits, music, arts & crafts and running errands for residents and more.

New Canaan Library: 151 Main Street, New Canaan

Contact: Indu Arya – 203-594-5003 Email: IArya@NewCanaanLibrary.org

Website: www.newcanaanlibrary.org

Volunteers may work in the main library or the children's section-shelving library materials, empty the book drop, stamp date due cards, assist the Librarian to check the circulation activity for each item on the computer as needed, keep magazines in chronological order in the children's room, assist the children's Librarian in special craft projects & programs.

New Canaan Mounted Troop: 22 Carter Street, New Canaan

Contact: 203-966-2722 Email: ncmtms@aol.com

Website: www.NewCanaanMountedTroop.org

Volunteers must have experience with horses, basic horse care, feeding, grooming, turning out. Depending on experience mentoring for youth riders.

Other opportunities include painting jumps, yard work, parking at horse shows and general help at fundraising events.

AGENCY LISTINGS

New Canaan Nature Center: 144 Oenoke Ridge, New Canaan

Contact: Aura Stutzman – 203-966-9577 x 64

Email: astutzman@newcanaannature.org

Website: www.newcanaannature.org

Volunteers ages 14+ will help at special events, work in the greenhouse, outdoor work, work with animals, do occasional clerical & mailings and as summer camp volunteers. Age restrictions with some opportunities.

New Canaan Recreational Department:

Contact: Bill Kapp – 203-594-3600

Email: Bill.Kapp@newcanaanct.gov Website: www.newcanaan.gov

Look under Departments/Recreation

Volunteers needed as Soccer Coaches, Fall/Spring, Baseball Coaches-Summer, Paddle Tennis Program-Fall/Winter, Referees, Summer counselor aides-ages 14+. Contact us for more opportunities.

New Canaan Volunteer Ambulance Corps: 182 South Ave, New Canaan

Contact: 203-966-7840 (non-emergency phone number)

Website: www.ncvac.org

Volunteers ages 17+ go online to get an application.

New Canaan YMCA: 564 South Ave, New Canaan

Contact: Patti Roberts – 203-966-4528 x166

Email: Proberts@newcanaanymca.org Website: www.newcanaanymca.org

Volunteer Ages 14+ needed for office help, child care sports programs and Special events.

Volunteer with children who have special needs ages 2-21 years old. Dedicated and enthusiastic volunteers needed for multiple programs, ranging from basketball to yoga and just about everything in between. For more information contact : Marisa McBride at (203) 966-4528 ext. 156 or by email: mmcbride@newcanaanymca.org.

Teen Center/Outback : 71 Main Street (behind town hall), New Canaan

Contact: Lacey Arndt – 203-594-3075

Email: outbackteencenter@gmail.com

Website: www.ncoutbacktc.com

Volunteers ages 7th-12th grade work concession stand during dances, help with special events, weeding & FaceBook, Twitter and other forms of marketing. Help with the Student Leadership Board.

School House Apartments: 156 South Ave, New Canaan

Contact: Tatiana DeJesus– 203-972-0020

Email: schoolhouse@ehmchm.org

Volunteers needed for weeding, sweeping, yard work, school house shoppers & more. Playing chess, cards, checkers, watch videos, play ping pong help with internet training, cell phone training, help with tag sale