



# Skagit County Community Action Agency

## Volunteer Center

### Youth Volunteer Resources



More and more young people across our country are getting involved in serving their community by working for the environment, helping coach a basketball team, building a home for the homeless, spending time with a lonely senior and much more. In 2005 the Youth Volunteering and Civic Engagement Survey found that 55% of teenagers participate in volunteer activities each year.

If you are a teenager and interested in registering for volunteer work you can –

- Call Susan Rowe at the Volunteer Center at 360-416-7585 ext 143
- Email the Volunteer Center at [volunteer@skagitcap.org](mailto:volunteer@skagitcap.org)
- Browse volunteer opportunities and register at the 1-800 Volunteer website at <http://www.1-800-volunteer.org>

### What's in it for you?

- Experience the joy of service.
- Have fun with friends.
- Develop people skills.
- Strengthen your job applications and resumes.
- Increase your chance for college admittance and scholarships.
- Clarify career interests.
- Get to know your community better.
- Improve your health.

### How do you get involved?

- Identify a talent or skill you have.
- Join a club or organization or agency.
- Volunteer for an organization or agency.
- Get support from a peer or adult.
- Identify a project that has meaning to you.

### Just do it!

Once you get involved, the act of volunteering your services is very powerful and rewarding. If you want to experience that reward it's up to you to take an active role. You can start off with small things like mowing the grass or raking the leaves for an elderly neighbor, picking up litter, helping someone with their homework or whatever you think needs to be done that you can help with. **Do it now!**

### Where can I help?

The next page contains suggestions of non-profit organizations where you might consider volunteering your skills or services. When you find an organization that you wish to help you can contact The Volunteer Center and they will assist you in connecting with these organizations.

**Be the change!! Volunteer!!**

*"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." Margaret Mead*





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## **Animals**

NOAH, SPOT, Humane Society of Skagit County, Purrfect Pals

## **Disaster and emergencies**

American Red Cross - Mt. Baker/Anacortes/San Juan Chapters, Search & Rescue

## **Environment**

Adopt a Highway, Adopt a Stream, Mount Vernon Parks and Recreation, People for Puget Sound, North Cascades Institute, Skagit Fisheries Enhancement Group, Waste Management of Skagit County, Skagit County Public Works

## **Homeless**

Friendship House, YMCA Oasis Teen Shelter, Skagit County Community Action Agency Family Shelter, Skagit Habitat for Humanity

## **Hospitals**

Island Hospital, United General Hospital, Skagit Valley Hospital

## **Hunger**

Alger Food Bank, Anacortes 100 Food Bank, Anacortes Salvation Army, Concrete Food Bank, Herald Christmas Baskets, Neighbors in Need Food Bank, Helping Hands Food Bank, Open Door Community Kitchen, Sea Mar Food Bank

## **Languages**

Skagit County Community Action Agency Skagit Literacy Program, English as a Second Language at Public Schools, SeaMar

## **Libraries**

Anacortes, Burlington, Concrete, Mount Vernon, Sedro Woolley

## **Elderly and People with Special Needs**

Special Olympics, Chinook Enterprises, SPARC, Community Action Agency Volunteer Chore Program

## **Senior and Retirement Centers**

Alliance Living Community, Burton Care Center, Mira Vista Care and Rehab Center, Mountain Glen Retirement Center, San Juan Rehab and Care Center, Skagit Valley Convalescent Center, Skagit Adult Day Care, local Senior Centers

## **Special Events**

Skagit County Fairgrounds, local Chambers of Commerce, Shakespeare Northwest

## **The Arts**

Skagit Museum/Historical Society, Lincoln Theater, Anacortes Museum, Theater Arts Guild

## **Youth Clubs**

Boys and Girls Clubs, Big Brothers/Sisters, 4H, Boy Scouts, Girl Scouts, Campfire, Skagit Valley Family YMCA

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