

finding a volunteer job...

Ask yourself...

- Would you like to work with adults, children, the elderly or with animals?
- Would you like to volunteer in person or remotely from home?
- Do you prefer to work alone or on a team?
- Are you better behind the scenes or do you prefer to take a more visible role?
- How much time are you willing to commit?
- What skills can you bring?
- What causes are important to you?

when you volunteer...

- Know what's expected.
You should be comfortable with the organization and understand the time commitment.
- Start small so you don't over commit at first.
- Don't be afraid to make a change.
Don't feel compelled to stick with a role you dislike if it is not the right fit. Talk to the organization about changing your focus or look for an organization that's a better fit.
- Students, put your volunteer experiences on your resumes and think about the skills you learned while you were in that role. For many, this will be your first work experience.

the most valuable assets a volunteer can bring are...

- compassion
- an open mind
- a positive attitude
- a willingness to pitch in wherever needed

Alpha Resource Center

CONTACT: Jeff Henson, 805.683.2145 jhenson@alphasb.org

WEBSITE: alphasb.org

OVERVIEW: Alpha Resource Center empowers individuals with intellectual and developmental disabilities throughout Santa Barbara County by supporting families, creating opportunities, and fostering belonging.

AGE: 16+ with parental approval, 18+ can volunteer alone

VOLUNTEER OPPORTUNITIES:

- **Office help** - help us with mailings, events, data entry, calls, letters, etc.
- **Giving Tuesday Campus Cleanup** - help clean up our campus/orchard on Nov. 30, 2021
- **Help us raise funds, volunteer for a fundraising committee** - serve as a committee member to help with fundraising. Pigskin Madness, Circle of Life, Plane Pull, Imagine Tours
- **Social media** - help promote the great ways Alpha is making a difference in the community

Apples to Zucchini Cooking School

CONTACT: Nancy Martz, 805.452.3497 nancy@atozcookingschool.org

WEBSITE: atozcookingschool.org

OVERVIEW: Teaching children to prepare delicious, nutritious, affordable meals made from real food.

AGE: Most of our opportunities have no age restrictions

VOLUNTEER OPPORTUNITIES:

- Volunteer to assist Chef Educators **in the kitchen** (or garden). You will help guide students in slicing and dicing, boiling and sautéing, minding their manners and cleaning up the kitchen. Most classes are after school, but we have a few evening and weekend opportunities. [Most classes are weekly.]
- Help **in our garden** -- planting, harvesting, weeding, trimming, etc. Usually on weekends.
- Staff a **table at Farmers Market** (Tuesday, Saturday, Sunday) and tell people about our programs and healthy eating.
- **Create cooking or other food-related videos** that we can post on our sites (Facebook, Instagram, YouTube TikTok?) How do you prepare delicious, nutritious, affordable breakfast, lunch, dinner, snacks? What are some of your favorite ingredients? Is there something you can teach our audience? Is there someone you would like to interview (chef, baker, farmer?)

CommUnify

CONTACT: Joni Kelly, 805.964.8857 ext 1109, jkelly@CommUnifySB.org

WEBSITE: communifysb.org

OVERVIEW: CommUnify works in partnership with the community to find innovative and sustainable solutions for SB County residents to improve and maintain their health, resilience and financial security.

AGE: Varies on a case by case basis, see volunteer opportunities for more guidance.

VOLUNTEER OPPORTUNITIES: CommUnify currently provides 17 vital programs throughout Santa Barbara County and is **always** in need of volunteers to help us help our community. Each has different onboarding requirements and time commitments. Volunteers are required to complete our **User Form and set-up a user account** in our management program, Volunteer Hub at communifysb.volunteerhub.com.

- Campus Beautification Days (12+)
- Event Team Volunteers (14+)
- Administrative Support (12+)
- Head Start Helpers (18+ or with a parent)
- CommUnify Ambassadors
(18+ with trainings - Min 6 month commitment of 2 days/week for 2 hours/day)
- Senior Friendship Callers
(18+ with background check and trainings - Min 6 month commitment of 2 days/week for 2 hours/day)

BUNS

CONTACT: Russ Helfand, 805.570.4994 russ.helfand@bunssb.org

WEBSITE: bunssb.org

OVERVIEW: BUNS is 100% responsible for all care of rabbits and guinea pigs at the Santa Barbara County animal shelter in Goleta.

AGE: Typically high school age or above

VOLUNTEER OPPORTUNITIES:

- [NOW] Normally, a shift at the shelter has a crew that consists of a supervisor plus as many as six other volunteers. Together, we do a range of chores, some unglamorous (like cleaning litter pans), and some that are more fun (like helping fearful animals become friendlier). Volunteers who wish, can learn basic veterinary skills as well as how to handle rabbits and guinea pigs. Volunteers typically work for **2-4 hours on a morning or afternoon shift at the shelter, once a week.**
- Occasionally, one-time opportunities arise, and we host monthly events for the public like Hoppy Hour and Pignic that require additional helpful hands.
- Experienced volunteers also do socializing of rabbits and guinea pigs, getting them in and out for exercise, assisting visitors and other specialized tasks.
- Advanced volunteer jobs include adoption counseling, health checkups, grooming and nail trims. Volunteers work under the supervision of an experienced Lead Volunteer.
- **Qualifications.** Min age for volunteers is 8 years old. Volunteers under 17 must volunteer with a parent or other responsible adult. All volunteers must (1) have a current tetanus shot and (2) have medical insurance, per County of Santa Barbara policies. Past experience is not required, but is desirable. All volunteers (or their parents, if under 18) must sign a liability waiver, as well as agree to comply with BUNS' rules and procedures and County shelter policies.
- **Time Commitment:** Shelter volunteers are expected to commit for a minimum of 8 weeks. Longer is better. Occasionally we have temporary vacancies and we can accommodate volunteers who want to work less hours, but priority is given to longer term volunteers. Reliability is important.
- **Training.** Our experienced Lead Volunteers provide on-the-job training for all basic tasks.

Community Environmental Council

CONTACT: Kathi King, kking@cecmail.org, 805-963-0583 x202

WEBSITE: cecsb.org

OVERVIEW: CEC advances rapid and equitable solutions to the climate crisis.

AGE: 14+ Generally high school and above

VOLUNTEER OPPORTUNITIES:

Events: Our most common need is for general event assistance at our events. Event set-up, breakdown and assistance at CEC table/booth. Opportunities arise as events are planned and scheduled.

- The next opportunity is **October 23 and 24** for the SCAPE art show. SCAPE is Southern CA Artists Painting for the Environment and they create benefit shows for non-profits. October beneficiaries are CEC and local Sierra Club chapter. We need help in 2-hour shifts throughout the weekend.
- **Earth Day Festival:** Need for 300+ volunteers. We have 2-hour shifts available all weekend. Opportunities include greeting attendees, assisting with exhibitor set-up, breakdown, and various event support duties. Volunteers are provided with a commemorative T-shirt and snacks.

Internships: We have occasional internships for high school students. Examples include Earth Day Festival event planning, Plastic Free July and short-term projects as they arise.

Youth Academy 2022: We are currently in program development for a Youth Academy that will begin in 2022. There will be an application process.

YouthWell

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Cottage Rehabilitation • Junior Wheelchair Sports Camp

CONTACT: Rob Dwyer, rdwyer@sbch.org, Volunteer Services 805-569-7357

WEBSITE: cottagehealth.org/services/rehabilitation/junior-wheelchair-sports-camp

OVERVIEW: For **1-week each July**, Junior Wheelchair Sports Camp takes over the UCSB Recreation Center. Kids from age 6-20 who use a wheelchair, or who could benefit from the use of a wheelchair while playing sports, come from all over the country to swim, play basketball, rugby, soccer, tennis, rock climb and much more! Campers arrive daily at 9 and experience an action-packed day of activities that wraps up at 4 when they head home (don't worry: we take a break for lunch)! Camp concludes on Friday with our "Friends & Family" dinner and awards ceremony, and everyone leaves feeling it was the "Best Week Ever."

AGE: 14+

VOLUNTEER OPPORTUNITIES:

- We are looking for happy, responsible people who enjoy connecting with/encouraging others and who are eager to help.
- Volunteers help with set up and take down each day, paperwork/crafts, some lifting, sport assistance, and LOTS of camper interaction and cheerleading.
- Specialty volunteer opportunities may be offered to those with extensive experience in tennis, swim instruction, photography, chalk art, or crafts.
- Lunch is provided each day of camp, as well as dinner on Friday evening.

Requirements & Commitment

- **All** volunteers must be able to attend one of the volunteer orientations held the week before camp.
- **New** volunteers required to attend interview session (3 offered throughout the spring).
- Approximately 75 volunteers are selected, with preference given to those who are able to commit to the full week and all hours of camp (9am - 5pm Mon through Thurs, 9:30am - 7pm Fri).

Cycling Without Age

CONTACT: John Seigel Boettner, johncwa@sbbike.org, 805.284.1697

WEBSITE: sbbike.org/cycling_without_age

OVERVIEW: Cycling Without Age is a worldwide movement that aims to provide joy and vitality to older adults through the magic of the bicycle. Through the simple sharing of a bike ride, Cycling Without Age builds community and a sense of citizenship. Cycling Without Age gathers unique and invaluable stories, unlocked only by the wind and wheels. We ride with older adults in assisted living and elder dare communities as well as with those living at home. We celebrate birthdays, reunions, and being alive by getting out, feeling the sun on our shoulders, the wind in our hair & sharing waves with everyone we see.

AGE: depends on what you do

VOLUNTEER OPPORTUNITIES:

- **RIDE** - Become a pilot and ride with some unforgettable partners - once a week... once a month...
- **RECRUIT** - Find older adults in your family and your neighborhood who are just waiting for someone to invite them for a ride.
- **WRENCH** - Be a mechanic. Check our trishaws weekly.
- **REACH OUT/Social Media** - Share stories of riders and rides on our Facebook and Instagram pages. Teach us Tik/Tok!!!

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Direct Relief

CONTACT: Sharon Hughes, slhughes@me.com

WEBSITE: directrelief.org or for the clubs youth4directrelief.com

OVERVIEW: Direct Relief is a humanitarian aid organization, active in all 50 states and more than 80 countries, with a mission to **improve the health and lives of people affected by poverty or emergencies** – without regard to politics, religion, or ability to pay.

AGE: Any

VOLUNTEER OPPORTUNITIES: Because Direct Relief deals with pharmaceuticals and medical equipment, hands on volunteer opportunities are limited. While they will occasionally have packing days, these opportunities are rare. Direct Relief does not spend money on marketing or fundraising, making them an incredibly efficient non-profit. They **rely on volunteers like us to spread the word** about the work they do.

- **Youth 4 Direct Relief clubs** do this by hosting awareness-raisers along with fundraisers for Direct Relief. You can join a club at your high school or start a club if they don't have one. Together the clubs pay the salary of a school nurse in Haiti (Nurse Nancy) every Fall and run a flower drive each Spring. Direct Relief would like everyone to go to their website and follow their news feed and social media. Knowing what Direct Relief is doing will also keep you apprised to what is happening in the world!

Explore Ecology & Art From Scrap

CONTACT: Jill Cloutier, Jill@ExploreEcology.org, 805-884-0459

WEBSITE: ExploreEcology.org

OVERVIEW: Explore Ecology is an environmental education and arts nonprofit that educates over 38,000 children a year, inspiring them to engage with the natural world, think critically, and experience the value of environmental stewardship. Explore Ecology programs include the Art From Scrap Creative ReUse Store and Gallery, Environmental Education, Watershed Resource Center, and School Gardens.

AGE: 14+ Generally high school and above

VOLUNTEER OPPORTUNITIES:

- Coastal Cleanup Day: Saturday, September 18th from 9:00 am to Noon. Become part of the solution to ocean pollution at the largest volunteer event of the year! Choose from 30 sites in Santa Barbara County. Pick your favorite to clean up with family and friends.
- Monthly Arroyo Burro Beach Cleanups: Show the beach some love on the 2nd Sunday of every month. Join us for an Explore Ecology cleanup from 10:00 am to 12:00 pm. Meet in front of the Watershed Resource Center (blue building) to sign in. You are welcome to bring your own clean up supplies or use ours.
- Art From Scrap Creative Reuse Store: The Art From Scrap Creative Reuse Store is looking for volunteers to work in our retail store: stocking, sorting, organizing materials, and assisting staff. Note: We are creating a new volunteer program for our Creative Reuse Store and are not accepting any volunteers in the store right now. Stay tuned for the new AFS Creative Reuse Store Volunteer program- coming soon!
- School Garden Work Parties: Explore Ecology's School Gardens Program is looking for volunteers who have green thumbs, enjoy being outdoors, and who like to work in a garden setting. We offer volunteer work days throughout the year at school gardens in Santa Barbara County.

The Center for Urban Agriculture at Fairview Gardens “Fairview Gardens Farm”

CONTACT: Chris Melançon, Farm Manager - chris@fairviewgardens.org

WEBSITE: fairviewgardens.org

OVERVIEW: The Center for Urban Agriculture at Fairview Gardens, also known as “Fairview Gardens Farm”, is a non-profit organization that was established in 1997 to steward a preserved agricultural easement and operate one of the oldest organic farms in the state of California. The Center’s primary aim is to build critical connections among community, education, and agriculture.

AGE: All ages* *We will consider all ages and request a 4-hour minimum commitment on each volunteer day. Volunteers 13 years or younger must be joined and actively supervised by an adult or guardian.

VOLUNTEER OPPORTUNITIES:

A 1-hour orientation session is held each Friday and Saturday at 7:00am on the farm by invitation only. Volunteers who are invited to join the Farm Troop must first attend an orientation session, sign a liability release form and show proof of health insurance. Orientation sessions are followed by 4 hours of focused and rewarding farm work. At 12 noon on each day, we will conclude the volunteer activities and volunteers will be invited to enjoy their self-provided lunch on the farm. Volunteers in this program will be offered opportunities to participate in a wide range of activities typical of a small-scale regenerative farming operation that supports year-round educational programs.

Activities may include:

- Seeding plant starts in the greenhouse
- Transplanting greenhouse starts to the field
- Preparing and weeding garden beds
- Harvesting produce for the weekly farm stand
- Tending to all plants on the farm including fruit trees
- Tending to animals, gathering eggs, milking goats
- Tending to composting systems
- Weed trimming and applying mulch on the farm
- Assisting the educators in preparing for educational programs and working with youth program participants

Food Bank of Santa Barbara County

CONTACT: Kelli Padilla, kpadilla@foodbanksbc.org (N.County), Charlie Cloutier Ccloutier@foodbanksbc.org (S.County)

WEBSITE: foodbanksbc.org **Volunteer Website:** foodbanksbc.volunteerhub.com

OVERVIEW: Foodbank of SB County is transforming the health of Santa Barbara County through fresh produce and essential foods, nutrition knowledge, and education for children, families, and seniors.

AGE: Certain shifts require different age limits.

VOLUNTEER OPPORTUNITIES: We have varied volunteer opportunities throughout the year, each volunteer opportunity has different age requirements and many are open to 16 and older with a parental waiver. Some volunteer opportunities include:

- Sort and pack food,
- Distribute and deliver food to community members,
- Teach one of our educational programs,
- Assist at a fundraising or community event,
- Harvest fresh produce from local properties,
- Help distribute meals to children throughout the summer and assist us at distributions handing out food to the community members in need.

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Friendship Center

CONTACT: Rachel Graef, 805.969.0859, programmanager@friendshipcentersb.org

WEBSITE: friendshipcentersb.org

OVERVIEW: Adult day program for aging adults, many who live with a dementia diagnosis. Our program preserves and enriches the quality of life for seniors through innovative activities and compassionate care.

AGE: None - But do require proof of COVID-19 vaccination for on-site volunteering.

VOLUNTEER OPPORTUNITIES: First and foremost - provide companionship to our members through conversation, comfort, and allowing them to reminisce! All abilities and talents are welcome! Call or email for more information. This is a wonderful opportunity to create life-changing intergenerational experiences. Looking for volunteers to...

- lead and co-lead in-person and virtual activities such as art, music, exercise, games, and more!
Trust me . . . you have a talent to share!
- We also need volunteers to help with snack preparation,
- decorating the center,
- administrative tasks such as our social media, blog entries, website design, and grant writing.

The Fund For Santa Barbara - Youth Making Change

CONTACT: David Melendrez, 805.922.1707, david@fundforsantabarbara.org

WEBSITE: fundforsantabarbara.org/programs/ymc

OVERVIEW: YMC is a 9-month youth-led leadership development program that gives teens (13-19) the opportunity to learn about social justice and participate in organized philanthropy. Motto: "Change, not Charity". Students create and conduct an entire grant cycle from start to finish.

AGE: 13-19 years

VOLUNTEER OPPORTUNITIES: Teens can apply on our website. Application is currently closed for 2021 but will open up in February 2022 with a May deadline. We meet twice a month and students get community service hours as well as a \$300 stipend upon completion of the program.

Mental Wellness Center

CONTACT: Alexis Malatesta & Elise Fields - 805.884.8440, support@wcclubs.org

WEBSITE: mentalwellnesscenter.org

OVERVIEW: The mission of the Mental Wellness Center is to advance mental wellness in Santa Barbara.

AGE: 14+

VOLUNTEER OPPORTUNITIES:

- **Wellness Connection Council** (wcclubs.org) is a high school leadership program in which 40+ students come together from the 4 public high schools in south Santa Barbara county to raise awareness and reduce stigma around mental health by promoting connection, self-care, kindness, education, prevention, and outreach amongst their peers. Students learn about current issues and community resources. They participate in team-building exercises that build character and improve communication. They gain leadership tools that include planning, facilitating, public speaking, program planning, evaluation and group decision-making.
- **Volunteer at MWC...** Opportunities throughout the year to help with set up for events.

Santa Barbara County Animal Services

CONTACT: Michelle Maltun, Michelle.Maltun@sbcphd.org, (805) 681-5285 **WEBSITE:** sbanimalservices.org

OVERVIEW: Only open admissions shelter system in SB County. We take in approx 5,000 animals per year and help countless families with pet-related services such as spay/neuter, food pantry, and microchipping.

AGE: 16+ can volunteer alone. Under 16 can volunteer with parental supervision.

VOLUNTEER OPPORTUNITIES: Walking dogs, cuddling with cats, spending time with bunnies, and photographing adoptable animals, as well as the opportunity to help at community events.

Sansum Diabetes Research Institute - Veggie IQ

CONTACT: Katie Kinsella, 805.886.6604, kkinsella@sansum.org and student, Vanessa Martinez

WEBSITE: veggieiq.net

OVERVIEW: Veggie IQ aims to excite local teens to become Santa Barbara's first Youth Scientists. Youth Scientists will use science and technology to highlight the important links between good food and good physical and mental well-being while ending the health inequalities faced by many young people in America today.

AGE: 15-18 years

VOLUNTEER OPPORTUNITIES: If you are a teen in Santa Barbara interested in health, science, technology, community service, and leadership, apply to become a Youth Scientist! Together, we will work to improve the health of our community:

Application link: <https://veggieiq.sansum.org/youth-scientist-application/>

Santa Barbara Historical Museum

CONTACT: Visitor Services Front Desk, (805) 966-1601, reception@sbhistorical.org

WEBSITE: sbhistorical.org

OVERVIEW: Completed in 1964, the Santa Barbara Historical Museum has emerged as an essential landmark for the preservation and celebration of Santa Barbara's regional history. As one of the oldest cultural institutions in Santa Barbara, SBHM is home to the vast archival collection of documents and artifacts within our Gledhill Library and collections vault. **Our mission is to inspire meaningful connections to Santa Barbara history.**

AGE: 16+

VOLUNTEER OPPORTUNITIES: Engage with historical collections and institutional archives within the Gledhill Library and Collections Vault. Assist with educational docent lead tours and upcoming lectures. Assist Visitor Services Team as a Featured Exhibition Greeter and Gallery Attendant. Contact the Visitor Services Front Desk for more information and a volunteer form! No training sessions necessary. Volunteer positions are ongoing. Internships also available for transferable credit, please send resume and information to education@sbhistorical.org.

Download for FREE the new SBHM App, available now in English in Spanish for iPhone and Android.

Explore our galleries virtually and share your thoughts via an in-app survey on what you thought about the app and what you want to learn in our galleries. Search 'Santa Barbara History' in the App Store.

Santa Maria Public Library Foundation

CONTACT: Kaela Villalobos, 805.925.0994 x 1953 kvillalobos@cityofsantamaria.org

WEBSITE: cityofsantamaria.org/library

OVERVIEW: The mission of SMPL is to inspire literacy and lifelong learning, embracing and strengthening our diverse community through free and equitable access to information, knowledge, and services. The mission of the SMPB Foundation is to assist and advance the mission of the SMPL system by providing advocacy, resources, and materials.

AGE: 16+

VOLUNTEER OPPORTUNITIES: After school Homework Help, book cleaning, safety related cleaning, shelving/pulling of items. Volunteers 16 and up are invited to visit the Library to pick up an application to participate in our year-round volunteer program. Opportunities are equally available to volunteers of all ages. Ideal Library volunteers are responsible, detail oriented, outgoing, and helpful. Volunteers are required to attend an orientation which is offered once per month. If accepted into the Library Volunteer program, all training will be provided. Those with special skills not listed are invited to the orientation for more information. Volunteers are asked to commit to 6 months of service, at least 2 hours per week.

OTHER LIBRARY LOCATIONS TO VOLUNTEER: Lompoc, Santa Maria, SYV, Carpinteria Goleta, Santa Barbara *contact them directly*

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Santa Ynez Valley Humane Society / DAWG

CONTACT: SYVHS & D.A.W.G : (805)-688-8224, info@syvhumane.org

Ashlee Morawitz- Volunteer Coordinator: (805)-284-6867, ashleemorawitz@gmail.com

WEBSITE: syvhumane.org

OVERVIEW: Santa Ynez Valley Humane Society and D.A.W.G is a 501(c)(3) non-profit organization that rescues and rehomes animals that were abused, neglected, surrendered or transferred. Our mission is to provide the best possible care for our animals by creating as much of an enriching, loving, and active environment as possible while they are waiting to find their forever home.

AGE: 16+ can volunteer alone. 12-15 can volunteer with parental supervision at all times.

VOLUNTEER OPPORTUNITIES: Dog walking, fostering, laundry, yard work, cat socialization, dog socialization, cleaning, mental stimulation and enrichment.

OTHER LOCATIONS TO VOLUNTEER WITH ANIMALS: SB Humane in Santa Barbara & Santa Maria **contact them directly**

Santa Barbara Museum of Natural History Museum & Sea Center

CONTACT: Jenna Rolle, (805) 682-4711 x 172, jrolle@sbnature2.org

WEBSITE: sbnature.org/education/teens

AGE: 13-17

VOLUNTEER OPPORTUNITIES:

[Year Round] **Quasars to Sea Stars** is a multi-year work-study-volunteer program for high school teens. Participants take Museum classes and learn from professional scientists; volunteer in the community, and at the Museum & Sea Center events. Upon completion of 60 hours of volunteer service, Quasars also get paid as Museum employees for specific work shifts. Must be either a current 8-9th grader to apply.

Applications are due by May 2022.

Sea Center Interpreter: Share your passion for the conservation and stewardship of Santa Barbara's coastal waters and watersheds at our campus on Stearns Wharf. We provide the training—you bring a love of working with people and the ocean. Must be over the age of 11 and volunteer with a parent or guardian if under the age of 14. Applications accepted year-round.

Summer only opportunities: **VolunTEENS:** Share your passion for science and nature with Museum guests! VolunTEENS get the opportunity to develop their public education skills in collaboration with other local teens. Gain community service hours while experiencing the Museum behind the scenes and having fun! Open to youth ages 13-17. **CITs (Counselors in Training):** CITs get to experience science and nature with kids through educational crafts and fun activities. The CIT program is a perfect opportunity to increase your skills working with children, earn community service hours, and explore the Mission Creek Campus and Sea Center. **Applications due by May 2022.**

Wilderness Youth Project (WYP)

CONTACT: Gloria Sanchez-Arreola, volunteer@wyp.org

WEBSITE: wyp.org

OVERVIEW: Foster confidence, health, and a life-long love of learning for young people and families through active outdoor experiences and mentoring

AGE: 16 years and up.

VOLUNTEER OPPORTUNITIES: Our volunteer opportunities are for teens aged 16+. Our ideal volunteer loves kids and nature and has the ability to be present, enjoy adventure and ready for connection to people, animals, and surroundings. *Currently, we don't think we will have opportunities this summer.*

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Teddy Bear Cancer Foundation

CONTACT: Becca Solodon, becca@@teddybearcancerfoundation.org 805.962.7466,

Tessa Boyce, Tessa@teddybearcancerfoundation.org

WEBSITE: teddybearcancerfoundation.org

OVERVIEW: TBCF advocates for families living in SB, Ventura, and SLO counties that have a child with cancer by providing financial, educational, and emotional support. We also organize fun events, counseling groups and tutoring for our children so they are supported throughout their entire cancer journey.

AGE: All Ages

VOLUNTEER OPPORTUNITIES: With our Gold Ribbon Campaign coming up in the month of September for National Childhood Cancer Awareness Month, we have a few immediate volunteer needs, as well as other upcoming Holiday related opportunities, and general support!

- **Join Our Youth in Philanthropy Program** Youth under the age of 18 create their own fundraiser in the month of September during our Gold Ribbon Campaign.
- **Make Tissue Paper Flowers from Home:** We are currently looking for volunteers to help us make over 1,000 tissue paper flowers for our Gold Ribbon Luncheon. This is a great project teens can do at home or in a small group. This project begins next week! Let us know if you'd like to pick up a box of supplies from our office, to take home and work on.
- **Tie Gold Ribbons on Bells from Home:** We also need support tying gold ribbons to 400 bells for our Gold Ribbon Luncheon. This project begins early September. Let us know if you'd like to pick up a box of supplies from our office, to take home and work on.
- **Other Volunteer Opportunities:** Help us in the office with mailings, create craft projects for our kids to complete in the hospital, and make End of Chemo party banners. Host a food or gift drive over the holidays at your school or with friends, or help wrap holiday gifts for our kids in treatment.

YouthWell

CONTACT: Dee Dee Conrad outreach@youthwell.org or Rachael Steidl info@youthwell.org

WEBSITE: youthwell.org/get-involved

OVERVIEW: YouthWell focuses on education, prevention, and early intervention, connecting youth and families to mental health and wellness resources with an online resource directory. YouthWell provides...

1. Youth & Family Mental Health & Wellness Resource Directory youthwell.org/business-directory
2. Community Calendar youthwell.org/calendar/community
3. Wellness Workshops youthwell.org/workshops Youth Mental Health First Aid youthwell.org/education
4. Handouts & Materials youthwell.org/materials
5. Social Awareness Campaign to eliminate stigma
6. Compassion Project: focused on providing "simple acts of kindness". Train parent mentors, and offer nurturing gestures (ie: meal) that show someone cares. youthwell.org/compassion-project

AGE: 16-25

VOLUNTEER OPPORTUNITIES:

- [ongoing] College and high school students... Interested in working with a non-profit focused on eliminating the stigma around mental health and promoting wellness in Santa Barbara County? Opportunity to expand your social media and marketing skills and learn how to do community outreach. We also have opportunities to work on our online resource directory and help with website updates.
- [short-term] Join a group of student interns to assist in developing a social awareness campaign for Santa Barbara County focused on improving mental health and eliminating stigma throughout our community. This internship offers the opportunity for community outreach and supporting the YouthWell team in the areas of social media, digital marketing, and creative design. 12-16 weeks. Approx 1-2 hours per week via zoom.