SERVICE OPPORTUNITIES IN THE FREDERICKSBURG AREA

Agency: Alternative Paths Training School
Website: www.aptschool.org
Phone: 540-373-8760
E-mail: jblack@aptschool.org
Contact: Janet Black, M.ED, BCBA
Address: 710 Littlepage Street Fredericksburg, VA 22401
Opportunities: The APTS is a private day school for students between the ages of 6 to 22 with autism and other developmental disabilities. The mission of the school is to provide their students with knowledge and skills that allow them to integrated into the community. Volunteers will stay on site, rotate among students and between classrooms providing academic support to the students. They will be trained to help with data collection for academic progress and behavioral episodes. Volunteers will also receive deflection and redirection training to keep himself/ herself safe in the event that a student aggresses, but they are not going to be required to intervene during difficult behaviors. Volunteers may be asked to help with other school-related tasks such as cataloguing books for the library and preparing materials.

Agency: American Cancer Society, Greater Fredericksburg Area Unit
Website: http://www.cancer.org
Phone: 800-476-1289 OR 888-227-6333
Contact: Robyn Barber, Volunteer Coordinator
Address: 4240 Park Place Court
Glen Allen, VA 23060
Opportunities: Road to Recovery drivers are needed to drive cancer patients to and from treatment for Stafford County and Fredericksburg area. Volunteers for Special Events should call Robin Newton at above number.

Agency: American Red Cross, Rappahannock Area
Website: http://www.redcross.org
Phone: 540-373-5176
Fax: 540-373-0838
E-mail: rappchap@usa.redcross.org
Contact: Phyllis McBride, Volunteer Coordinator
Address: 4836 Southpoint Parkway
Fredericksburg, VA 22407-2062
Opportunities: Help someone in need, become a Red Cross volunteer. Disaster Support Services, for local and national disasters; Military Communications, after hours to receive, verify and relay emergency communications for service personnel; Health Fair Staffing, MW Hospital one day a week delivering flowers and mail to patients; Blood Services Support, at bloodmobiles and at the donor center; Community Disaster Education; Public Relations: Health and Safety Instructors, and Office Support.

Agency: Arthritis Foundation, Virginia Chapter
Website: http://www.arthritis.org/Communities/Chapters/Chapter.asp?Chapid=55
Phone: 800-456-4687 x307 OR 804-359-1700
Fax: 804-359-4900
Contact: Judy Yoder, Vice President of Development
Email: info.va@arthritis.org
Address: 2201 West Broad Street, Suite 100
Richmond, VA 23220
Opportunities: Seeking friendly, smiling faces of folks who wish to do their part as Health Fair Exhibitors. Help distribute literature and forward calls to the VA chapter office. Patient Program leaders needed to serve as facilitators for one of the many Arthritis Foundation
community programs, including support groups, self-help courses, land and water exercise programs.

Agency: Association for Retarded Citizens- ARC Rappahannock  
Website: http://arc.communitypoint.org/  
Phone: 540-318-6061  
Fax: 540-318-6064  
Contact: Charlie House  
Email: chouse@arcofrapp.comcastbiz.net  
Address: 15 Hope Road  
Mailing Address: P.O. Box 1690  
Stafford, VA 22555  
Opportunities: SOS Workers are needed to help relieve family members for a short period of time. Recreation Aide for children on Saturday (Day Break-654-3276). Friend to a developmentally disabled person (Best Buddies- 654-3199). Also need volunteers for newsletter mailings.

Agency: Autism Outreach Inc. (AOI)  
Website: www.AutismOutreach.com  
Phone: (703) 689-0019  
e-mail: MichelleHurstAO@aol.com  
Contact: Michelle Hurst  
Address: 701 Emerald Hill Drive  
Leesburg, VA 20176  
Opportunities: AOI is a small, but expanding company that serves children with autism and their families. AOI utilizes an Applied Behavioral Analysis (ABA) approach to intervention with an emphasis on Verbal Behavior (VB), Fluency Instruction (FT) and Discrete Trial Teaching (DTT). In addition to ABA, AOI also uses Natural Environment Teaching and Incidental Teaching. A volunteer with AOI will work one on one with a child in their home. The volunteer will perform ABA programs, using all/most areas of ABA (VB, FT & DDT). Volunteers will be trained to identify behaviors, take data, prompt, reinforce and extinguish behaviors. A volunteer will be supervised by a BCABA or BCBA, most over 10 years of experience with Autism Spectrum Disorders (ASD) and ABA. This opportunity can also be an internship and if that is what you’re interested in contact Dr. Miriam Liss. It could also become possible career in ABA by working their way up the ranks of AOI paired with continuous training opportunities.

Agency: Battlefields Sierra Group  
Website: http://virginia.sierraclub.org/bfg  
Phone: 540-429-0898  
Contact: Eric Scott, Chair  
Email: jwhit@crosslink.net  
Address: P.O. Box 1778  
Fredericksburg, VA 22401  
Opportunities: Volunteers needed to help hospitality chair run events. Also call if interested in Adopt-A-Highway Program.

Agency: Berkeley Elementary School  
Website: http://www.spotsylvania.k12.va.us/bees/index.htm  
Phone: 540-582-5141  
Address: 5979 Partlow Road  
Spotsylvania, VA 22553  
Opportunities: Mentors and tutors needed to help all grades K-5 after school.

Agency: Bethany Christian Services
Opportunities: Volunteers are needed for one-on-one peer counseling, the 24 hour help line, advocacy, and as teachers for classes on post-abortion, childbirth, parenting, and training. Also, volunteers are needed to sort clothing, prep layettes, and help with the newsletter. Training is available.

Agency: Birthright of Fredericksburg, Inc.
Website: http://birthright.communitypoint.org

Opportunities: A crisis pregnancy center. Need volunteers for office work, fund raising, client greeting and sorting donated clothes. Training provided. Also need layettes for new babies.

Agency: Boy Scouts of America- National Capital Area Council
Website: http://simplyfredericksburg.com/scouts/index.shtm
http://www.boyscouts-ncac.org

Opportunities: Assistant Scout Leader/ Scout Leader for area cub scout packs and boy scout troops needed.

Agency: Bragg Hill Family Life Center
Website: Not available

Opportunities: Volunteers are needed to assist with after-school mentoring (grades 1-12), with senior adult activities, and with youth activities. Volunteers also needed to help with “Starkids” summer camp July 8-August 2, and Summer Basketball tournament July 13-August 24.

Agency: Brock Road Elementary School
Website: http://www.spotsylvania.k12.va.us/bres/

Opportunities: Volunteers are needed to tutor and read to children at the elementary age level.

Agency: Caroline Literacy Council, Inc.
Website: Not Available

Phone: 540-370-1800
Fax: 540-370-4552
Contact: Joan Richwine, Volunteer Coordinator
Address: 1616 Stafford Avenue
Fredericksburg, VA 22401

Opportunities: Volunteers are needed for one-on-one peer counseling, the 24 hour help line, advocacy, and as teachers for classes on post-abortion, childbirth, parenting, and training. Also, volunteers are needed to sort clothing, prep layettes, and help with the newsletter. Training is available.

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Website: http://simplyfredericksburg.com/scouts/index.shtm
http://www.boyscouts-ncac.org

Opportunities: Assistant Scout Leader/ Scout Leader for area cub scout packs and boy scout troops needed.

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Agency: Brock Road Elementary School
Website: http://www.spotsylvania.k12.va.us/bres/

Opportunities: Volunteers are needed to tutor and read to children at the elementary age level.

Agency: Caroline Literacy Council, Inc.
Website: Not Available
Phone: 804-633-6184
Contact: Vanessa Ware or Evelyn Rogers, Volunteer Coordinator/Teacher
Address: P.O. Box 778
Bowling Green, VA 22427
Opportunities: Volunteers are needed for office tasks M-F 10 am-1pm or tutoring (hours are flexible).

Agency: Caroline Middle School
Website: http://www2.caroline.k12.va.us/education/school/school.php?sectionid=4
Phone: 804-663-6561
Fax: 804-633-9014
Contact: Derrick Scarborough, Principal
Address: 13325 Devils Three Jump Road
Milford, VA 22514
Opportunities: Career Club; Mentors and Motivators are needed to support children who are at risk in an after school program focusing on substance abuse prevention.

Agency: Carriage Hill Rehabilitation and Nursing Center
Website: Not available
Phone: 540-785-1120
Fax: 540-785-6201
Contact: Michelle Walker, Volunteer Coordinator
Address: 6106 Health Center Lane
Fredericksburg, VA 22407
Opportunities: Friendly, smiling outgoing volunteers needed to assist on the Alzheimer unit. Individuals and groups assist in providing one-on-one companionship, spiritual activities, sing-a-longs, games, and crafts. Evening and weekend volunteers needed.

Agency: Central Rappahannock Regional Library
Website: http://www.librarypoint.org
Phone: 540-372-1144
Contact: Nancy Buck, Volunteer Coordinator
Address: 1201 Caroline St.
Fredericksburg, VA 22401
Opportunities: Literacy Volunteers are needed to help an adult improve reading, writing, math, or English skills. Training is provided.

Agency: Central Virginia Housing Coalition
Website: http://centralvahousing.org
Phone: 540-604-9943ext. 232
Contact: Lou Barnett, Director of Affordable Housing
Address: 208 Hudgins Road
Fredericksburg, VA 22408
Opportunities: General Office help is needed on Wednesday and Friday from 9am to 12 pm to answer phones, greet walk-in clients, and perform general clerical duties.

Agency: Chancellor’s Village Retirement Community
Website: http://www.chancellorsvillage.com
Phone: 540-786-5000 OR 877-282-4684
Contact: Kristen Hansen, Activity Volunteer Coordinator
Address: 12100 Chancellor’s Village Lane
Fredericksburg, VA 22407
Opportunities: Volunteers needed to visit and join in activities with the elderly residents of the home.

Agency: Chaplain Youth Center
Website: None available
Phone: 540-371-0590
Contact: Raymond Barnett, Assistant Director
Email: rebarnett.chaplain@verizon.net
Address: P.O. Box 8208
Fredericksburg, VA 22404
Opportunities: Tutors are needed to help with schoolwork and as mentors to troubled youth in the area.

Agency: Childhelp (Alice C. Tyler Village)
Website: www.childhelp.org
Phone: (540) 399-5076
Email: whardman@childhelp.org
Contact: Wade C. Hardman
Address: 23164 Dragoon Rd.
Fredericksburg, VA 22401
Opportunities: Volunteers will receive training in health care standard precautions and confidentiality. The volunteer will work in both the education and program areas on the village. In the education department the volunteer will aid in our new reorganization process. The volunteer will help record and evaluate the child that has been removed from the classroom setting for a behavioral incident. The volunteer will help aid the child to eventually return to the classroom setting.

Agency: Children's Museum of Richmond
Website: www.cmor.org
Phone: (804) 474-7001
e-mail: ajonesnassar@cmor.org
Contact: Alison Jones-Nassar
Address: 2676 West Broad St.
Richmond, VA 23220
Opportunities: Past volunteers have provided more than 6,000 hours of service annually to support our services to the community including special event’s, toddler programs, SOL-based school programs, summer camps, enrichment activities, and outreach programs. A volunteer may regularly participate in special events; assist with event research, design, plan, logistics, preparation and implementation. May also be working with the various departments that operate at the Children’s Museum of Richmond.

Agency: Comfort Zone Camp
Website: www.comfortzonecamp.org
Phone: (804) 377-3430
e-mail: vols@comfortzonecamp.org
Contact: Marcus Forester
Address: 2101-A Westmoreland St
Richmond, VA 23230
Opportunities: Volunteers have one on one interaction with a grieving child. The volunteer is called a Big Buddy and the child is called a Little Buddy and you do everything with your Little Buddy. Some activities that you will do throughout the weekend with your Little Buddy could be arts n’ crafts, recreation activities, and healing groups. In order to be supportive of your Little Buddy, Big Buddies must stay at the camp for the whole weekend, which is usually begins 3pm on Friday and goes until 4pm on Sunday. Volunteers do not need to have experienced a death of someone close to them in order to be a Big Buddy. Some requirements are a 6 hour training session and a criminal background check.

Agency: Courtland Elementary School (*exclusive to Psych dept)
Website: None available
Phone: 540-898-5422
Contact: Robin Chilton, Assistant Principal
Address: 6601 Smith Station Road
Spotsylvania, VA 22553

Opportunities: Work with children to help facilitate their learning in the classroom. Duties and responsibilities will vary on a day to day basis.

Agency: **Girl Scouts Commonwealth Council of VA**
Website: [http://www.comgirlscouts.org/](http://www.comgirlscouts.org/)
Phone: 540-898-4717
Contact: Mary Claire Kuzlow
Email: mkuzlow@comgirlscouts.org
Address: 150 Old Greenwich Drive Suite 11
Fredericksburg, VA 22408

Opportunities: Troop leaders are needed. Program consultants are needed to help troops with program activities such as computers, cars, and crafts.

Agency: **Dahlgren School** (*exclusive to Psych dept*)
Website: [http://www.am.dodea.edu/NY_VA/dahlgren](http://www.am.dodea.edu/NY_VA/dahlgren)
Phone: 540-653-8822
Contact: Pam Horkan
Address: Bldg 193 Dahlgren School 6117 Sampson Road Ste 206 Dahlgren, VA 22448

Opportunities: Work with children individually and as groups in a classroom setting.

Agency: **Department of Corrections**
Website: [http://www.vadoc.state.va.us/resources/volunteers/default.html](http://www.vadoc.state.va.us/resources/volunteers/default.html)
Phone: 804-674-3296
Contact: Louis B Cei
Email: volunteerservices@vadoc.state.va.us
Address: PO Box 26963 Richmond, VA 23261

Opportunities: Volunteers are needed as both tutors and counselors for resident inmates.

Agency: **DisAbility Resource Center**
Website: [www.drc-fredericksburg.org/progressctr/youth_services.html](http://www.drc-fredericksburg.org/progressctr/youth_services.html)
Phone: 540-373-2559 OR 800-645-6324
Fax: 540-373-8126
Contact: Claudia Depailo, Community Action Specialist
Address: 409 Progress Street
Fredericksburg, VA 22401

Opportunities: Seeking volunteers in the areas of office support, advocacy, information and referral, peer support, skills training, and mentors.

Agency: **Downtown Greens Community Garden**
Website: [http://www.downtowngreens.org](http://www.downtowngreens.org)
Phone: 540-371-7315 OR 540-372-3981 (Laura Thompson home #)
Fax: 540-373-3902
Contact: Jennifer Gorman, Administrative Director or Laura Thompson, Volunteer Coordinator
Email: downtowngreens@verizon.net
Address: 206 Charles St.
Fredericksburg, VA 22401

Opportunities: Beautify the Fredericksburg Community by working on several urban gardens.

Agency: **Eagle Hill Equine Rescue**
Website: [www.eaglehillequinerescue.com](http://www.eaglehillequinerescue.com)
Phone: (540) 399-1982
e-mail:  eaglehillfarm@att.net
Contact:  Annie Deot
Address:  3184 Eleys Ford Rd.
          Fredericksburg, VA 22407
Opportunities:  Volunteers get the chance to train and supervise training of horses and people. They also help to calm timid horses and ride the “green” horses to help keep them fit and trained. Volunteers are exposed to farm management, veterinarian visits and handling orphaned newborns. Other than helping around the farm, volunteers get the option to do particular work in their area of interest.

Agency:  Fredericksburg Area HIV/AIDS Support Services, Inc. (FAHASS)
Website:  http://www.fahass.org
Phone:  540-371-7532 ext. 16
Fax:  540-371-8446
Contact:  Shannon Tucker, Volunteer Coordinator
Email:  info@fahass.org OR shannon@fahass.org
Address:  415 Elm St.
          Fredericksburg, VA 22401
Opportunities:  Monthly orientations. Office support needed Mon-Fri 9am to 5pm to perform general office work, errands, and light cleaning. Need volunteers to staff informational tables at health and community fairs.

Agency:  Food and Friends
Website:  http://www.foodandfriends.org/default.asp
Phone:  202-269-2277
Fax:  202-635-4261
Contact:  Greg Diamond or Dian Tollick, Volunteer Coordinators
Email:  Volunteerinfo@foodandfriends.org
Address:  219 Riggs Road, NE
          Washington D.C. 20011
Opportunities:  Must attend one volunteer training session, held first Saturday and third Thursday of every month. Volunteers can help in the main office doing clerical work, or in the preparation and/or delivery of food to HIV/AIDS victims and their families.

Agency:  Fredericksburg Area Food Bank
Website:  http://www.graycellnet/foodbank/
Phone:  540-371-7666
Fax:  540-371-3186
Contact:  Julie Kishpaugh
Email:  jkishpaugh@feedingamerica.org
Address:  1327 Alum Springs Rd.
          Fredericksburg, VA 22401
Opportunities:  Volunteers are needed to stock shelves, assist in warehouse, assist with bulk mailings, enter data, and work with fund-raising projects.

Agency:  Fredericksburg (Rappahannock) Area YMCA
Phone:  540-371-9622
Fax:  540-899-3694
Contact:  Holly Beam, Public Relations Representative
Address:  212 Butler Rd.
          Fredericksburg, VA 22405
Opportunities:  Special Events Volunteer, Swimming Assistant.

Agency:  Fredericksburg Center for the Creative Arts
Website:  http://www.fccava.org/
Phone:  540-373-5646
Contact: Carol Morgan
Address: 813 Sophia Street
Fredericksburg, VA 22407
Opportunities: The FCCA is an all-volunteer organization that works hard to support the creative arts in our area. The Center brings regular exhibits of local and national artists, special programs and events, and art classes for all ages to the local community.

Agency: Fredericksburg Jaycees
Website: www.fburgjaycees.com
Phone: 540-371-6005
e-mail: valeriehart@loveoflifephoto.com
Contact: Valerie Hart, 2009 president
Address: P.O. Box 278
Fredericksburg, VA 22404
Opportunities: Volunteers manage community service projects in the Fredericksburg area that provide leadership development for young people. The specific duties and responsibilities of the volunteers will vary based on need. The volunteer base currently needs to be expanded to include college students. Other opportunities depend on the time of year and may include: Bigs for a day with Big Brothers/Big Sisters, Easter Egg Hunt for Fredericksburg children, Haunted House, Christmas Parade

Agency: Fredericksburg Department of Social Services Parenting Education Program
Website: none
Phone: (540) 372-1032 ext. 253
e-mail: Kmh630@northern.dss.state.va.us
Contact: Kathleen Hollywood, Parent Educator
Address: 608 Jackson St
Fredericksburg, VA 22401
Opportunities: Since childcare knowledge is a necessity for parents to properly raise their children, this program ensures that parents are correctly taught childcare. A volunteer’s duty would be to assist a Social worker in charge of childcare. The duties include: Interacting with children ranging from the age of infancy to elementary school age, providing appropriate supervision, being a positive role model, reporting any concerns, and willingness to have fun! The program runs for 6 Tuesday nights from 5:45 to 8:15pm. Volunteers must be willing to sign a Self-Declaration form stating they have never been convicted of any crime against children.

Agency: Fredericksburg Parks and Recreation
Website: http://www.fredericksburg.va.us/parksandrec.htm
Phone: 540-372-1086 X213
Fax: 540-372-3475
Contact: Linda Bailey, Nature Specialist
Email: lbailey@fredericksburgva.gov
Address: 408 Canal St
Fredericksburg, VA 22401
Opportunities: Need volunteers to coach youth sports teams or help with special events like Soap Box Derby and Art Expo.

Agency: Fredericksburg Police Department of Accreditation and Professional Standards
Website: www.FredericksburgVA.gov/Departments/Police
Phone: (540) 654-5710
e-mail: JLYNCH@PO.fredericksburgVA.gov
Contact: Lt. James Lynch
Address: 2200 Cowan Blvd.
Fredericksburg, VA 22401
Opportunities: Volunteers assist with the accreditation process by referencing newly recognized standards with the Department Directory. A volunteer will also research in order to correct any errors.

Agency: Fredericksburg Counseling Service
Website: None Available
Phone: 540-373-2320
Contact: Marcy Bartley, Executive Director
Address: Riverside Business Center
305 Hanson Ave. Suite #140
Fredericksburg, VA 22401

Opportunities: Seeking mental health counselors to provide “no cost” counseling to individuals, couples, and families with no mental health insurance coverage. Volunteers needed to lead special interest and support groups. Fund raising volunteers interested in fund raising and public relations work. Office volunteers needed for receptionist, intake, and office work.

Agency: Fredericksburg Regional Boys & Girls Club
Website: http://www.bgca.org
Phone: 540-368-9531
Fax: 540-368-9537
Contact: Connie Lindsey
Address: PO Box 3481
Fredericksburg, VA 22402-3481

Opportunities: Volunteers needed to provide assistance with homework and games.

Agency: Fredericksburg Rescue Squad- Station 1
Website: http://www.fredrescue.org/
Phone: 540-373-3264
Fax: 540-373-0480
Contact: Richard Depathy or Garrett Nanninga
Address: PO Box 444 Fredericksburg 22404
510 William Street
Fredericksburg, VA 22401-0444

Opportunities: Both clerical and EMT positions are available.

Agency: Fredericksburg and Spotsylvania National Military Park
Website: http://www.nps.gov/frsp/
Phone: 540-373-6124
Fax: 540-371-1907
Contact: Greg Mertz
Email: greg_mertz@nps.gov
Address: 120 Chatham Lane
Fredericksburg, VA 22405-2508

Opportunities: Individuals needed to perform routine maintenance work such as; painting benches, fences, and signs. Clear brush off earthworks and road shoulders. Volunteers also needed to assist park historians and share information with visitors about park programs and Civil War history. Clerical volunteers to receive telephone calls and assist with other clerical duties at Park Headquarters.

Agency: Friends of the Rappahannock
Website: http://for.communitypoint.org
Phone: 540-373-3448
Fax: 540-373-8111
Contact: John Tippett, Executive Director
E-mail: john_tippet@riverfriends.org
Address: 3219 Fall Hill  
Fredericksburg, VA 22401

Opportunities: Periodic river clean-ups throughout the year and occasional trail maintenance and trash pickup. Office assistant to help with general office duties- event planning, phones, etc. Training also available for environmental education instructors

Agency: Golden Living Center of Fredericksburg
Website: None available
Phone: 540-786-8351
Contact: Sandra Ray, Activities Director

Address: 3900 Plank Road  
Fredericksburg, VA 22407

Opportunities: Volunteers may have many different roles at this home. They may act as an adopted grandchild, and activities aide, or as an office assistant.

Agency: Greater Fredericksburg Habitat for Humanity
Website: http://www.fksbg-habitat.org
Phone: 540-891-5009
Fax: 540-891-7009
Contact: Elaine Worth, Volunteer Coordinator (899-9644-office #)
Collegiate Representative: Debra Schleef, 540-654-1505
Email: fredhab@erols.com
Address: 4755 Jeff. Davis Highway  Fredericksburg, VA 22401

Opportunities: Groups build or repair homes with low-income families. Construction supervisors and volunteers for all administrative committees needed.

Agency: Head Start
Website: http://www.cityschools.com/headstart/
Phone: 540-372-1065
Fax: 540-372-1156
Contact: Elaine Kevill, Volunteer Coordinator & Education Specialist
Email: ekeville@cityschools.com
Address: 200 Gunner Road  
Fredericksburg, VA 22401

Opportunities: Act as a classroom assistant and interact with at-risk 4 and 5-year-olds.

Agency: Healthy Families, Rappahannock Area
Website: http://www.healthyfamilies.communitypoint.org/index.htm
Phone: n/a
Contact: Michele Powell, HFRA Program Manager
Email: michelepowell@racs.state.va.us
Address: 2217 Princess Anne St. Suite 308-1  
Fredericksburg, VA 22407

Opportunities: This parent education and support program for first time parents is looking for volunteers willing to create, purchase, or donate items to use as gifts for new parents and gifts to nurture and reward the staff. Also looking for volunteers willing to organize playgroups.

Agency: Historic Fredericksburg Foundation, Inc.
Website: http://www.historicfashionsforum.com
Phone: 540-371-4504
Contact: Lori Syner, Coordinator of Membership and Volunteers
Address: 1200 Caroline St.  
Fredericksburg, VA 22401

Opportunities: Special events volunteers are needed to host special events throughout the year. Get involved in planning and staffing during the day of the event. Events include Fielding Lewis Market Day, Outdoor Antiques Fair, and the Christmas Candlelight Tour. Also need
volunteers for once a month shifts on Tues/Thurs.

Agency: Historic Kenmore & George Washington’s Ferry Farm
Website: http://www.kenmore.org
Phone: 540-370-0732
Contact: Shanna Christopher
Address: 1201 Washington Ave.
Fredericksburg, VA 22401
Opportunities: Volunteers needed to maintain gardens Tues and Thurs 9-12pm, help run children’s programs, work in museum gift shops, and join historical societies dedicated to maintaining these two landmarks.

Agency: Hope House/Rappahannock Refuge
Website: http://www.angelfire.com/va3/hopehouse
Phone: 540-371-0831
Fax: 540-372-6526
Contact: Tara Best, Program Director
Email: hopehouseva.org
Address: 902 Lafayette Blvd.
Fredericksburg, VA 22401
Opportunities: Volunteers are needed to help with painting, filing, yard work, sorting clothes, helping with childcare, and answering phones.

Agency: Hospice Support Care, Inc.
Website: http://www.hospicesupportcare.org
Phone: 540-361-7071
Contact: Mary Beth Gass, Volunteer Coordinator
E-mail: volunteer@hospicesupportcare.org
Address: 1701 Fall Hill Ave Suite 109
Fredericksburg, VA 22401
Opportunities: Patient care volunteers to work with patients and their families in the home. Bereavement volunteers to work with grieving clients. Provide telephone support and assist with support groups. Harbor House volunteers to provide direct service to patients including meal preparation and housekeeping and fundraising volunteers to help with special events.

Agency: Hugh Mercer Elementary School
Website: http://www.cityschools.com/hughmercer/default.htm
Phone: 540-372-1115
Fax: 540-372-6753
Contact: Marjorie Tankersley, Principal
Address: 2100 Cowan Blvd.
Fredericksburg, VA 22401
Opportunities: Volunteer as a ESL tutor, Kindergarten Aide, or regular tutor.

Agency: James Blair Middle School
Website: none
Phone: (757) 561-7368
e-mail: KellyJ@wjcc.k12.va.us
Contact: Jill Kelly
Address: Ironbound Williamsburg, VA 23185
Opportunities: Volunteers will be working with the students and assisting them with areas of difficulty.

Agency: John F. Pattie Elementary School Agency
Website: www.pwcs.edu/Pattie
Phone: 703-221-3104  
Agency e-mail: zybrick1@pwcs.edu  
Contact: Ms. Laura Zybrick  
Address: 16125 Dumfries Road,  
Dumfries, VA 22025  

Opportunities: The volunteer will go through volunteer training. Once completed the volunteer will be a  
door greeter on Mondays from 1-3:30 and will assist in the 2nd grade classroom. This  
includes working with the students and administrative duties for the teacher. Other  
assisting function will be assigned based on need.

Agency: John J. Wright Educational and Cultural Center  
Website: http://www.spotsylvania.k12.va.us/jjw/  
Phone: 540-582-7583  
Fax: 540-582-8825  
Address: 7565 Courthouse Road  
Spotsylvania, VA 22553  

Opportunities: Career Club; Mentors and Motivators are needed to support children who  
are at risk in an after school program focusing on substance abuse prevention

Agency: Kenmore Club  
Website: kenmoreclub.com  
Phone: 540-373-7737  
Contact: Lola Siler, Coordinator  
Address: 632 Kenmore Ave.  
Fredericksburg, VA 22401  

Opportunities: Volunteers are needed as counselors, maintenance, food, and clerical assistants.

Agency: King George Elementary School  
Website: King George County Public Schools  
Phone: 540-775-5411  
e-mail: aharris@kgcs.k12.va.us  
Contact: Angela Harris, Assistant Principal  
Betsy Dzula, Social Worker  
Kari Pryplesh, School Guidance Counselor  
Address: 10381 Ridge Road  
King George, VA 22485  

Opportunities: The personnel of King George Elementary will foster competencies that shall enable  
students to become independent learners. Volunteers will assist with social groups for  
grades K-6. They will conduct small group tutoring for academic needs and conduct  
observations that target classroom behaviors. They will provide support to teachers who  
deal with special education students and they will assist in school-wide programs that  
focus on character education. All of the duties will be performed under the supervision of  
the administration and guidance staff of King George Elementary.

Agency: King George Middle School  
Website: http://www.kgcs.k12.va.us/kgms/  
Phone: 540-775-2331  
Fax: 540-775-0263  
Address: 8562 Dhalgren Road  
King George, VA 22448  

Opportunities: Career Club; Mentors and Motivators are needed to support children who are at risk in  
an after school program focusing on substance abuse prevention.
King George Parks and Recreation Youth Volunteer Core
Website: http://www.king-geroge.va.us/content7.cfm?content_uid=1
Phone: 540-775-4386
Fax: 540-775-5255
Contact: Janine Gaulsen, Volunteer Coordinator
Address: King George Citizen Center
8076 Kings Highway
King George, VA 22485
Opportunities: Maintenance and repairman, clerical assistant/recreational aide, publicity assistants, special events, assistant lecturers/presenters, officials, gym supervisors. Volunteers also needed to assist with special events and summer programs.

Lafayette Upper Elementary School
Website: www.cityschools.com
Phone: 540-310-0029
e-mail: jruss@cityschools.com
Contact: Mr Russ
Address: 3 Learning Lane
Fredericksburg, VA 22401
Opportunities: Lafayette is committed to providing a quality education for all students. They accept responsibility for preparing students for success at the next level. Volunteers will assist the office staff with administrative duties, provide guidance to new students during the opening of the school and they will assist the teachers in preparing their learning environments.

Make-A-Wish Foundation
Website: http://www.va.wish.org
Phone: 800-234-9474
Fax: 804-267-1758
Contact: Volunteer Coordinator
Email: info@wish.org
Address: 2810 N. Parham Rd. Suite 302
Richmond, VA 23294
Opportunities: Volunteers needed to give interviews to possible candidates for the program and assist in wish granting.

Marian Manor
Website: http://www.marionmanorofstafford.com
Phone: 540-659-6375
Fax: 540-657-1025
Contact: Sarlene, Administrator
Email: marianmanor@hotmail.com
Address: 177 Old Potomac Church Rd Stafford, VA 22554
Opportunities: Assist with activities at total Alzheimer care facility in Stafford.

Mary Washington Health Center
Phone: 804-224-2222
Contact: Betty Townsend, Activities Director/Volunteer Coordinator
Address: 2400 McKinney Blvd.
Colonial Beach, VA 22443
Opportunities: Assist with activities such as Bingo, morning coffee socials, special events and arts and crafts. Volunteers over the age of 16 are welcome to "adopt" a resident.

Mary Washington Hospice
Website: www.marywashingtonhealthcare.com
Opportunities: Patient/Family Care Volunteers are needed to share a warm heart and a listening ear to patients suffering from terminal illnesses and their families. Volunteers can also assist with mailing and office duties. Bereavement training is required and free.

Agency: Mary Washington Hospital
Website: www.marywashingtonhealthcare.com
Phone: 540-741-1440
Fax: n/a
Address: 1001 Sam Perry Blvd.
Fredericksburg, VA 22401
Opportunities: Escort Service Volunteers are needed to transport patients and family members to different areas within the hospital. Gift Shop Volunteers serve as cashiers for the hospital’s gift store. Menu service volunteers help patients select their meals. Volunteer training takes place once every month.

Agency: Mental Health America of Fredericksburg
Website: mhafredd.org
Phone: 540-371-2704 OR 800-684-6423
Fax: 540-372-3709
Contact: Lynn Delamer, Executive Director, or Theresa Bowers
Email: mhafred@mhafred.org
Address: 2217 Princess Anne St., Suite 219-1
Fredericksburg, VA 22401
Opportunities: Opportunities to work with younger children on self-esteem programs, or as a depression group facilitator AND The Senior Visitor Program, in which volunteers are needed to spend one hour a week with senior citizens who are lonely, homebound, isolated or in need of a friend.

Agency: Micah Ministries
Website: www.dolovewalk.net
Phone: 540-479-4116
ext 13 (Meghann)
e-mail: none
Contact: Meghann Cotter or Ashleigh Cotter
Address: 1013 Princess Ann Street
Fredericksburg, VA 22401
Opportunities: Micah Ministries assists the homeless population with basic survival needs, case management and other support. An orientation will be provided for all volunteers, as well as on the job training, as needed. Volunteers help with serving breakfast, intake, caregiving and in some cases case management tasks- dealing with paperwork and navigating systems.

Agency: The Moss Free Clinic
Website: None available
Phone: 540-741-3590 OR 540-741-1065
Fax: 540-741-1096
Contact: Theresa Silver, Executive Director
Email: mfclinic@staffnet.com
Address: 435 Hunter Street
Fredericksburg, VA 22401
Opportunities: Appointment Schedulers are needed to answer phones and schedule evening appointments. Also need volunteers for pharmacy inventory, restocking exam rooms and clerical work.

Agency: Neighborhood Resource Center
Website: www.nrccafe.org
Phone: 804-864-5797
e-mail: penny@nrccafe.org
Contact: Penny Ferris
Address: 1519 Williamsburg Road
Richmond, VA 23231
Opportunities: The neighborhood resource center is a grassroots cultural and educational center. It fosters community change and personal growth by empowering youths and adults with the tools that they need to advance. The center offers a Montessori pre-school, afterschool programs and adult programs, as well as a library, computer lab and community meeting space. Volunteers lead art class for the at risk youths the center caters to. They will also be used in any other capacity that the center needs. Special training is not required. The volunteers create lesson plans, acquire materials and teach the class with some assistance.

Agency: Parent HELP, Rappahannock Area Council for Child Abuse Prevention (RACCAP)
Website: www.RACCAP.org
Phone: 540-785-6217
Contact: Julie Rivnak-McAdam, Volunteer Coordinator
Address: PO Box 7402
Fredericksburg, VA 22404
Opportunities: Need help watching children in different provided activities while their parents attend the agency’s programs. Volunteers needed for Parents Anonymous Children’s program worker. Also need adult group facilitators to organize weekly discussions on positive parenting strategies (Locations in Spotsylvania, Stafford, & Fredericksburg)

Agency: The Paul Stefan Home
Website: www.paulstefanhome.org
Phone: (540) 854-2300
Agency e-mail: psfoundation@hughes.net
Contact: Patricia Newman
Address: 8180 Everona Rd
Unionville, VA 22567
Opportunities: The Paul Stefan Home is a transitional housing program for expectant mothers. The program provides housing but also guidance and support to mothers facing a crisis pregnancy. The home strives to assist mothers in obtaining a GED or further education as well as other services in the areas of parenting skills, nutrition, education, job search training and financial management. Volunteers will provide childcare services for residents who are in need of respite care, which is care while they attend an educational class or an appointment of some sort. Volunteers may also assist mothers with school work or assist in the office of administrative duties.

Agency: Presbyterian Group Home
Website: None available
Phone: 540-373-1237
Contact: Heidi Heyse, Program Manager
Address: 1007 Oakwood St.
Fredericksburg, VA 22401

Opportunities: Community Residential Volunteer to assist residents with arts and crafts, recreational activities, academic and skill training, etc.

Agency: **Project LINK**
Website: http://www.vafasprevention.org/
Phone: 540-891-3132
Fax: 540-891-3138
Contact: Dee Bryant, Program Manager
Email: info@vafasprevention.org
Address: 2016 Lafayette Blvd. Suite 101
Fredericksburg, VA 22401

Opportunities: Volunteers needed to play with children while their mothers attend the agency's programs (2hrs, once a month). Volunteers with computer knowledge are also needed to develop documents and assemble monthly newsletters.

Agency: **Rappahannock Adult Activities, Inc. (RAAP)**
Website: http://www.racsb.state.va.us
Phone: 540-373-7643
Fax: 540-373-2076
Contact: Becky Clark, Day Support Coordinator
Email: bclark@racsb.state.va.us
Address: 750 Kings Highway
Fredericksburg, VA 22401

Opportunities: Volunteers needed to work side-by-side with staff and mentally retarded individuals on several different recreational opportunities, computer assistance, swimming, sewing activities and horticulture therapy/greenhouse work. Must be 18+ years old.

Agency: **Rappahannock Area Court Appointed Special Advocates (CASA)**
Website: http://rappcasa.com
Phone: 540-710-6199
Contact: Jill Payne, Executive Director
Email: rappcasa@verizon.net
Address: 10401 Courthouse Road, Suite C
Spotsylvania, VA 22553

Opportunities: Advocates needed for abused and neglected children involved in the court system. Must be 21+ years old and go through 36 hours of training to volunteer. Training and support is provided.

Agency: **Rappahannock Area Kids on the Block, Inc.**
Website: http://www.racsb.state.va.us/KOB.htm
Phone: 540-373-3223
Fax: 540-371-3753
Contact: Roberta Phillips, Coordinator
Address: 600 Jackson St.
Fredericksburg, VA 22401

Opportunities: Volunteers are needed to work as puppeteers teaching with disabled and non-disabled puppets the ideas of acceptance.

Agency: **Rappahannock Area Office on Youth**
Website: None available
Phone: 540-372-1149
Fax: 540-372-1150
Contact: Ben Nagle, Executive Director
Email: ben@officeonyouth.org
Address: 500 Lafayette Blvd. Suite 210
Opportunities: Assistance needed in the development/facilitation of group, community service opportunities for youth crews in the Fredericksburg and Stafford Areas. Training and Orientation are provided.

Agency: Rappahannock Big Brothers Big Sisters
Website: http://www.rbbs.org
Phone: 540-371-7444
Contact: Lisa K. Bates, Executive Director
E-mail: info@rbbs.org
Address: 325 A Wallace St.
Fredericksburg, VA 22401

Opportunities: Mentors serve as big siblings to children from ages 6 to 13 who live in single parent homes. Spend 2-4 hrs. a week doing recreational activities with your younger sibling. An application and interview process is run by the agency to match brothers and sisters correctly. Other areas that need assistance include group activities coordination, fundraising, and clerical work.

Agency: Rappahannock Community Services Board
Website: www.racsb.state.va.us
Phone: 540-373-3223
Contact: Colleen Wolak, Public Info Coordinator
Address: 600 Jackson St.
Fredericksburg, VA 22401

Opportunities: Mother/mentor to help a teen mother attain parenting skills. Supported Living Aide, Supported Living Counselor, Exercise Volunteer for persons with mental disabilities, Career Club Youth Motivator/Tutor, Recreation Aide, Psychosocial Aide (ex. Provide supportive counseling).

Agency: Rappahannock Council Against Sexual Assault (RCASA)
Website: http://www.rcasa.org/main.htm
Phone: 540-371-1666
Contact: Myrtah Veldhuis, Volunteer Coordinator
Email: myrtah@rcasa.org
Address: PO Box 1276
Fredericksburg, VA 22402

Opportunities: Victim Advocates are needed to assist clients on the 24-hour crisis phone line (served in your own home at your own discretion), and accompany them to the hospital if necessary. 40 hours of training and a one-year commitment is required. Assistance is also needed for court accompaniment and public outreach programs.

Agency: Rappahannock Council on Domestic Violence (RCDV)
Website: http://www.rcdv.com
Phone: 540-373-9372
Fax: 540-373-0794
Contact: Cathie Braman, Volunteer Coordinator
Address: PO Box 1007
Fredericksburg, VA 22402

Opportunities: Crisis line volunteers, shelter advocates, children’s facilitators, community legal advocates, transportation volunteers, donation volunteers, office aides, and public relations volunteers are all needed. Caregivers also needed Monday nights and to take children on outings.

Agency: Rappahannock United Way
Website: http://www.rappahannockunitedway.org/
Phone: 540-373-0041
Fax: 540-373-0356
Contact: Shelby Beck, Volunteer & Information Services Coordinator
Address: PO Box 398
3310 Shannon Park Drive
Fredericksburg, VA 22408
Opportunities: Campaign Assistant, Information/Referral Aide. This is a volunteer fundraising organization benefiting member and grant agencies that provide a range of health and human services. The organization also provides information, conducts Energy Share programs, and administers the Combined Federal and VA State Employees fundraising campaigns.

Agency: Reaching Potentials (*exclusive to Psych dept)
Phone: 540-368-8087
Fax: 540-368-8059
Contact: Pamela Gorski
Address: PO Box 1004
Fredericksburg, VA 22402
Opportunities: Students would provide one on one Applied Behavioral Analysis therapy to young children with autism in the community. Training provided.

Agency: Regional Adult Education
Website: None available
Phone: 540-898-8165 or 800-GED-1520
Fax: 540-891-2726
Contact: Betsy Mathias, Program Director
Email: mmathias@hs.spotsylvania.k12.va.us
Address: Spotsylvania Career and Technical Center
6713 Smith Station Rd.
Spotsylvania, VA 22553
Opportunities: Volunteer literacy tutors needed to assist teachers in Adult Basic Education and English as a Second Language (ESL). Childcare assistants to help adult students with children while the parents attend classes. Prospective volunteers should first contact the library at 372-1144 about training opportunities, then contact Regional Adult Education.

Agency: Society for the Prevention of Cruelty to Animals (SPCA)
Website: http://www.rhspetnet.org
Phone: 540-898-1500
Contact: Susan Malek
Address: 10891 Courthouse Road
Fredericksburg, VA 22408
Opportunities: Dog walkers. Administrative volunteers to work with Executive Director. Volunteers to clean cages and play with animals. Event volunteers needed for fundraisers, and drivers needed to transport animals

Agency: Special Olympics
Website: http://www.specialolympicsva.org
Phone: 800-526-6131 (ext. 3)
Fax: 703-426-5761
Contact: Veronica Jennings, Office Assistant
Address: 8992 Fern Park Dr Suite A6
Burke, VA 22015
Opportunities: Volunteers are needed as coaches, buddies, and assistants at special events.
Opportunities: Assist in the front reception area of the Human Resources Office allowing you to get an overall understanding of the duties and responsibilities of all members of the HR staff. In addition, you may be assigned to work with HR staff on special projects such as assisting the Assistant Superintendent for Human Resources with research in effective HR practices, assisting the Recruitment and Retention Specialist with attrition/recruiting data reports and presentations, or assisting with other HR projects or tasks as needed.

Opportunities: Office assistant needed to perform various duties such as: type letters, schedule appointments, and complete domestic relations petitions. Need volunteers to tutor and mentor.

Opportunities: As a volunteer you will assist students in co-taught regular classrooms at 2nd, 4th, and 5th grades, as well as pull-out math students in 4th grade. Additional responsibilities may include reading assignments aloud for students, working with small group reading or math activities, clerical tasks for classroom teachers (making games or other materials to be used by students), etc.

Opportunities: Speaker to teach environmental education to local schools. Volunteers to supervise young people needed during litter pick-up. Volunteers needed to serve on committee.

Opportunities: As a volunteer you will assist students in co-taught regular classrooms at 2nd, 4th, and 5th grades, as well as pull-out math students in 4th grade. Additional responsibilities may include reading assignments aloud for students, working with small group reading or math activities, clerical tasks for classroom teachers (making games or other materials to be used by students), etc.
Email: carey.chirico@stgeorgesepiscopal.net  
Address: 905 Princess Anne St.  
Fredericksburg, VA 22401  
Opportunities: Assistant Teachers for physically challenged children (this person needs to be Episcopalian).

Agency: **Stafford Citizen Assistance and Volunteer Services Office**  
Phone: 540-658-4516 (volunteer line)  
Contact: Jeff Shover, Volunteer Coordinator  
Email: jshover@co.stafford.va.us  
Address: Mailing: PO Box 339, Stafford, VA 22555-0339  
Street: 1300 Courthouse Rd. Stafford, VA 22554  
Opportunities: This organization places volunteers throughout the Stafford government Office. Many positions available: answering the switchboard, customer service jobs, data entry, or clerking positions in court and sheriff’s office. Also need disaster response volunteers. Some jobs can be done day or night.

Agency: **Stafford County Head Start Program**  
Phone: 540-368-2559  
Contact: Jenny Errico, Volunteer Coordinator  
Address: 610 Gayle St.  
Fredericksburg, VA 22405  
Opportunities: Volunteer Classroom Aide needed from 8:30-noon to assist with preparing breakfast for children, classroom activities, and preparing materials for instruction. Also, need volunteers to provide computer technical assistance and volunteer literacy assistants needed from 630-830pm on Monday evenings.

Agency: **Stafford Department of Social Services**  
Website: None available  
Phone: 540-658-8730  
Fax: 540-659-8798  
Contact: Linda Wallis, Volunteer Coordinator  
Address: PO Box 7  
Stafford, VA 22555  
Opportunities: A Family self-sufficient Mentor helps families in Section 8 (including Garrison Woods) learn good financial management skills—budgeting, timely payments, credit checks, etc. Mentor works with “Learning Partner” weekly until their financial goals are met. Training is provided. Transportation aides use DDS vehicles to take client families and children to medical and social service appointments.

Agency: **Stafford Elementary School**  
Website: [http://www.pen.k12.va.us/Div/Stafford/ses/](http://www.pen.k12.va.us/Div/Stafford/ses/)  
Phone: 540-658-6340  
Fax: 540-658-6332  
Contact: Mrs. Mary Foreman, Principal  
Address: 1349 Courthouse Rd.  
Stafford, VA 22554  
Opportunities: Volunteers needed for mentoring and reading programs and to help with outdoor and playground work.

Agency: **Stafford Emergency Relief Through Volunteer Efforts, Inc (SERVE, Inc.)**  
Phone: 540-288-9603  
Fax: 540-288-9599  
Contact: Marilyn Stevens, HIP Program Director
Thrift shop assistants needed to assist with day-to-day activities. Food pantry helpers to set up food boxes for the needy and assist with emergency assistance program M,W, F from 10am-1pm.

Agency: Sub-Regional Library for the Blind  
Website: www.librarypoint.org  
Phone: (540) 372-1144 ext 234  
e-mail: esolka@crrl.org  
Contact: Beth Solka  
Address: 1201 Caroline St.  
Fredericksburg, VA 22401

Opportunities: The Sub-Regional Library for the Blind provides adapted material for the blind and physically handicapped. Volunteers will receive training to use our special database. They will also help with sending excess book to NLS and entering requests for other books not provided by the library already.

Agency: Thurman Brisben Homeless Shelter  
Phone: 540-899-9853  
Contact: Kim Lally, Volunteer Coordinator  
e-mail: shelter@tbhs.org  
Address: 510 Essex St. or P.O. Box 1295  
Fredericksburg, VA 22402

Opportunities: Volunteers needed to provide critical services to homeless individuals and families in the Fredericksburg area. Volunteers also needed to aid with children’s programs like outings, crafts, tutoring or birthday parties.

Agency: Thornburg Middle School  
Website: http://www.spotsylvania.k12.va.us/tms/  
Phone: 540-582-7600  
Fax: 540-582-7606  
Contact: Kirk Tower, Principal  
Address: 6929 North Roxbury Mill Road  
Spotsylvania, VA 22553

Opportunities: Career Club: Mentors and Motivators are needed to support children who are at risk in an after school program focusing on substance abuse prevention.

Agency: Virginia's Potomac Gateway Welcome Center  
Website: None available  
Phone: 540-663-3205  
Contact: Francis Volante, Manager  
e-mail: pgateway@crosslink.net  
Address: 3540 James Madison Parkway  
King George, VA 22485

Opportunities: Travel Counselors meet and greet travelers from all over the world! If you are looking for a position that is interesting, fun and also provides a feeling of self satisfaction, then this is the volunteer position for you!

Agency: Walker Grant Middle School  
Website: http://www.cityschools.com/walkergrant/default.htm  
Phone: 540-372-1145  
Fax: 540-891-5449
Contact: Harry Thomas, Principal
Address: Fredericksburg City Public Schools
One Learning Lane
Fredericksburg, VA 22401

Opportunities: Career Club: Mentors and Motivators are needed to support children who are at risk in an after school program focusing on substance abuse prevention.

Agency: Wilburn Gardens
Website: None available
Phone: 540-785-3600
Contact: Diane Mitchell, Volunteer Coordinator/Activities Director
Email: Wilburngardens2@emeritus.com
Address: 3500 Meekins Dr.
Fredericksburg, VA 22407

Opportunities: Volunteers are needed to assist with Bingo, social hours, ice cream socials, and the Adopt-A-Grandparent Program.

Agency: Wilderness Elementary School
Website: www.spotsylvania.k12.va.us/wes/index.htm
Phone: (540) 786-9817
e-mail: dpultz@es.spotsylvania.k12.va.us
Contact: Diane Pultz
Address: 11600 Catharpin Rd.
Spotsylvania, VA 22553

Opportunities: As a volunteer, you would be a teacher's aide in a kindergarten classroom. Volunteers provided one on one and small group help for struggling students. Volunteers will also aid the teacher in giving assessments of the students. You will also be asked as a volunteer to copy, staple and assemble work packets that are created by the teacher.

Agency: Woodmont Health Care Center (Genesis Elder Care)
Website: None available
Phone: 540-371-9414
Fax: 540-371-4501
Contact: Claudia Dishman, Activities Director
Email: leya6511@yahoo.com
Address: P.O. Box 419
11 Dairy Lane
Fredericksburg, VA 22404

Opportunities: Activities Aide, Adopt a Grandparent Volunteer, Handy Hands Volunteer (ex. filling water pitchers).

Agency: Women in Community Service
Website: http://www.charityadvantage.com/WICS/Home.asp
Phone: 703-651-0500
Fax: 703-671-4489
Contact: Tessa Hale, Director of Outreach and Development
Email: WICSnatl@aol.com
Address: (National Office)—1900 North Beauregard St., Suite 103
Alexandria, VA 22311

Opportunities: Volunteers are trained to mentor and support women and youth in the area in the hope of reducing the numbers of women and children living in poverty.

Agency: Young Women Leaders Program (YLLP)
Website: ywlp.virginia.edu
Phone: (434) 924-8979 (Meghan Baer)
Ext. 1491 (Dawn Bower)
(434) 760-0245 (Elizabeth Weaver)
e-mail: ywl@umw.edu
Contact: Elizabeth Weaver
Address: No fixed address – but there is an organization on UMW campus
Opportunities: All volunteers must take part in a 10 week training program in the first semester. This involves weekly meetings which are 2 hours in length. The following semester, the volunteer is officially a Big Sister, who will then be paired with a 7th grade girl and attend both the weekly meeting sessions (2 hours a week) and spend time with their Little Sister outside of the after school program with their Little Sister. Another aspect of the program is a Community Service Project. This year we hope to work closely with HOPE house which is a local shelter for battered women.