



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

THE VOLUNTEER CENTER



A HANDBOOK OF
VOLUNTEER
OPPORTUNITIES
FOR HIGH SCHOOL
STUDENTS IN
D A R I E N
2010 / 2011

www.ucanhelp.org

62 PALMER'S HILL ROAD
STAMFORD, CT 06902
TELEPHONE 203-348-7714
FAX 203-967-9507



The Volunteer Center of Southwestern Fairfield County is funded by the United Way of Greenwich, Stamford and New Canaan

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!

Stamford Hospital—Shelburne Rd. at West Broad St., Stamford

Contact: Fern Pessin: 203-275-5920 fpessin@stamhealth.org

The Hope in Motion event, a walk/run/ride to benefit the Bennett Cancer Center, will be held on June 6, 2010. You can assist by being a Course Monitor—directing the runners and walkers; Rest Stop Coordinator—handing out water at the rest stops or filling the beverage pools; Registration—help to Register people at the event; Gofor—help with whatever!

Stamford Museum & Nature Center: 39 Scofieldtown Road, Stamford

Contact: Cathryn Oullghan 203-322-1646 Ext. 6530

Volunteers are needed to help out at the following events:

Native American Arts Festival: September 26, 2009 11 am to 3 pm

Harvest Festival: October 18, 2009—11 am to 4 pm

Touch A Truck: November 1, 2009— 11 am to 3 pm

Holidays on Heckscher Farm: Fridays in December 3 pm to 7 pm

Maple Sugar Sunday: March 7, 2010— 11 am—3 pm

Model Ts to Mustangs: May 1, 2010 - 11 am to 3 pm

Spring on the Farm: May 16, 2010 11 am to 4 pm

St. Luke's LifeWorks/Bread & Roses: 141 Franklin Street, Stamford

Contact: Elaine Osowski: 203-388-0187

Help by collecting, wrapping, decorating, sorting and personalizing nearly 10,000 gifts in December 2009. Organize a toy drive to contribute to a happy holiday for homeless families and children or those affected by AIDS.

YWCA of Darlen/Norwalk: 49 Old Kings Highway North, Darlen

Contact: Rita Shaughnessy: 203-655-2535 Ext. 27

YWCA Push 'N Pull Parade on July 4th needs volunteers to set up at park, participate in parade management and clean up.

Darien Historical Society, Inc.: 45 Old Kings Highway, North, Darien

Contact: Susan Bhirud: 203-655-9233

The Society presents after-school workshops once a month (October–April) for elementary school children. High school students are scheduled to act as assistants. Help is also needed during the summer at the Society’s Colonial Camp. Experience with children is necessary. Camp activities include crafts, outdoor games and Colonial presentations. Hours are 9:30 am to 2:00 pm. Campers range in age from 7 to 11 years old. Assistance is also needed for the Christmas Open House in December and other “one-time” events throughout the year.

Darien Nature Center: 120 Brookside Road, Darien

Contact: Lynn Hamlin: 203-655-7459 Ext. 26

Volunteers are needed to help out at the Center’s “Hoot & Howl” and “Down on the Farm” Events. Call for date and time.

Darien Youth Commission: Darien Town Hall

Contact: Alicla Sillars: 203-656-7326

Help is needed at the following events:
 Community Arts: Early March
 Tilley Pond Model Boat Regatta: May
 Family concerts on the Beach: Every Wednesday in June
 Halloween Window Painting Contest: A Saturday in October
 Students are encouraged to join the Youth Commission Board as representatives for their class. Meetings are the 1st Wednesday of each month at 7:30 pm.

National Multiple Sclerosis Society: One Selleck St., Norwalk

Contact: Carrie Levitt: 203-860-714-2300 clevitt@ctfightsms.org

The CT Chapter raises funds with a variety of events throughout the year to support programs in Fairfield and Litchfield Counties. Volunteers are needed throughout the year to help with various events. Your help brings us closer to a cure for MS. You must be a high school senior or older. Please contact us for volunteer opportunities.

Special Olympics Annual Regional Games: Trumbull

Contact: Jen Williams: 203-380-9990 Ext. 603

Special Olympics Connecticut provides year round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities. Special Olympics CT Southwest Region has various opportunities to volunteer at their biggest events held in May and November. Volunteers are needed to help out the day of the event. Call for dates.

TABLE OF CONTENTS

Opportunities Working with Children, pages 5–7

Boys and Girls Club of Stamford	George Washington Carver Center
Bruce Museum	Kids in Crisis
Challenger League	Liberation Programs
Darien Nature Center	St. Luke’s LifeWorks
Darien Safe Rides	STAR
The Depot	Stepping Stones Museum
Family & Children’s Agency, Inc.	The Yerwood Center

Opportunities Helping in Social Services, pages 8–11

American Red Cross Darien/ Stamford Chapter	New Covenant House of Hospitality
ARI of Connecticut	Norwalk Emergency Shelter
Broad River Homes	Person to Person
Center for Hope/Family Centers	Salvation Army/Darien
Darien Fire Department	Scofield Manor
Darien Senior Center	Sexual Assault Crisis & Education
Darien Youth Options	Special Olympics CT
Domestic Violence Crisis Center	St. Luke’s LifeWorks
Food Bank of Lower Fairfield County	Voluntary Services for the Blind
Friendly Visitors Program of Darien	Waveny Care Center
Liberation Programs	YWCA of Darien/Norwalk

Opportunities Helping at Museums, Arts & Nature Centers, pages 12–15

Bartlett Arboretum & Gardens	The Maritime Aquarium
Bruce Museum	Pet Animal Welfare Society–PAWS
Darien Arts Center	St. Luke’s LifeWorks
Darien Book Aid Plan	SoundWaters
Darien Community Association	Stamford Historical Society
Darien Library	Stamford Museum & Nature Center
Lockwood Matthews Mansion	

TABLE OF CONTENTS CONT'D.

Opportunities Helping with Administrative/Office Work, page 16

Bruce Museum	The Community Fund of Darien
NEON AIC Program	The Tiny Miracles Foundation
Silver Hill Hospital	YWCA of Darien/Norwalk

Opportunities Helping with Special Events, pages 17- 19

American Cancer Society	Stamford Hospital—Bennett Cancer Walk and Run
Bartlett Arboretum & Gardens	Stamford Museum & Nature Center
Center for Hope/Family Centers	St. Luke's LifeWorks
Darien Arts Center	YWCA of Darien/Norwalk
Darien Historical Society	
Darien Nature Center	
Darien Youth Commission	
National Multiple Sclerosis Society	
Special Olympics Annual Regional Games	

OPPORTUNITIES HELPING WITH SPECIAL EVENTS

American Cancer Society: 372 Danbury Road, Wilton

Contact: Louise Fornabalo 203-563-1518

Volunteers are needed to serve on the event committees or as team captains for Relay for Life events in May and June. Relay for Life is an overnight event in which teams walk throughout the night at a local high school or area park to raise cancer awareness and funds for cancer research, prevention programs, patient support services and advocacy efforts. Volunteers are also needed for Making Strides Against Breast Cancer, a one-day walk at Sherwood Island in Westport every October to raise breast cancer awareness and funds for breast cancer research and patient support services.

Bartlett Arboretum & Gardens: 151 Brookdale Road, Stamford

Contact: Barbara Rossi: 203-322-6971

The Arboretum has Summer Concerts during July and August (call for dates). Volunteers are needed from 4:30 pm for about two hours to help with parking, ticket taking and with beverage sales. They also hold Spring and Fall Plant Sales. The Spring Plant Sale is always the Saturday before Mother's Day, and the Fall Sale will be on a Saturday (date to be determined). Volunteers are needed on both days from 8:00 am to 4:00 pm to help with sales, parking and clean-up after the sale.

Center for Hope/Family Centers, Inc., 590 Post Rd., Darien

Contact: Jennifer Flatow: 203-869-4848

Hope Lights Lives Luminary Project begins to take shape in the early fall. Luminary kits are sold by volunteer block captains who distribute order forms to families and individuals who live on their street. They will be looking for the following volunteer positions: block captain, administrative support, production and inventory control. Some positions are available over the summer and some require heavy lifting. Flexible hours. Great group project.

Darien Arts Center: 2 Renshaw Road, Darien

Contact: Jimmy Ferraro: 203-655-8683

Help is needed to arrange for and hang art exhibits at the Darien Library in preparation for the Darien Visual Art Show—date to be determined. Volunteers can help out both before and during and after the Darien Art show. Volunteers could also help with setting up refreshments for the opening reception. Help is needed to receive the art for the show and greet exhibitors. Assist with setting up and taking down of the art work.

OPPORTUNITIES HELPING WITH ADMINISTRATIVE/OFFICE WORK

Bruce Museum: 1 Museum Drive, Greenwich

Contact: Mary Ann Lendenmann: 869-0376 Ext. 317

There are many fun and stimulating ways to participate at the Bruce Museum. You can commit as many hours to the Museum as your schedule permits! Be a part of our Junior Office Administrator program and help out as an Office Assistant, performing simple, yet necessary office tasks.

NEON AIC Program: 98 S. Main Street, Norwalk

Contact: Ramon Ramos: 849-3592

The Norwalk Community Service Office assists individuals who are currently in the criminal justice system in locating appropriate nonprofit organizations to complete their community service hours. Volunteers are needed to help make phone calls, take minutes at monthly Advisory Board meetings, gather statistics for monthly reporting and data entry.

Silver Hill Hospital: 208 Valley Road, New Canaan

Contact: Lisa Ruggiero: 203-801-2320 volunteer@silverhillhospital.org

Silver Hill Hospital welcomes mature youth volunteers age 16 and older to provide administrative assistance in their medical library, marketing and development departments and volunteer office. Special projects include assembling brochures, patient handbooks, and mailings. Applicants under the age of 18 must provide parental authorization.

The Community Fund of Darien: 701 Post Road, Darien

Contact: Kiki Karpen: 203-655-8775

Volunteers are needed for mailings, labeling, stuffing, and sorting in August and September and with data entry and help with special events during the year.

The Tiny Miracles Foundation: 25-13 Old Kings Hwy. N. #189, Darien

Contact: Deborah List: 203-202-9714

Work with their office manager to assist with database management, correspondence, volunteer coordination and other necessary administrative activities that keep TTMF going.

YWCA of Darien/Norwalk: 49 Old Kings Hwy. N., Darien

Contact: Rita Shaughnessy: 203-655-2535

The Y is looking for students interested in participating in a Young Women's Leadership Group. Also, general intern position- database updating, research, mailings, organizing materials, etc.

OPPORTUNITIES WORKING WITH CHILDREN

Boys & Girls Club of Stamford: 347 Stillwater Avenue, Stamford

Contact: Dante Hudson: 203-324:0594

Volunteers are needed to help the children and youth with homework, assist with arts and crafts, with music programs, technology, games and team sports. In addition, individuals can volunteer to assist the Club's Youth Development Specialists in the administration of programs. All Club programs are centered around the Club's mission: "To enable all young people, especially those who need us most, to reach their full potential as productive, caring, and responsible citizens."

Bruce Museum: 1 Museum Drive, Greenwich

Contact: Mary Ann Lendenmann: 203-869-6786 Ext. 317

Are you creative? Little kids love the Bruce Museum as there is always some activity to involve them. Help with creative projects at Family Days and annual Arts/Crafts Festivals.

Challenger League: Darien

Contact: Charlie Santos-Buch: 203-655-5090

Volunteer opportunities in the Challenger League are for buddies. Buddies must be in grades 9 through 12. Buddies are paired with special needs children who are interested in learning how to play baseball. They work one on one with a particular child. The winter program runs from January through March, every Saturday at Town Hall from approximately 10:15 am to 11:15am. Spring program at McGwane Field runs during the Little League season, which is late April through mid-June. Spring practices and games are Saturday and Sunday.

Darien Nature Center: 120 Brookside Road, Darien

Contact: Lynn Hamlen: 203-655-7459 Ext. 26

Do you have a desire to work in nature and teach small children a sense of care for animals and conservation? Volunteering at the Darien Nature Center includes animal care, trail maintenance, help with children's summer camp, birthday parties and other events.

The Depot: P.O. Box 2381, Darien

Contact: Janice Marzano: 655-0812

Volunteers can help with the numerous events and programs including band nights, special events, community projects and all types of maintenance at the Depot Teen Center.

Family & Children's Agency, Inc., Junior Project Friendship Program:

9 Mott Avenue, Norwalk

Contact: In Darien & New Canaan, Sheri Richards: 299-1532 Ext. 302

This is a great opportunity for teens to mentor a child. The program matches children ages 6 to 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 that 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.

George Washington Carver Center: 7 Academy Street, Norwalk

Contact: Kaaren Shoulders: 838-4305 Ext. 123

Help at the Carver Center's CASPER Club with after-school activities. Help elementary school children with recreational activities and arts and crafts. If you are computer savvy, there is a real need for tutoring in the Computer Lab where you can share your skills with young students. Help is needed Monday through Friday from 3:30 pm to 5:30 pm. The Center also has special events throughout the year. Call to find out dates and times.

Kids in Crisis: One Salem Street, Cos Cob

Contact: Kristen Tomasiewicz: 622-6556

Volunteer as part of Kids in Crisis' Youth Corps, whose mission is to involve youth in decision making and community leadership roles for the betterment of young people in lower Fairfield County. Serve as high school liaisons to help represent Kids in Crisis within your high school and be an advocate for children and their families. Meetings are the first Thursday of the month at the Darien Depot from 6:30 pm to 7:30 pm.

Liberation Programs: 141 Franklin St., Stamford

Contact: Laura Mast: 851-2077 x1162

Volunteers are needed to help provide child care for infants and children at Families in Recovery Program at 141 Franklin Street while mothers are in counseling sessions: mornings, afternoons and early evenings. Plan and execute a holiday party for 8 mothers and 10 children at the Families in Recovery Program. Prepare simple refreshments for a Sunday afternoon gathering of residents and their families at Liberation House on Main Street.

Stamford Museum & Nature Center: 39 Scofieldtown Road, Stamford

Contact: Cathryn Oulghan : 203-322-1646 Ext. 6530

The Stamford Museum has an ongoing opportunities for volunteers in the areas of carpentry, maintenance, farm & animal care, clerical work and special events.

Volunteers are needed to help out at the following special events held at the Museum:

Harvest Festival: Sunday, October 17, 2010 —11 am to 4 pm

Touch A Truck: Sunday, November 7, 2010 — 11 am to 3 pm

Maple Sugar Sunday: March 6, 2011 - 11 am to 3 pm

Take A Hike Week: April 19 - 21, 2011

Egg Hunt: Saturday, April 23, 2011 - 9 am to 12 noon

Antique & Classic Car Show, Saturday, May 7, 2011 - 11 am to 3 pm (rain date May 8)

Spring on the Farm: May 2011 (date TBA)

THE VOLUNTEER CENTER

St. Luke's LifeWorks/Bread & Roses: 141 Franklin Street, Stamford**Contact: Elaine Osowski: 203-388-0187**

Groups of volunteers can do outdoor clean up and gardening projects in a number of locations in the Stamford area. We welcome individuals or groups bringing their own thoughts and creative ideas to support and assist in all our program areas.

SoundWaters: 1281 Cove Road, Stamford**Contact: Dianne Selditch: 203-406-3302**

SoundWaters has opportunities for high school students who are interested in working for a non-profit education organization that emphasizes education and respect for the environment, especially the marine environment. Volunteers can help by greeting visitors, answering the phone and explaining exhibits; staffing the marine exhibit room; feeding the fish and cleaning the tanks; helping with the touch tank; and maintaining the learning lab. Volunteers can (with approval of SoundWaters educator) assist educators with programs or participate in their own research projects. Volunteers are needed after school, on weekends and during the summer. The Center is open Mondays—Fridays, 10 am to 5 pm, and Saturdays, noon - 4 pm during late spring to early fall. Volunteers should be interested in the marine environment, reliable and attend training sessions.

Stamford Historical Society: 1508 High Ridge Road, Stamford**Contact: Jane Flounders: 203-329—1183 email janeflo@aol.com**

The Historical Society has lots of volunteer opportunities for students. While the hours (Tuesday through Saturday from Noon until 4pm) make it difficult for students to come in during the week, they have a full schedule on Saturdays. There are openings in the Photo Collection area where volunteers can work on a range of jobs from computer input to scanning material to filing photos. Opportunities are available for work on upcoming exhibits and special research projects. Volunteer help is needed in the research library on Saturdays. Full training is given by the research librarian. Receptionist help and help in their Shop Downstairs is always welcomed, particularly on Saturdays. Students can volunteer once a month, twice a month, or weekly, whichever suits your schedule.

St. Luke's LifeWorks: 141 Franklin St., Stamford**Contact: Elaine Osowski: 203-388-0187**

Volunteers who can provide structured activities for children 10 and under can assist with child care and cleaning in the Bright Space area which is an indoor recreation area for children to use while their parents participate in adult learning programs. You must be 16 or older and provide two recommendation letters. Bring creativity, commitment and patience!

STAR: 182 Wolfpit Ave., Norwalk**Contact: Megan Johnson: 203-846-9581 Ext. 339****Email: mjohnson@starinonline.com**

Volunteer for STAR, an organization that helps individuals with developmental disabilities throughout Mid-Fairfield County! You can make a difference in people's lives.

- Do you have computer skills? Marketing skills? Writing skills? We can use your help!
- You can also join in on recreational activities with our clients such as movie going and dances. Become a role model!
- Or you can help out with office work or yard work at one of our locations.

We also have a walkathon at Sherwood Island in Westport, CT every year in May. You can volunteer by walking, helping with the plans and preparations (such as putting up posters, obtaining raffle items or just setting up the park) or helping at the event in the children's area (doing face painting, etc) or passing out water and snacks to walkers.

Stepping Stones Museum for Children: 303 West Avenue, Norwalk**Contact: Danielle Soto: 203-899-0606 Ext. 240 and Tammi Small: 203-899-0606 Ext.245**

Are you interested in working with children or teaching? Does being involved in a learning environment appeal to you? Would you like to learn to be a better leader and develop work force readiness skills for future jobs? You can achieve all of that at Stepping Stones and more! You can even earn the President's Volunteer Service Award while having fun!

The Yerwood Center: 90 Fairfield Avenue, Stamford**Contact: Trenè DaRosa 203-327-2790 ext. 20.**

The Yerwood Scholars Program, an after school program for children in grades kindergarten through fifth, is looking for volunteers to help in areas such as homework (tutoring), snack time, performing arts, or help supervise recreational activities. The Center also encourages student volunteers to come up with specific projects that they would like to do with the children. The Yerwood Center has various computer literacy programs for adults and children.

OPPORTUNITIES HELPING IN SOCIAL SERVICES

American Red Cross Darien/Stamford Chapter, 39 Leroy Ave., Darien & 112 Prospect St., Stamford

Contact: Faith Webster: 363-1041 Ext. 28

The Red Cross Youth Corps is comprised of high school students interested in helping the Red Cross carry out its mission of helping save lives. The students meet twice a month learning leadership skills and assisting the Red Cross with blood drives, teaching first aid, raising money and preparing people for disasters. **Darien Safe Rides**—Contact: Allison Green or Steve Bennett 203-655-9299. Juniors and seniors provide safe transportation home on Friday and Saturday nights during the school year.

ARI of Connecticut: 174 Richmond Hill Avenue, Stamford

Contact: Holley Bosley: 324-9258 Ext. 3036

Volunteers can help adults with developmental disabilities by joining the volunteer team at ARI of Connecticut. There are many volunteer opportunities available during the day, evening or on weekends. Volunteering can be a weekly activity or done once a year at special events such as parties, dinner outings or the Special Olympics. Also available are weekly opportunities for activities such as basketball, golf, bocce, swimming, and aqua aerobics. ARI is looking for young adults to join its Youth Corp. The Youth Corp meets once a month to discuss ways that they can contribute to furthering the mission of ARI. They volunteer their time at parties, events, and help fundraise when needed.

Broad River Homes: 108 New Canaan Avenue, Norwalk

Contact: Laura Froelich: 846-3700

Volunteers are needed to conduct card games one night a week on a weekly basis on Monday, Wednesday or Friday night from 5:00-7:00 pm.

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

Contact: Jennifer Flatow: 869-4848

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

Darien Fire Department: Post Road, Darien

Contact: Lt. Shane Smith: 655-1216

There are many volunteer opportunities for youth at the Darien Fire Dept. Students as young as 16 can join the Department as junior probationary members and begin fire fighting training to become state certified. The Department provides leadership training and exercises in team building.

Darien Library: 35 Leroy Avenue, Darien

Contact: Judy Sgammato: 655-1234 Ext. 136

The Darien Library has an ongoing need for Adopt-A-Shelf volunteers. As an AAS volunteer, you may choose your favorite area of the library's collection—computers, travel, photography, art, etc.—and put it in order on a regular basis. The AAS volunteers stop by as often as once a week or just once a month, depending on their schedules.

Lockwood Mathews Mansion Museum: 295 West Avenue, Norwalk

Contact: Rosalie Rinaldi: 838-9799

Volunteers are involved and important to every aspect of the museum. This includes tours, school visits, research, special events and much more. A new project is starting soon to preserve historic photographs.

The Maritime Aquarium: 10 North Water Street, Norwalk

Contact: Lisa Slinsky: 852-0700 Ext. 2225

The Aquarium welcomes students to its Gallery Guide Program. Students can work on weekends and during school vacations as guides explaining the Aquarium's many exhibits. All volunteers will be interviewed and must attend an in-depth training session. The Aquarium has a few spots open after school hours during the week and placement in the program during the week will depend on scheduling needs. The Aquarium offers an abbreviated 10-hour training session in June for those students interested in volunteering during the summer months. You must be at least 15 years old to volunteer. Consider joining this fun group of volunteers and learn about our environment and the wonderful creatures we share our planet with. There are also two 5-week training courses beginning the first week in October and March, on Tuesday and Thursday evenings from 7-9 PM. Student volunteers are required to work a minimum of one 4-hour time shift per month on weekends during the school year. During the summer, they are required to work a minimum of one 4.5-hour shift per week on weekdays and one 4.5 hour shift on weekends per month for the two summer months.

Pet Animal Welfare Society—PAWS: 504 Main Avenue, Norwalk

Contact: Lisa DiDonato: 750-9572 Ext. 120

While you have to be at least 18 to volunteer at the shelter there are many other volunteer jobs where you can make a difference. Volunteers are needed to help create donation canisters out of empty coffee tins, decorate them with PAWS info and distribute them to collection centers. Help distribute the PAWS newsletter and PAWS flyers which showcase an animal currently available for adoption. You can help PAWS find a home for these animals by displaying flyers at your school or place of worship. Help is needed maintaining the sites where flyers are on display. The agency maintains a PAWS Poster Patrol at their website. Volunteers are needed to help organize an old bedding, towel and food drive in your school or neighborhood for use in the kennels.

OPPORTUNITIES AT MUSEUMS, THE ARTS & NATURE CENTERS

THE VOLUNTEER CENTER

Bartlett Arboretum & Gardens: 151 Brookdale Road, Stamford

Contact: Barbara Rossi: 203-322-6971

April through October volunteers are needed to help with the maintenance of their annual gardens—weeding, watering, fertilizing and deadheading. In October through November, volunteers are needed to help with leaf clean up.

Bruce Museum: 1 Museum Drive, Greenwich

Contact: Mary Ann Lendenmann: 203-869-0376 Ext. 317

If you like the beach become a naturalist at Bruce Museum's Seaside Center at Greenwich Point. Learn and teach visitors about our coastal environment as well as the animals and plants found in Long Island Sound. Assist the Summer Naturalist with educational programs and activities. Training is provided. The Center is open during the summer months of July and August. Commitment is one 3 to 4 hour shift per week. Become a Museum Ambassador. Help staff the information desk on weekends and holidays. Greet visitors and answer questions providing information on museum exhibits and membership. You are welcome to work on your lap tops while at the desk, as long as visitors have priority. Call for times.

Darien Arts Center: 2 Renshaw Road, Darien

Contact: Amy Allen: 203-655-5138

Volunteers are needed to help with Connecticut Choralers, Darien Players and Cabaret events. Assist in set up and with box office and house managing. Assist back stage with props, scenery, costumes and makeup and set construction and lighting. The Center will train interested volunteers.

Darien Book Aid Plan: 1926 Post Road, Darien

Contact: Rick Littlefield 203-655-2777 or Heather Ferullo hlzech@sbcglobal.net

Select and pack books for literacy programs, schools and Peace Corp volunteers. We provide donated books to people in need internationally and in the U. S. Most requests are for children's books.

Darien Community Association: 274 Middlesex Road, Darien

Contact: Mary Flynn 203-655-9050

The DCA Thrift Shop can use volunteers to sort the many and varied donated items, to put them into stock on the selling floor and to help customers. It is a good way to learn a little about the retail trade and about helping others. Shop hours are Tuesday through Saturday 10 am to 4 pm.

Darien Senior Center: 30 Edgerton Street, Darien

Contact: Nancy Zengo: 655-1705

The Senior Center welcomes student visitors at any time of the year. Share your stories and skills with the residents. Help with running an activity. Play an instrument and lead a singing group. During the summer, help is needed with lunch serving.

Darien Youth Options, Liberation Programs, Darien Town Hall

Contact: Molra Rizzo: 203-655-8973

Darien Family and Youth Options and the Darien Coalition to Address At-Risk Behaviors are looking for teenage volunteers to participate in a Youth Coalition to deal with high-risk behaviors and teen life in Darien. Help brainstorm and implement fun and educational activities for the youth of Darien.

Domestic Violence Crisis Center: 5 Eversley Ave., Norwalk and 141 Franklin St., Stamford

Contact: Dale Flaste: 203-965-0049 Ext. 102 dflaste@dvccct.org

Students in grades 9- 12 can work with DVCC to help eliminate domestic and interpersonal violence in the home, school and community. Volunteer at their after-school PeaceWorks SHOPS or through Teen PeaceWorks Clubs by providing childcare so mothers can attend support groups. Volunteers must attend a 20-hour educational seminar to become certified.

Food Bank of Lower Fairfield County: 461 Glenbrook Road, Stamford

Contact: Kate Lombardo: 203-358-8898

Students are needed to host food drives at their schools and to help stack shelves with food in the warehouse.

Friendly Visitors and Shoppers Program of the Darien Department of Social Services

Contact: Inta Adams or Mary Bernat at 203-656-7328

Friendly Visitors make a huge difference in someone's life. Volunteers are needed to visit an hour each week with a senior citizen who may be lonely, homebound, or in need of companionship. Volunteer must be a good listener, dependable, patient and care about the elderly. A six-month commitment is desirable. Volunteer will submit 3 references and have an orientation interview. A Shopper must be reliable, patient and trustworthy. Shopping for a senior's groceries may be weekly or as needed basis. Ongoing support is provided by the DSS staff.

Liberation Programs: 141 Franklin Street, Stamford

Contact: Laura Mast: 203-851-2077 Ext. 1162

Organize a school-wide drive to collect winter coats/parkas for children age 2 to 16, books for children from infant to age 16, non-perishable foods for Thanksgiving/Holiday baskets and stocking stuffers for residential clients for the holidays, i.e., toothbrushes, toothpaste, shampoo, hats, scarves, gloves.

New Covenant House of Hospitality: 90 Fairfield Avenue, Stamford
Contact: Betsy Lopez 203-964-8228

Volunteers are needed to help serve and clean up after the meals are finished. Lunch hours are from 12:30 pm to 1:30 pm. Monday to Sunday, and dinner is served from Monday to Saturday at 4:30 pm to 5:30 pm. If you are under 16 you need to be accompanied by an adult.

Norwalk Emergency Shelter: 4 Merritt Street, Norwalk
Contact: Carole Antonetz: 203-866-1057

The Shelter operates "Once and Again" clothing room where volunteers can help sort clothing. They need volunteers for their Make a Difference Day in October. Volunteers stand in front of grocery stores on a Saturday and collect food. There are numerous one-time projects that a group could undertake on behalf of the Shelter. Call for more information.

Person to Person: 1864 Post Road, Darien
Contact: Judy Kilmartin: 203-655-0048

High school students are welcome to join the Youth Group which helps Person to Person on Thursdays from 4:00 pm to 6:00 pm, during the school year and on Saturdays from 9:00 am to 12:00 Noon from September - July. Student volunteers can help with a variety of tasks including answering phones, greeting clients, making appointments, sorting donated clothes and helping clients pick out items for their families, making up food bags or helping clients select food when they have been referred, and putting client information into the data base. Volunteers are expected to commit to at least 10 visits. Students are also actively involved in fundraising to support the toddler car seat program. Adults are needed to be on hand occasionally to support the Youth Group.

Salvation Army/Darien: 2 Renshaw Road, Darien
Contact: Olive Hauser: 203-656-7373

Ring the bell for the Salvation Army in Darien between Thanksgiving and Christmas. Ninety percent of what is raised stays in Darien to help your Darien neighbors in need.

Scotfield Manor: 614 Scotfieldtown Road, Stamford
Contact: Maureen Greer: 203-329-2388

Scotfield Manor is a 50-bed residence primarily for the elderly population. They are looking for individuals or groups who are interested in interacting with the elderly population. Their residents enjoy things like current events, bingo, arts and crafts or music appreciation. Consider sharing your talents.

Sexual Assault Crisis and Education Center: 880 Canal St., Stamford
Contact: Karl Pesavento: 348-9346 kpesavento@sacec-ct.org

HS students help with special projects to create ways to raise awareness about sexual violence in high school as well as in the community.

Special Olympics CT: Trumbull

Contact Jen Williams: 203-380-9990 Ext. 603

Special Olympics has various programs throughout the area. They are looking for people to come help out at practices with the athletes or become a Unified Partner and work with an athlete or group of athletes as a team member in a specific sport. Special Olympics provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities.

St. Luke's LifeWorks: 141 Franklin Street, Stamford

Contact: Elaine Osowski: 203-388-0187

A small group of volunteers can purchase, prepare, serve and clean up a weekend breakfast or lunch, or weekday dinner for residents of The Women's Housing Program (the women's shelter of lower Fairfield County).

Voluntary Services for the Blind: 945 Summer Street, Stamford

Contact: Claudett Tallon: 203-324-6611

Volunteers encourage blind people to function independently and to fully utilize their abilities by providing a support system. Volunteers read to clients, act as drivers, friendly visitors and shopping assistants and home clerical assistants. Interview, a two-hour orientation dealing with visually handicapped persons & guide dogs, and a 6-month commitment required.

Waveny Care Center: 3 Farm Road, New Canaan

Contact: Sandra Malloy: 203-594-5334

Volunteers can help by assisting with the serving of meals to residents; assist at the nurse's station; work 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, or playing the piano. Help residents learn to use email and to correspond with their friends and family.

YWCA of Darien/Norwalk: 49 Old Kings Highway North, Darien

Contact: Rita Shaughnessy: 203-655-2535

Better Beginnings volunteers assist on Saturday mornings with prenatal classes at Stamford Hospital. Help with handing out materials and greeting clients. Knowledge of Spanish would be very helpful. Students can also help with the delivery of coats during the fall coat drive.