

# Volunteer Resource Guide:

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## Hospitals

### [Duke Regional Hospital](#)

3643 N. Roxboro Road, Durham, NC 2770-27024

919-470-4000

[www.durhamhealth.org](http://www.durhamhealth.org)

- Opportunities for students to interact with health care professionals and learn in a medical environment.
- Summer programs only.
- Junior volunteer applications for the summer can be found online

### [UNC Rex Healthcare](#)

4420 Lake Boone Trail, Raleigh, NC 27607

919-784-3100

[www.rexhealth.com](http://www.rexhealth.com)

- The VolunTEEN program gives teens the opportunity to work in many positions that contribute to the care of patients and guests
- After-school and summer programs available – Please go online to review timeframe on when to apply.

### [UNC Healthcare](#)

101 Manning Dr., Chapel Hill, NC 27514

919-974-1000

[www.unchealthcare.org](http://www.unchealthcare.org)

- Volunteer opportunities available at the gift shop, information desk, or with flower and mail delivery.
- After-school and summer programs available.
- Find the application process online.

## National Organizations with Local Opportunities

### [4-H](#)

Wake County Extension Office, 512 Brick Haven Dr., Suite 220, Raleigh, NC 27695 (main office)

Campus Office Box 7602, NC State University, Raleigh, NC 27695-7602

919-515-2811

[www.nc4h.org](http://www.nc4h.org)

- Join the largest youth organization in the United States, by joining a group in your county. 4-H is administered by the National Institute of Food and Agriculture.
- Ages 5-19.
- Year-round opportunities.
- Find local groups and enrollment forms online.

### [Girls on the Run](#)

1415 W. Highway 54, Suite 211, Durham, NC 27707

919-401-6307

[www.gotrtriangle.org](http://www.gotrtriangle.org)

[Info@gotrtriangle.org](mailto:Info@gotrtriangle.org)

- Help at special events, including 5K races and local events.
- For all ages.
- Year-round opportunities.

- Prospective volunteers can sign up online or contact us by phone.

#### [Habitat for Humanity – Chapel Hill](#)

88 Vilcom Center Dr. #L110, Chapel Hill, NC 27514

919-932-7077

[www.orangehabitat.org](http://www.orangehabitat.org)

- Help out at construction shifts on Fridays and Saturdays.
- Ages 16+
- Year-round opportunities.
- Prospective volunteers can sign up online or contact us by phone..

#### [Habitat for Humanity – Durham](#)

1823 Chapel Hill Rd., Durham, NC 27707

919-682-0516

[www.durhamhabitat.org](http://www.durhamhabitat.org)

- Special off-site activities available for children younger than 14.
- Year-round opportunities.
- Prospective volunteers can sign up online or contact us by phone.

#### [Habitat for Humanity – Raleigh](#)

2420 Raleigh Blvd., Raleigh, NC 27604

919-833-1999

[www.habitatwake.org](http://www.habitatwake.org)

- Work on construction or deconstruction sites.
- Ages 16+
- Year-round opportunities.
- Prospective volunteers can sign up online or contact us by phone.

#### [Raleigh Rescue Mission](#)

314 E. Hargett St., Raleigh, NC 27601

919-828-9014

[www.raleighrescue.org](http://www.raleighrescue.org)

- Get a group together to pack lunches-to-go or Sunday sack lunches.
- For all ages.
- Year-round opportunities.
- Prospective volunteers can sign up online beginning

#### [Ronald Mc Donald House Triangle \(Raleigh, Durham & Chapel Hill\)](#)

506 Alexander Ave., Durham, NC 27705

919-286-9305

[www.ronaldhousedurham.org](http://www.ronaldhousedurham.org)

- Group and Individual opportunities
- Year-round opportunities
- Prospective volunteers can sign up online.

#### [Special Olympics Project UNIFY](#)

2200 Gateway Centre Blvd., Ste. 201, Morrisville, NC 27560

919-719-7662

[www.sonc.net](http://www.sonc.net)

- A youth leadership program that get students involved in fostering respect for people with disabilities by using programs of Special Olympics.
- Middle and high school students.

-Year-round opportunities.

[Stuffed Animals for Emergencies \(SAFE\), Inc.](#)

P.O. Box 573, Leesburg, Ohio 45135

937-763-0527

[www.stuffedanimalsforemergencies.org](http://www.stuffedanimalsforemergencies.org)

-Donate gently-used or new stuffed animals that will go directly to children in need. Animals must be from a smoke free home, between 6-18 inches, have no rips, tears or stains, and not be battery operated or holiday related.

-For all ages.

-Year-round opportunities.

-Please visit online for further information on how you can help.

[YMCA of the Triangle](#)

801 Corporate Center Dr., Suite 200, Raleigh, NC 27607

919-967-8211

[www.ymcatriangle.org](http://www.ymcatriangle.org)

-Volunteer at one of the multiple Triangle YMCA locations in areas including aquatics, wellness, family programs and special events.

-For all ages.

--Prospective volunteers can find an application online.

## **Locally Founded Programs**

[Blue Ribbon Youth Leadership Institute](#)

Lincoln Center, 750 Merritt Mill Road, Chapel Hill, NC 27516

919-918-2170

[www2.chccs.k12.org](http://www2.chccs.k12.org)

-Offers various services projects and information on school service clubs to teens.

-Directed to Chapel-Hill Carrboro city school high school students.

-Year-round opportunities.

-Please visit online for further information.

[Cary Teen Council](#)

919-469-4000

316 N. Academy St., Cary, NC 27513

[www.caryteencouncil.com](http://www.caryteencouncil.com)

-Participating teens get involved in events that focus in community awareness, educational leadership, fundraising, and more.

-Applications are accepted in June of each year.

- Please visit online for further information.

[Duke Gardens](#)

<http://gardens.duke.edu/support/volunteer>

[Gardensvolunteer@duke.edu](mailto:Gardensvolunteer@duke.edu)

For more information on volunteering call: 919-669-3694

-Horticulture

-Education

-Public relations

-Administration

-Special events

-Photography

#### [Food Bank of Central and Eastern Carolina](#)

1924 Capital Blvd., Raleigh, NC 27604

919-875-0707

[www.foodbankcenc.org](http://www.foodbankcenc.org)

- Teens ages 12-17 can volunteer with a parent or guardian during normal volunteer hours; Tues-Sat., 9 a.m.-12 p.m. or 1-4 p.m., and Wed. 6-8 p.m..
- Kids 5-11 years of age can volunteer during Kids Day programs only; every 2nd and 4th Saturday 2-4 p.m.
- Year-round opportunities.
- Email [RalVolCoord@foodbankcenc.org](mailto:RalVolCoord@foodbankcenc.org) to get involved.

#### [Inter-Faith Food Shuttle](#)

1001 Blair Drive, Suite 120, Raleigh, NC 27603

919-250-0043

[www.foodshuttle.org](http://www.foodshuttle.org)

- Assist at community gardens, teaching farms, and other programs.
- For all ages.
- Year-round opportunities.
- Prospective volunteers can sign up online.

#### [Kramden Institute](#)

5010 NC Hwy 55, Durham, NC 27713

919-293-1133

[www.kramden.org](http://www.kramden.org)

- Be a part of collecting and refurbishing computers to give to less-advantaged students.
- Ages 12+
- Year-round opportunities.
- Prospective volunteers can sign up online.

#### [Neighbor to Neighbor Outreach](#)

1200 S. Blount St. Raleigh, NC 27601

(919)833-7218

<http://www.n2noutreach.org/>

#### [North Carolina Botanical Garden](#)

100 Old Mason Farm Road, Chapel Hill, NC 27517

919-962-0522

[www.ncbg.unc.edu](http://www.ncbg.unc.edu)

- Community service opportunities for high school students interested in horticulture and conservation.
- Year-round opportunities.
- Prospective volunteers can find an application online.

### [Step Up Ministry](http://www.stepupministry.org/)

<http://www.stepupministry.org/>

1701 Oberlin Rd., Raleigh, NC 27608

919-781-0156

-Mentor / Co-Partner

-Teacher / Instructor

-Nursery Helpers & Children's Program Helpers

-Assist with graphic design, photography, videography (varies per month)

-Administrative Support

-Group Opportunities: Meal Service - Provide meals for participants and their families in group setting 1-2 times a month

### [Student Action Board](http://www.thevolunteercenter.org)

Durham Social Services, 700 W. Main St., Durham, NC 27702

919-321-6943

[www.thevolunteercenter.org](http://www.thevolunteercenter.org)

-Teens from the Triangle area who are dedicated to volunteer work.

-Ages 12-18.

-Applications are available in late summer and early fall.

-Call 919-684-9690 to find out more about the application process.

### [Transitions Life Care](http://transitionslifecare.org/) – Founded as Hospice of Wake County in 1979

200 Hospice Cir, Raleigh, NC 27607

<http://transitionslifecare.org/>

-Family Support Volunteers

-Massage Therapy

-Music and the expressive arts.

-Transitions GriefCare Children Volunteers

-Administrative Support

-Vigil Volunteers

## **Animal Shelters**

### [Paw Prints Animal Rescue](http://www.pawprintsrescue.org)

PO Box 1472, Garner, NC 27529

919-772-9107

[www.pawprintsrescue.org](http://www.pawprintsrescue.org)

-Assist with animal care in foster homes or in adoptions of animals at local retail stores operated by PetSmart, Inc.

-Ages 14+

-Year-round opportunities.

-Find a volunteer release form online.

### [SAFE Haven for Cats \(SHFC\)](http://www.safehavenforcats.org)

8471-101 Garvey Dr., Raleigh, NC 27616-3267

919-872-7233 (919-872-SAFE)

[www.safehavenforcats.org](http://www.safehavenforcats.org)

-Offer tender, loving care at this no-kill shelter for cats.

-Ages 16+

-Year-round opportunities.

-Prospective volunteers can fill out a volunteer application online.

#### [Second Chance Pet Adoptions](#)

6003 Chapel Hill Road, Suite 133, Raleigh, NC 27607

919-851-8404

[www.secondchanenc.org](http://www.secondchanenc.org)

-All types of volunteer positions available for animal lovers.

-Ages 16+; 12- to 15-year-olds permitted if accompanied by a parent or guardian.

-Year-round opportunities.

-Prospective volunteers can sign up online.

#### [Society for the Prevention of Cruelty to Animals \(SPCA\) of Wake County](#)

200 Petfinder Lane, Raleigh, NC 27603

919-772-2326

[www.spcawake.org](http://www.spcawake.org)

-Kids can volunteer with the teen program (ages 15-17), on adult/youth teams (ages 7-17), or by creating their own community service project to support SPCA of Wake County.

-Ages 7+

-Year-round opportunities.

-Sign up for a New Volunteer Orientation online.

#### [Wake County Animal Center](#)

820 Beacon Lake Dr., Raleigh, NC 27610

919-212-7387

<http://www.wakegov.com/pets/volunteer/Pages/default.aspx>

-Volunteers must commit to a minimum of six hours per month, for a minimum of six months.

-Ages 16+

-Year-round opportunities.

-Complete a volunteer application online.

**Sign up as a volunteer on the following sites, and search for more opportunities!**

#### [City of Raleigh](#)

<http://www.raleighnc.gov/careers-jobs-and-volunteering>

#### [Dress for Success](#)

<https://dfstriangle.org>

#### [Volunteer Center of Durham](#)

[www.thevolunteercenter.org](http://www.thevolunteercenter.org)

#### [Activate Good](#) (formerly ME3)

[www.activategood.org](http://www.activategood.org)

#### [Volunteer Match](#)

[www.volunteermatch.org](http://www.volunteermatch.org)

#### [United Way of the Greater Triangle](#)

<http://www.unitedwaytriangle.org/>

### **Veterans Day/Military Support**

#### [A Million Thanks](#)

4590 MacArthur Blvd., Ste 500, Newport Beach, Ca 92660

1-844-645-5849

[www.amillionthanks.org](http://www.amillionthanks.org)

- Send a letter to a deployed soldier, sending them good wishes and thanks.
- For all ages.
- Year-round opportunities.
- Mail letters to address listed above.

#### [Operation Gratitude](#)

19748 Dearborn St., Chatsworth, CA 91311

818-960-7878

[www.operationgratitude.com](http://www.operationgratitude.com)

- Write letters to the troops or ship wish list donations to the Holiday Drive.
- For all ages.
- Donated items accepted only from Sept. 15 – Dec. 5. Letters accepted year-round.
- Ship all wish list items to address listed above, with a donation form that is available online.

#### [Operation Gratitude Recycling Program](#)

Now GRC Wireless

16444 Refugio Road, Encino, CA 91436

<https://smartphonerecycling.com>

- Collect cell phones, ship them for free to GRC Recycling, and receive one hour of community service for every five phones collected.
- For students of all ages.
- Year-round opportunities.
- Students can enroll at [www.grcrecycling.com/earnhours](http://www.grcrecycling.com/earnhours) or email [info@grcrecycling.com](mailto:info@grcrecycling.com) with any questions.

#### [United States Veterans Corps](#)

Operations Center

1100 South Sanders St., Raleigh, NC 27603

Email: [aladner@myusvc.com](mailto:aladner@myusvc.com)

[www.myusvc.com](http://www.myusvc.com)

- Past projects have included hurricane clean up, Toys for Lil Troops toy drive and care package drives.
- For all ages.
- Year-round opportunities.
- Sign up online for upcoming volunteer opportunities.

### **Thanksgiving**

#### [Annual Chatham Hunger Walk](#)

Chatham OutReach Alliance, Inc. (CORA)

40 Camp Drive, Pittsboro, NC 27312

919-542-5020

[www.corafoodpantry.org](http://www.corafoodpantry.org)

- Early November
- The Hunger Walk raises money for CORA's mission to provide emergency food assistance in Chatham County.
- For all ages.
- For information on how to put together a team, email [hungerwalk@corafoodpantry.org](mailto:hungerwalk@corafoodpantry.org)

#### [Annual Thanksgiving Community Dinner](#)

Durham Rescue Mission, Men's Division

1201 E. Main St., Durham, NC 27703

Donation Mailing address: P.O.Box 11368, Durham, NC 27703

919-688-9641

[www.durhamrescuemission.org](http://www.durhamrescuemission.org)

- Thanksgiving Day.
- Help set up the event, cook and serve meals, run the game booths and more.
- For all ages.
- Prospective volunteers can sign up online.

#### [Gobbles to Go Delivery](#)

Raleigh Rescue Mission

[www.raleighrescue.org](http://www.raleighrescue.org)

314 E. Hargett St., Raleigh, NC 27601

Donation Mailing address: P.O>Box 58634, Raleigh, NC 27658

919-828-9014

- Thanksgiving Day.
- Spend time on Thanksgiving delivering meals and briefly visiting with recipients.
- For all ages.
- Prospective volunteers can sign up online or contact the main office number.

#### [Helping Hand Mission](#)

922 Rock Quarry Road, Raleigh, NC 27610

919-829-8048

[www.helpinghandmission.org](http://www.helpinghandmission.org)

- Register to donate a basket, volunteer with basket distribution or help at holiday dinners.
- For all ages.
- Call 919-829-8048 the first week in November to get involved.

#### [Thanksgiving Dinners Program](#)

Durham Social Services, 700 W. Main St., Durham, NC 27702

919-321-6926

[www.thevolunteercenter.org](http://www.thevolunteercenter.org)

- Get matched with a family in need to provide them with a meal for Thanksgiving.
- For all ages.
- Sign up mid-October to mid-November.
- Call 919-613-5101 to sponsor a family.

### **Christmas/Holidays**

#### [Christmas Toy Give-A-Way](#)

Durham Rescue Mission, Men's Division

1201 E. Main St., Durham, NC

P.O. Box 11368, Durham, NC 27703

919-688-9641

[www.durhamrescuemission.org](http://www.durhamrescuemission.org)

- Help serve a traditional Christmas meal, give away toys and groceries, or help with games and activities.
- For all ages.
- Email [volunteer@DurhamRescueMission.com](mailto:volunteer@DurhamRescueMission.com) to get involved.

#### [Genesis Home Gift Wrapping/Genesis Home Distribution](#)

300 N. Queen St., PO Box 25426, Durham, NC 27702

919-683-5878

[www.geneshome.org](http://www.geneshome.org)

- Usually early December.
- Help wrap gifts to raise awareness and support for Genesis Home, a non-profit dedicated to helping families



overcome homelessness.

-For all ages.

-Prospective volunteers can sign up online.

#### [Helping Hand Mission](#)

922 Rock Quarry Road, Raleigh, NC 27610

Call 919-829-8048 to get involved

[www.helpinghandmission.org](http://www.helpinghandmission.org)

-Donate a gift, help wrap gifts, or serve at the Christmas feast.

-For all ages.

#### [Holiday Groceries to Go](#)

Raleigh Rescue Missions

314 E. Hargett St., Raleigh, NC 27601

919-828-9014

[www.raleighrescue.org](http://www.raleighrescue.org)

-Provide families with groceries to share with their loved ones over the holiday weekend.

-Deliver filled grocery bags.

-For all ages.

-Contact us online or call the main phone number to get involved.

#### [HUGS for the Holidays](#)

Ronald McDonald House-Durham

506 Alexander Ave., Durham, NC 27705

919-286-9305

[www.ronaldhousedurham.org](http://www.ronaldhousedurham.org)

-Late November to late December; weekends, flexible shifts.

-Ages 14+, younger may volunteer with parent.

-Prospective volunteers can sign up online.

#### [Light-A-Luminary Community Lighting](#)

506 Alexander Ave., Durham, NC 27705

919-286-9305

[www.rmhctriangle.org](http://www.rmhctriangle.org)

-Get your neighborhood involved in lighting luminaries to benefit the Ronald McDonald House.

-For all ages.

- Prospective volunteers can sign up online

#### [Meals on Wheels Senior Santa Program](#)

2522 Ross Road, Durham, NC 27703

919-667-9424

[www.mowdurham.org](http://www.mowdurham.org)

-Donate items or help wrap gifts.

-For all ages.

-Year-round opportunities are also available.

-Prospective volunteers can sign up online.

#### [Raleigh Jingle Bell Run/Walk](#)

201 Fenton Gateway Dr., Cary, NC 27511

Kathy Streng

810-691-9152

Kstreng@arthritis.org

<https://events.arthritis.org>

-Get in the holiday spirit and join thousands of runners and walkers to support the Arthritis Foundation.

-For all ages.

-Register online.

### [Share Your Holidays](#)

Durham Social Services, 700 W. Main St., Durham, NC 27702

919-321-6926

[www.thevolunteercenter.org](http://www.thevolunteercenter.org)

Adrienne@thevolunteercenter.org

-November-December

-Sponsor a family or donate gifts to disadvantaged Durham residents.

-For all ages.

-Parents can call 919-321-6926 to find out more information on family involvement.