

American Diabetes Association

Prevent and cure diabetes and improve the lives of those with the disease.

Phone: 801-363-3024

Location: 182 S 600 E, Suite 100

Projects: Help with special events such as Step Out - Walk to Fight Diabetes (Sept.), the Diabetes Expo (Feb.), and the Tour de Cure (June).

Minimum age: 16 or none with parent/guardian

Cancer Wellness House

The mission of the Cancer Wellness House is to support people living with cancer and their families in a home like setting.

Phone: 801-236-2294

Location: 59 South 1100 East

Projects: Help with office work, maintenance, yard work, special events, and fundraisers.

Minimum age: 16 or none with parent/guardian

Canyon Creek Assisted Living Center

Serving each resident's personal preferences with the right to choice, dignity, privacy and independence.

Phone: 801-568-9909

Location: 7235 Union Park Avenue

Project: Help with resident activities.

Minimum age: None with adult

Catholic Community Services

Provides basic needs for the most vulnerable in our community.

Phone: 801-977-9119

Location: 745 East 300 South

Project: Serve, clean and help organize food storage in dining room. Help sort and organize clothes and clean day shelter. Mentor and tutor refugee families. Organize donation drives for hygiene kits, baby layettes, cleaning & paper products & non-perishable food drives. Collect school supplies for refugee children.

Crossroads Thrift Store

Assists and organizes low income, disabled, and minority Utahns to meet basic survival needs and to address essential issues affecting quality of life.

Phone: 801-359-8837

Location: 1385 West Indiana Avenue (850 South)

Project: Help with sorting donations and cleaning. Hours for volunteers may vary.

Minimum age: 14

Discovery Gateway

Phone: 801-456-5437

Location: 444 West 100 South

Go to www.discoverygateway.org to volunteer.

Help with exhibits, maintain galleries, cleaning, playing with kids, and museum hosting.

Minimum age: 14

The Living Planet Aquarium

Phone: 801-495-4448 ext. 212

Location: 725 East 10600 South

Projects: Help out with single day events, collecting species of insects, highway cleanup and invasive species removal. The positions consist of assisting at the aquarium, helping plan events and being out and about in the community.

Minimum age: 16, with parent age 4 and up

Leukemia and Lymphoma Society

Cure leukemia, lymphoma, Hodgkin's disease and myeloma and improve the quality of life of patients and their families.

Phone: 801-519-6600 ext. 260

Location: 180 S 300 W, Suite 260

Projects: Help with office work and mailings.

Minimum age: 16

March of Dimes – Teddy Bear Den

A prenatal incentive program for low-income pregnant women.

Phone: 801-746-5540

Location: 4745 South 3200 West

Oquirrh View Community Health Center

Projects: Help low-income clients redeem points for incentive items at Taylorsville location or collect donations of infant clothing and care items by organizing a donation drive or planning a community baby shower at your church, school, club, neighborhood, or community organization.

Minimum age: 16 for boutique volunteers or no minimum for donations or baby showers

National Ability Center

Committed to the development of lifetime skills for people of all ages and abilities by providing affordable sports and recreational experiences in a nurturing environment.

Phone: 435-649-3991 ext 609

Location: 1000 Ability Way, Park City

Projects: Help with horseback riding, caring for horses, ranch facility maintenance, and office work or climbing wall, cycling, skiing, and many other activities.

Minimum age: 15

Neighborhood House

To provide quality, affordable day care and services to children and frail adults, based on their ability to pay.

Phone: 801-363-4589

Location: 1050 W. 500 S.

Projects: Help with yard work, maintenance, housekeeping, or special projects with residents and reading and interacting with children.

Minimum age: None with adult

Neighbors Helping Neighbors

Mission is to improve the health, safety, and quality of life of community-residing older adults through the promotion and maintenance of independent living.

Phone: 801-585-9505

Location: 395 South 1500 East, Suite 207

Projects: Help with yard work or painting, visiting, and making crafts with elderly. Volunteers especially needed to deliver birthday and holiday cards and for inside spring cleaning.

Minimum age: 14 for inside work or none for outside

People with AIDS Coalition

Dedicated to providing educational and support services that enhance the quality of life for all people impacted by HIV/AIDS.

Phone: 801-484-2205

Location: 1390 South 1100 East, Suite 107

Projects: Help with office work, library work and event planning.

Minimum age: No minimum. Parents must sign waiver for volunteers under 18.

Family Volunteer Opportunities

Utah Council for the Blind

To advocate for the best interests of the blind and visually impaired in all facets of life.

Phone: 801-292-1156

Location: 1301 West 500 South

Projects: Help with ceramics classes, group activities, Braille transcription, reading to the blind, and transportation and shopping.

Minimum age: 8 with parent/guardian

Utah Food Bank

Meeting the immediate, basic needs of people in our community who don't know where else to turn.

Phone: 801-978-2452 (ask for volunteer department)

Location: 3150 South 900 West

Projects: Monday night is Family Night from 6:00 to 7:30 p.m. Book in advance! Other opportunities include delivering food boxes, decorating food boxes and making greeting cards for seniors.

Minimum age: 6 for sorting or none for food box delivery

Utah G.A.R.D.E.N.S., Inc.

Dedicated to enhancing our communities and participants through the development, installation and maintenance of sustainable community gardens and greening projects.

Phone: 801-604-5825

Location: 3666 South State Street

Projects: Help plant and cultivate a community garden and assist with garden projects to grow food for the needy.

Minimum age: 13 alone or none with parent/guardian

Last Updated: February 2011

Please obtain a new copy if this list is more a year old. If your cellular phone or office system does not recognize the 2-1-1 number, you can dial 1-888-826-9790 for the same free service.