

SALT LAKE

Alta View Hospital: 801-501-2464

One of the nation's top 100 community hospitals.

Location: 9660 S 1300 E, Sandy

Projects: Assisting and comforting patients and families through all phases of the hospital experience, stocking supplies. Opportunities in the waiting room and radiology departments.

Requirements: 6-month commitment.

Minimum Age: 14

Eagle Project: Making tray favors, tray cards, organizing donation drives -- magazines (no older than 3-4 months) books (including children's), new baby clothes, new stuffed animals, sweat pants/shirts, quilts, receiving blankets, children's activity kits).

American Diabetes Association: 801-363-3024 ext 7073

Seeks to prevent and cure diabetes and improve the lives of those with the disease.

Location: 1245 E Brickyard Rd (3135 S), Ste 30, SLC

Projects: Help with special events and fundraising, such as the Walk for Diabetes, the Diabetes Expo, and the Tour de Cure.

Minimum Age: 16 alone or 7 with parent/guardian

Eagle Project: Yes

Arthritis Foundation: 801-536-0990

Educates the public about arthritis and management options.

Location: 448 E 400 S, Ste 103, SLC

Projects: Help with Arthritis Walk, golf tournament, and dinner gala. Need exercise instructors and help with office work.

Minimum Age: 14

Eagle Project: Yes, propose own.

Bad Dog Rediscovered America: 801-322-3816

Changing lives of culturally diverse youth through the creative arts.

Location: 230 S 500 W, Ste 220, SLC

Projects: Classroom assistants needed during the day and the afternoon. Volunteers help kids with their projects, hand out materials, and clean up.

Minimum Age: 15

Ballet West: 801-323-6917

Bringing new levels of excellence to ballet through innovative choreography, and presenting balanced programs.

Location: 50 W 200 S, SLC

Projects: Help with office work, mailings, and ushering at special events.

Minimum Age: 16

Boys and Girls Club: Sugar House Club 801-484-0841, Capitol West Club 801-531-7652, Lied Club 801-364-9118, or Tooele Club 435-843-5719

Inspiring and enabling all young people, especially those from disadvantaged circumstances, to realize their full potential as productive, responsible, and caring citizens.

Projects: Activities include assisting with kids' programs, cleaning, maintenance, special event planning, and more. Ask about the Leaders in Training (LIT) program.

Minimum Age: 13

Camp Hobe: 801-631-2742

Offers a summer camp experience for children undergoing treatment for cancer as well as their siblings.

Location: PO Box 520755, SLC

Projects: Be a counselor-in-training (CIT) during our Kids Week camp. CITs assist counselors with activities and help with camper groups of different ages, under adult supervision. As a group, the CITs help plan special activities during the camp session.

Requirements: Volunteers must be willing and able to assist with supervising male campers aged 7 – 12 years. Required to submit application, attend in-person interview and pre-camp training. The CIT application form is available at <http://www.camphobekids.org/pdfs/citapp.pdf>.

Minimum Age: 15

Cancer Wellness House: 801-236-2294

Assists people whose lives are affected by cancer, provides free psychosocial resources.

Location: 59 S 1100 E, SLC

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

Minimum Age: 16 alone or no minimum with parent/guardian

Eagle Project: Yes

Catholic Community Services: 801-977-9119

www.ccsutah.org

Provides a safety net for the most vulnerable in our community.

Location: 745 E 300 S, SLC

Projects: Serve, clean, prepare and help organize food storage at dining room. Help sort and organize clothes and help clean day shelter. Organize donation drives for hygiene kits, baby layettes, cleaning & paper products & non-perishable food drives. Collect school supplies for refugee children. Set up apartments for refugee families from donations collected.

Eagle Project: Yes

The Children's Center: 801-582-5534

Provides comprehensive mental health care to enhance the emotional well-being of infants, toddlers, preschoolers, and their families.

Location: 1855 E. Medical Dr (50 N), SLC

Projects: Volunteer in the Therapeutic Preschool, a group therapy program

Minimum Age: 13

Courage Reins Therapeutic Riding Center: 801-756-8900

Provides a safe, fun, and challenging environment where physical, cognitive, social, and emotional growth can occur through equine-based activities

Location: 5870 W 10400 N, Highland (other locations available)

Projects: Help teach people with disabilities to ride horses and care for the horses and horse facilities. No previous horse experience required.

Minimum Age: 12 alone or no minimum with parent/ guardian

Crossroads Thrift Store: 801-359-8837

Distributes donated clothing and household goods free of charge to low-income and homeless individuals through a referral system.

Location: 1385 W Indiana Ave, SLC

Projects: Help with sorting donations and cleaning.

Minimum Age: None

Crossroads Urban Center Food Co-op: 801-746-7878

A non-profit food-buying network, bringing people together for food, community, and savings of up to 50% on high-quality fresh foods.

Location: 1469 S 700 W, SLC

Projects: Help with Distribution Day at the warehouse. One Saturday a month.

Minimum Age: 10

Youth/Eagle Scout Volunteer List

Discovery Gateway: 801-456-5437 ext 120

Inspires children of all ages to imagine, discover, and connect with their world to make a difference.

Location: 444 W 100 S, SLC

Project: Help with exhibits, maintenance of galleries, cleaning, playing with kids, and museum hosting.

Minimum Age: 14

Family Support Center: Midvale 801-255-6881 ext 2, Sugar House 801-487-7778, West Valley 801-255-6881

Devoted to protecting children and strengthening families.

Projects: Perform general office duties, help with child care during “date night” for adoptive parents on second Saturday and fourth Friday of each month, or assist with child care in the Crisis Nursery.

Minimum Age: 18 with background check

Friends of Multiple Sclerosis Society: 801-463-2475

Dedicated to fighting the devastating effects of multiple sclerosis.

Location: 396 W Ironwood Dr., SLC

Projects: Make reminder phone calls for donations. Help with office work, phone calls, and mailings.

Minimum Age: 10

Garden Terrace: 801-261-3664

Committed to providing the highest quality of life through excellent care to our residents, while preserving their dignity and self-respect.

Location: 1201 E 4500 S, SLC

Projects: Assist the Recreation Leader in running groups such as cooking classes, bingo games, parties, arts and crafts, and outings.

Minimum Age: 14

Habitat for Humanity: 801-263-0136 ext 100

Provides decent, affordable home ownership.

Location: 716 E 4500 S, Ste N160, SLC

Projects: Help at home construction sites.

Minimum Age: 16

Head Start: 801-977-1122 ext 454

Nurtures and educates young children, empowers families, and partners with communities.

Location: 1307 S 900 W, SLC

Projects: Read to kids during school year, participate in activities, and help with yard and office work or housekeeping.

Minimum Age: 14

Eagle Project: Yes

Heart & Soul: 801-467-5499

Uplifts the human spirit by bringing music and performing arts to isolated audiences.

Location: Varies

Projects: Musicians perform in 45-minute long shows for mostly elderly audiences and some youth camps—must be a polished group or piano player.

Minimum Age: 14

Housing Authority, S.L. County: 801-284-4441

Provides and conserves safe, sanitary, decent, and affordable housing for low-income families.

Location: 3595 S Main St., SLC

Projects: Help with cleaning and book drives.

Minimum Age: None with parent/guardian

Eagle Project: Yes

Human Rights Education Center of Utah: 801-521-4283

Ensures that all people have their human rights protected, respected, and encouraged.

Location: 455 E 400 S, Ste 212, SLC

Projects: General office help.

Minimum Age: 15

Holy Cross Ministries: 801-261-3440 ext 34

Links those in need with community resources that offer services and support.

Location: 860 E 4500 S, SLC

Projects: Help with summer school programs. Orientation recommended.

Minimum Age: 16

International Rescue Committee: 801-328-1091

Assists newly arrived refugees through the resettlement process and provides services to refugees in the community as funding permits.

Location: 1800 S West Temple, Ste 421, SLC

Projects: Volunteer with refugee families or as youth mentor with refugee youth program. Male volunteers are especially needed.

Minimum Age: 16

Eagle Project: Yes

Juvenile Diabetes Research Foundation: 801-530-0660

Raising money to fund research to cure diabetes.

Location: 350 S 400 E, SLC

Projects: Help with office work and mailings.

Minimum Age: 14

Juvenile Justice Services:

801-538-4086 (Lisa), lschauer@utah.gov

To provide comprehensive services for at-risk youth within the framework of the Balanced and Restorative Justice Model.

Projects: Organize donation drives for twin size blankets, teen appropriate books, magazines, art supplies, yarn or athletic equipment. Create birthday/holiday bags for youth, all occasion greeting cards or hygiene kits.

Eagle Project: Yes

Kostopoulos Dream Foundation: 801-582-0700

Improves the quality of life of individuals with disabilities through a variety of recreation, social, and education experiences.

Location: 2500 Emigration Canyon Rd, SLC

Projects: Help with recreational activities and summer camp for individuals with disabilities. Also help with grounds keeping.

Minimum Age: 14

March of Dimes-Teddy Bear Den: 801-746-5540

A prenatal incentive program for low-income pregnant women.

Location: 4745 S 3200 W, Taylorsville

Projects: Help low-income clients redeem points for incentive items at the Teddy Bear Den, collect donations of infant clothing and care items by organizing a donation drive or a community baby shower

Minimum Age: 16 for boutique, none for donations

Eagle Project: Donation drives for infant supplies

Multi-Ethnic Senior Citizen Highrise: 801-328-2090

A housing community for seniors.

Location: 120 S 200 W, SLC

Projects: Visit seniors, plan activities like birthday parties and bingo, help with exercise and art classes. Help individuals clean hard-to-reach places or rearrange furniture. Do summer yard work with building manager.

Minimum Age: 15 and must work in pairs or a group

National Alliance on Mental Illness: 801-323-9900

Improving the quality of life of those affected by mental illness.

Location: 450 S 900 E, Ste 160, SLC

Projects: Office work, mailings, assembling binders, labeling brochures.

Minimum Age: 16

Neighborhood House: 801-363-4589

Provides educational, recreational, and childcare programs.

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: 13 alone or none with parent/guardian

Youth/Eagle Scout Volunteer List

Neighbors Helping Neighbors: 801-581-5162

Improves the health, safety and quality of life of elders.

Location: 395 S 1500 E, Rm 207, SLC

Projects: Help with yard work, painting, or making crafts for elders.

Minimum Age: 16 alone or none with parent/guardian

Eagle Project: Yes, open to proposals

Ouelessebougou Alliance: 801-983-6254

Works with Ouelessebougou villagers in Mali, West Africa, to achieve their economic, health care, education, and community development objectives.

Location: 10 W 100 S, Ste 605, SLC

Projects: Office help, mailings, French translation, event set-up and clean-up.

Minimum Age: 12

Planned Parenthood Association of Utah: 801-328-8939

Ensures that every individual has the information, services, and freedom to make healthy, responsible decisions about sex, sexuality, and parenthood.

Location: 654 S 900 E, SLC

Projects: Administrative tasks, community outreach, and public education.

Minimum Age: 14 with signed waiver

Red Butte Garden: 801-585-5688

Cultivates human connection with the beauty of living landscapes.

Location: 300 Wakara Way, SLC

Projects: Help with outdoor planting projects and special events. Many education, conservation, and seasonal gardening opportunities Volunteer applications available at www.rebuttegarden.org.

Minimum Age: 15

Eagle Project: Yes, in the spring. Call for a list of possible projects or visit

www.redbutte.utah.edu/volunteer

The Road Home: 801-328-8756

Provides support and shelter for overcoming homelessness.

Projects: Volunteers needed to work at front desk, in the computer lab, with the kid's book club, to help with shelter move-in, assist with playroom activities, and to play with children during parenting classes.

Requirements: Must attend volunteer orientation for 50 minutes given on first and third Thursday of each month at 6:00 p.m.

Minimum Age: 16, or 15 with parent or guardian

Eagle Project: Yard work, shelter grounds clean-up, donation drives

Rocky Mountain Care Foundation: 801-397-4904

Supports the essential healthcare needs of the indigent and under-served population by raising funds and creating innovative community solutions.

Location: 5242 S College Dr, Ste 150, SLC

Projects: Help clients in their home doing light housekeeping, shopping, friendly companionship, some meal preparation, and respite care for caregivers. Must provide own transportation.

Minimum Age: 16

Ronald McDonald House: 801-363-4663

Provides a home away from home for families of critically ill children.

Location: 935 E South Temple, SLC

Projects: Help with cleaning and yard work. Help prepare a Youth Group dinner (must have a chaperone).

Minimum Age: 16

St. Mark's Hospital: 801-268-7593

Our patients come first.

Location: 1200 E 3900 S, SLC

Projects: Junior volunteers needed for the summer to help direct clients, assist with answering phones, transporting paperwork and supplies, filing patient information, and assisting staff.

Requirements: Each volunteer is requested to work two 4-hour shifts per week and a minimum 60-hour summer commitment.

Minimum Age: 16

Salt Lake Valley Landfill and Recycling: 801-975-2379

Provides environmental stewardship, financial integrity, safety, recycling education, and quality service to benefit Salt Lake County.

Location: 6030 West California Avenue, SLC

Projects: Help pick up litter around the facility or help with special projects like leaf recycling.

Minimum Age: 16 for annual scout leaf de-bagging, 18 otherwise

Eagle Project: Yes, propose own.

Salvation Army: 801-988-4204 ext 237

Preaching the gospel of Jesus Christ and meeting human needs in His name without discrimination.

Location: 3944 W 3500 S, West Valley City

Projects: Help with cleaning, sorting, and stocking in the store. Come for orientation at 9:30 a.m. on Mondays.

Minimum Age: 15

Sandy Regional Health Center: 801-561-9839

Provides extended-stay nursing care to seniors with varying levels of disabilities.

Location: 50 E 9000 S, Sandy

Projects: Be a nail care aide, perform musical programs, or participate in crafts, cooking classes, bowling, parties, bingo, etc.

Minimum Age: 16

Sorenson Multi-Cultural Center: 801-974-2420

Provides a safe environment with meaningful activities to enrich the community.

Location: 855 West California Ave, SLC

Projects: Help with after-school sports and computer activities or with food serving and cleanup in Kid's Cafe. Volunteers needed for summer camp.

Minimum Age: 16 for Kids Café, others must be 18

Sudden Arrhythmia Death Syndrome (SADS) Foundation: 801-931-0945

Exists to save the lives and support the families of children and young adults genetically predisposed to sudden death due to heart rhythm abnormalities.

Location: 508 E South Temple, Ste 202, SLC

Projects: Office work, mailings, phone calls.

Minimum Age: 16

Tree Utah: 801-364-2122

Improves the quality of life for present and future generations through tree planting.

Location: 300 W 740 S, Ste 301, SLC

Projects: Planting and watering trees and maintaining outdoor planting sites.

Requirements: Must have own transportation.

Minimum Age: 16 alone or none with parent/guardian.

Eagle Project: Yes

US Dream Academy at Dual Immersion Academy: 801-973-9494

Location: 1155 S Glendale Dr, SLC

Eagle Project: Biggest need is supply drives – art, school, books, including Spanish

Utah AIDS Foundation: 801-487-2323

Dedicated to preventing the spread of HIV and ensuring compassionate services to those impacted by AIDS.

Location: 1408 S 1100 E, SLC

Projects: Help with clerical work, deliver meals to clients, or volunteer in the food pantry. Attend HIV prevention counselor training.

Minimum Age: 16 alone or 14 with parent/guardian

Eagle Project: Yes

Youth/Eagle Scout Volunteer List

Utah Food Bank: 801-887-1229 or 801-887-1266

Meeting the immediate pain of hunger in Utah. Also, provides a variety of services designed to help low-income senior citizens maximize their independence, provide security, and combat isolation.

Location: 3150 S 900 W, SLC

Projects: Sorting donations, build food orders, deliver food boxes, help seniors with yard work, or for very young children, make greeting cards for seniors. Monday night is Family Night from 6:00 to 7:30 p.m.

Minimum Age: 6 and up with parent/guardian on Mondays, 12 and up with parent/guardian other days.

Eagle Project: Organize a neighborhood food drive, specialty food drive, yard tool drive, or build shelving units. Must attend an Eagle Scout orientation every Wednesday at 4pm. Contact Craig Clifford at 801-887-1272 for information on additional project requirements.

Utah Food Bank- Kid's Cafe: 801-887-1251

Provides hot, nutritious meals to children in low-income after-school programs at schools, community centers, and Boys and Girls Clubs around Salt Lake County.

Projects: Set up tables and serve hot meals to children

Requirements: Requires a three month, one-day-per-week minimum.

Minimum Age: 16

Utah Independent Living Center: 801-466-5565

Provides services and activities that enhance independent living skills for persons with disabilities.

Location: 3445 S Main St, SLC

Projects: Provide individual support to clients during classes and special events. Help with grocery store trips, cooking, and weekday outings.

Minimum Age: 15

Utah State Parks and Recreation: 801-537-3445

Manages forty-two recreational, scenic, and historical state parks.

Location: Multiple

Projects: Help with office work or outdoor maintenance and yard work in parks.

Minimum Age: 16 with waiver signed by parent/guardian

Utah Museum of Fine Arts: 801-585-9875

Engages visitors in discovering meaningful connections with artistic expressions of the world's cultures.

Location: University of Utah, 410 Campus Center Dr, SLC

Projects: Provide highlight tours of the UMFA for children and adults on Saturdays and Sundays.

Minimum Age: 15

Utah Museum of Natural History: 801-585-7767

Illuminates the natural world and the place of humans within it.

Location: 1390 E Presidents Circle, SLC

Projects: Help with summer camp or special events.

Minimum Age: 16

Veterans Affairs Medical Center: 801-582-1565 ext 1241

To serve the veterans who served us.

Location: 500 Foothill Drive, SLC

Eagle Project: Organize a donation drive of Levi's/jeans for veterans who are homeless.

Wasatch Community Gardens: 801-359-2658 ext 204

Help as we weed, plant, and harvest from the gardens.

Location: 345 E 400 S, SLC

Projects: Gardening.

Minimum Age: 13

Eagle Project: Create educational garden signs for the youth garden, building and testing a "potato box."

YWCA of Salt Lake City: 801-537-8601

Eliminating racism, empowering women.

Location: 344 E 300 S, SLC

Projects: Go to www.ywca.org

Minimum Age: 12-16 must be accompanied by an adult.

Eagle Project: Donation drives for the Candy Cane Corner Holiday Shop. E-mail Carol Shifflett (cshifflett@ywca.com) for more information.

Youth Village: 801-272-9980

Changing the lives of troubled children and families since 1969.

Locations: Multiple shelters.

Projects: Help with yard work and other projects.

Minimum Age: 12

DAVIS

Davis County Family and Aging Services: 801-451-3335

Committed to promoting the dignity, self-determination, well-being, and contribution of older persons.

Location: 50 E State St, Farmington

Projects: Friendly visiting, yard clean-ups, window washing, mow lawns (one-time and on-going opportunities available), paint outside of window frames and doors of local senior homes, teaching Wii games to seniors at local senior activity centers, making gift cards for Meals on Wheels homebound seniors.

Minimum Age: 12. Opportunities vary with age.

Eagle Project: Fence repair, building wheelchair ramps, or propose own.

Pioneer Adult Rehabilitation Center (PARC):

801-402-0950 (Rebecca), RBERRETT@dsdmail.net

Foster a safe environment of employment and training for persons with disabilities so they may gain the skills required to function at the highest level of economic and social independence

Location: 485 Parc Cir, Clearfield

Projects: fund raising for day training program

Eagle Project: Yes

Utah Council of the Blind: 801-292-1156

Helps individuals who are blind or visually impaired overcome barriers that keep people sedentary and unable to live independently.

Location: 1301 W 500 S, Woods Cross

Projects: Help with ceramics classes, group activities, and reading to the blind.

Minimum Age: 10 or none with parent/guardian

Wildlife Rehabilitation Center of Northern Utah: 801-814-7888 (Buz)

Through wildlife rehabilitation and education we will empower the community to engage in conservation and responsible stewardship of wildlife and habitat.

Location: 138 W 12th St, Ogden

Eagle Project: Yes

SUMMIT

National Ability Center: 435-649-3991 ext 609

Provides affordable outdoor sports and recreational experiences for people of all ages and abilities.

Location: 1000 Ability Way, Park City

Projects: Assist with skiing, swimming and horseback riding.

Minimum Age: 15

Swaner EcoCenter: 435-649-1767

Seeks to preserve the land and the human connection to the natural landscape.

Location: 1258 Center Drive, Park City

Projects: Monitor and maintain birdhouses, water projects, or work on plantings, weed control, restoration projects, and trail maintenance.

Minimum Age: 14

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