

WHY SHOULD YOU VOLUNTEER?



Are you having a hard time finding a job? Do you need experience? Try Volunteering. Even though you won't be paid for volunteer work, it will help to build your work history and gain a good reference, both of which will help you when you are applying for paid positions.

There are many places to volunteer. It is important to select the right one in order to make the most out of your experience. Consider volunteering at a place that will offer you the skills or experience you lack.



Equal Opportunity Employer/Program

Auxiliary aides & services are available upon request to individuals with disabilities.

The Sutter County One Stop is a proud partner of America's Job Center of CaliforniaSM network.

WHERE CAN I VOLUNTEER?

City of Yuba City

- Ages 16+
- Volunteer opportunities include: Office work, recreational activities, coaching sports, senior center, landscape maintenance, marketing/public relations, computer related activities and special events.
- Print and complete application from website: www.yubacity.net/documents/Human-Resources/Volunteer.pdf
- Turn in application at: City Hall
1201 Civic Center Blvd.
Yuba City, CA 95993
(530) 822-4610

Feather River YMCA

- Ages 14+
- Volunteers will assist with the summer day camp program, sports programs and other activities.
- Apply in person: 729 D Street
Marysville, CA 95901
(530) 933-9423
<http://www.ymcasuperiorcal.org/ymca/index.cfm>

Rideout Hospice

- Ages 18+
- Volunteers provide supportive services for patients with a terminal illness and their caregivers. Some of the services hospice volunteers provide are: assisting with office duties, helping with personal correspondence, reading, providing transportation for physician office visits and treatments, relieving a caregiver for short periods of time and/or visiting with patients.
- Mandatory training is held twice per year for new volunteers.
- Must pass background check.
- For more information, please call (530) 790-3006.
- Applications available online: www.frhg.org/Community-Relations/Volunteer-Services.aspx

Rideout Memorial Hospital Auxiliary

- Ages 18+
- Volunteers will serve the hospital patients and families. They also raise funds and act as a liaison group to the public. Some volunteer opportunities include: floral design, gift shop and baby layettes.
- Program fee for uniform. Membership dues apply.
- Must pass background check.
- Applications available at : Gift Shop
970 Plumas Street
Yuba City, CA 95991
- Applications available at: Human Resources
614 J Street
Marysville, CA 95901
- Applications available online: www.frhg.org/Community-Relations/Volunteer-Services.aspx

WHERE CAN I VOLUNTEER?

Rideout Memorial Hospital Junior Auxiliary

- Ages 14-18 years old
- Volunteers will run errands for stations, deliver flowers to patients and work in the gift shop.
- Seeking volunteers that are willing to make at least a one year commitment.
- Program fee for uniform is \$20.00.
- Applications available at : Gift Shop
970 Plumas Street
Yuba City, CA 95991
- Applications available at: Human Resources
614 J Street
Marysville, CA 95901
- Applications available online: www.frhg.org/Community-Relations/Volunteer-Services.aspx

Friday Night Live

- Ages 14+
- Volunteers are needed for clerical duties, janitorial duties and to assist with activities.
- Apply in person: 301 4th Street
Marysville, CA 95901
(530) 742-5483

Northern California American Red Cross

- Ages 15+
- Volunteers will perform a variety of duties based on skills and interests
- Apply in person: 2125 E. Onstott Road
Yuba City, CA 95991
Contact: Office Manager (530) 673-1460

Park Terrace After School Program

- Open to any age
- Volunteers are needed for academic tutoring all age groups.
- Contact Margaret Norten at (530) 674-8130

ResQpaws

- Ages 16+ to volunteer for fundraising events. However, a parent must be present.
- Ages 18+ to volunteer at the shelter.
- Volunteers are needed to assist with weekend adoption events, assist with fundraising events, help at the Sutter County Animal Shelter.
- Application information is available online: www.resqpaws.org/
- The application for volunteering is available online: <http://www.resqpaws.org/#!application/c1ijh>
- Call (530) 713-9079 for more information.

WHERE CAN I VOLUNTEER?

Rideout Memorial Hospital Emergency

- Ages 18+
- Volunteers will provide chairs for patients and visitors, relay patient and family questions to the nurse in charge of the patient, offer water and coffee to visitors, sterilize gurney's and change linens on gurney's, stock linens and supplies as directed, stock blankets in the blanket warmer and other duties as assigned by staff.
- Must pass background check.
- Program fee \$35.00
- For more information, please call (530) 740-1970
- Applications available at: Human Resources
614 J Street
Marysville, CA 95901
- Applications available online: www.frhg.org/Community-Relations/Volunteer-Services.aspx

Senior Living

- Ages 15-17 for the Junior Program.
- Ages 18+ must pass background check and TB check.
- If you have a desire to work with geriatric and disabled persons and the ability to generate enthusiasm, then consider becoming a volunteer. Assist activities staff with a variety of fun activities such as outings, dietary delivery and other activities.
- Program fee \$35.00
- For more information, please call (530) 790-3034
- Applications available online: www.frhg.org/Community-Relations/Volunteer-Services.aspx
- Turn application in at: Human Resources

Sutter Buttes Canine Rescue (Thrift Shop)

- Ages 18+
- Volunteers needed to assist in the thrift shop to clean, sort, cashier and merchandise items.
- Applications available online: www.sbk9rescue.com/vap.pdf
- Call the thrift store at (530) 755-2025
- Apply in person: 855 Gray Avenue (directly across from Gray Ave Middle School),
Yuba City, CA 95991

Sutter Buttes Canine Rescue (Animal Shelter)

- Ages 18+
- Volunteers will assist with the care of animals , office work, photography, yard maintenance, and fundraising.
- Applications available online: www.sbk9rescue.com/vap.pdf
- Mail application to: 585 Meyers Avenue , Gridley, CA 95948
- Call (530) 695-3814 for more information

WHERE CAN I VOLUNTEER?

Sutter County Sheriff's Department Cadet Program

- Ages 16-21
- Must have a 2.5 GPA or higher.
- Volunteers will assist with department patrols, child and public safety programs, sobriety checkpoints, traffic control, criminal records and other support services.
- Apply in Person: 1077 Civic Center
Yuba City, CA 95993
(530) 822-7307

Trauma Intervention Program (TIP)

- Ages 14+
- Volunteers respond to emergency scenes to support survivors of tragic events such as sudden death. (Extensive Training is required)
- Apply online: www.yubasuttertip.org/Become_a_Volunteer.html

Yuba Skilled Nursing Center

- All ages
- Volunteers will learn leadership, citizenship and life skills.
- Must be willing to get certified prior to volunteering.
(The cost for certification is \$16.00)
- Please call Laurie Currier (530) 282-2789 for more information
- Apply in person: 521 Lorel Way
Yuba City, CA 95991
(530) 674-9140

Yuba-Sutter 4-H

- Ages 18+
- Volunteers will learn leadership, citizenship and life skills.
- Must be willing to get certified prior to volunteering.
(The cost for certification is \$16.00)
- Apply in person: 142 A Garden Highway
Yuba City, CA 95991
- For more information call (530) 822-7515

WHERE CAN I VOLUNTEER?

Yuba-Sutter Chamber of Commerce

- Ages 16+
- Volunteers will assist with office work and set up and clean up at Chamber events.
- Apply in person: 1300 Franklin Road
Yuba City, CA 95991
(530) 743-6501
- Contact: Greg Erwin

Yuba-Sutter Food Bank

- Ages 16+
- Volunteers will assist with sorting food donations.
- Apply by phone: (530) 673-3834

Yuba-Sutter Regional Arts Center

- No age limit for volunteering.
- Volunteers will perform work based on skill level and interests.
- Apply by email: email@yubasutterarts.org
- Apply in person: 630 E Street
Marysville, CA 95901

Yuba City Unified School District

- Ages 18+
- Volunteers will assist with small and large groups of children during structured and unstructured play. Assist with clean up of activities and/or the preparation of activities. Read stories to children.
- Apply by phone: (530) 822-5235
*Make an appointment with the Director. Must have a clear TB test