

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.

Updated 4-10-18



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 (Due to COVID-19 Limiting Volunteers until further noticed)

- 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
- Please call for an application
- Turn in application at: City Hall
1201 Civic Center Blvd.
Yuba City, CA 95993
(530) 822-4794

FREED (Please call before going in)

- Ages 18+
- Volunteers needed food delivery and phone reassurance to help the elderly.
- Apply in person: 1100 Butte House Rd Suite 120 Yuba City CA 95991
- Apply by phone: (530) 742-4474
TTY (530) 742-2379

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

Habitat for Humanity

- Ages 16+(must get signature from parent) Ages 18+
- Short-term and long-term volunteer opportunities are available. Volunteers may assist with building homes, sorting donations, marketing/communication or writing grants
- Apply by phone: 530-742-2727
Apply in person: 202 D Street
Marysville, CA 95901

Northern California American Red Cross

- Ages 16+(must get signature from parent) Ages 18+
- Volunteers will perform a variety of duties based on skills and interests
- Apply online: Redcross.org—>Volunteer—>Apply now—>Create the account—>Fill out the application—>
Red Cross will contact you

WHERE CAN I VOLUNTEER?

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 (On Hold Due to COVID-19)

- 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>

Adventist Health + Rideout Hospital Auxiliary (On Hold Due to COVID-19)

- Ages 21+
- 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 baby layettes and surgery hostess desk.
- Program fee for uniform. Membership dues apply
- Must pass background check
- Applications available online: www.frhg.org/Community-Relations/Volunteer-Services.aspx

Volunteer services are currently on hold due to COVID-19 restrictions. If you would like to be contacted once restrictions are lifted, complete a volunteer Information Form

**Mail to Community Engagement: 618 5th Street
Marysville CA 95901**

Adventist + Rideout Junior Auxiliary (On Hold Due to COVID-19)

- Ages 15+
- 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
- Contact (530) 749-4533

WHERE CAN I VOLUNTEER?

Adventist Health + Rideout Emergency (On Hold Due to COVID-19)

- 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. Rounds on patients and visitors every 15 to 20 minutes.
- Must pass background check
- Program fee \$35.00
- For more information, please call (530) 749-4699
- Applications available online: www.frhg.org/Community-Relations/Volunteer-Services.aspx

Senior Living (On Hold Due to COVID-19)

- Ages 15+ 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
- Teen Leadership Council (TLC)
- Adventists Health & Rideout Cancer Center 18 years & older, great for 55+ years of age.
- Spiritual care program connect crossFJ@ah.org

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

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

WHERE CAN I VOLUNTEER?

Sutter County Sheriff's Department Cadet Program (On Hold Due to COVID-19)

- 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 City Unified School District (On Hold Due to COVID-19)

- 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
- Contact (530) 822-5200

Yuba Skilled Nursing Center (On Hold Due to COVID-19)

- 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: 521 Lorel Way
Yuba City, CA 95991
(530) 674-9140

Yuba-Sutter 4-H (On Hold Due to COVID-19)

- 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 (On Hold Due to COVID-19)

- 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
- Complete application online: <http://www.yuba-sutterfoodbank.com/volunteer.html>

Yuba-Sutter Regional Arts Center

- No age limit for volunteering
- Volunteers will perform work based on skill level and interests
- Apply in person: 624 E Street
Marysville, CA 95901
- Apply by phone: (530) 742-2787, ask for David Read
- Apply by email: email@yubasutterarts.org