Pre- Med Students:

 Volunteer organizations

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| Organizations  | Information  | Contact info |
| **Boulder County Public Health** | This organization's mission is to protect, promote, and enhance the health and well-being of all people and the environment in Boulder County Volunteer opportunities include; areas of addiction recovery, communicable disease and emergency preparedness, community health, environmental health, family health, and the Medical Reserve Corps of Boulder County. They keep an updated list of opportunities they are currently recruiting for on their website, http://www.bouldercounty.org/jobs/vol/pages/volall. Visit their website to see current volunteer openings.  | Visit website for list of Volunteer positions that they are currently looking for: http://www.bouldercounty.org/jobs/vol/pages/volall.aspxQuestions contact: Kyla PearlmanHealthVS@BoulderCounty.org303-441-1163 |
| **Boulder County AIDS Project (BCAP)** | The Mission of Boulder County AIDS Project (BCAP) is twofold:to provide support, advocacy and education to those in our community who are infected with or affected by the Human Immunodeficiency Virus (HIV) and to serve as an outreach and information center to prevent further transmission of HIV and the resulting acquired Immune Deficiency Syndrome (AIDS).They have a variety of volunteer opportunities including, but not limited to, front desk work, education and outreach, special events, and client support.  | http://bcap.org/get-involved/volunteer/Contact: Sarahsarah@bcap.org 303-444-6121 ext. 109Located: 2118 14th StreetBoulder, CO 80302Transportation: Located on the SKIP line, biking and walking distance from campus (near Pearl Street) |
| **Boulder Institute for Psychotherapy and Research** | The Boulder Institute for Psychotherapy and Research builds bridges between the latest advances in the knowledge of human development and effective services that promote healthy lives and communities. Volunteers are needed to help with office assistance, fundraising, event planner, ect. | <http://bipr.org/>volunteer@bipr.org303-442-4562 Located: 1240 Pine StreetBoulder, CO 80302Transportation: Skip bus line, Walking & biking distance from campus |
| **Gift of Life Bone Marrow Foundation** | This organization is dedicated to the facilitation of life-saving matches between bone marrow and stem cell donors and those patients suffering from leukemia, lymphoma, and other life-threatening diseases. They need of volunteers to facilitate and run donor drives to (1) help perform basic cheek swabs of potential donors interested in becoming part of the worldwide bone marrow registry; (2) ensure that potential donor’s consent forms are properly signed (if applicable); and (3) ensure that all drive materials are returned to Gift of Life. Full training and support are provided to volunteers. www.giftoflife.org | www.giftoflife.orgcontact: Nate Handleynhandley@giftoflife.org15619822939location: Volunteers set the date, time, and location for the donor drive |
| **Suncrest Hospice** | This organization's mission is to provide the highest quality of care and customer service to patients, their families and their referring sources. Volunteers are needed as companions to our patients in facilities and homes throughout the Greater Metropolitan Area, including Boulder and Longmont. Other volunteers are music therapists, pet therapists, massage therapists, Reiki practitioners, or art therapists for our patients. They also have volunteers who help out in the office with mailings and data entry, or make phone calls to bereaved family members. Their office is located in Denver.  | http://www.suncrestcare.com/Contact: Dianne LaKampdiannel@suncrestcare.com720-941-5580located: 777 East Speer Blvd.Denver, CO 80203BUT can visit patients in Longmont and BoulderTransportation: car needed |
| **National MS Society Colorado-Wyoming Chapter** | This organizations mission is to mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS. Volunteers can help as Practical Support Volunteers where they assist clients with various projects for which they need help, including computer assistance, grocery shopping, gardening and yard work, home repairs, etc. They also need MS Ambassadors, who assist the Chapter with increasing public awareness and personal understanding of MS and how the National MS Society supports people with MS. They also take volunteers for their events.  | http://www.nationalmssociety.org/Chapters/COCContact: Anna Russoanna.russo@nmss.org970-494-5987We have 6 offices within the Colorado-Wyoming Chapter. The Northern Colorado office in Fort Collins serves the Boulder area. We currently serve about 800 people in Boulder County who have a connection to MS.Office location: 1525 Riverside Ave., Ste. AFort Collins, CO 80524Transportation: Car needed to go to the office, Clients homes may be bus/biking distance  |
| **The Eating Disorder Foundation** | The mission of The Foundation is to be an effective resource to the general public and the health care community in the collective effort to prevent and eliminate eating disorders. Opportunities for volunteers include reception help, administrative help, being an ambassador for their programing, helping to educate the community by being a speaker, home/garden/yard care, information technology help, and making arts/crafts for them to to use or to sell for profit to support programming. | http://www.eatingdisorderfoundation.org/Fill out this form to volunteer: https://app.etapestry.com/hosted/TheEatingDisorderFoundation/Volunteer.htmlcontact: Christine Evanscevans@eatingdisorderfoundation.org303-322-3373Located: 1901 E. 20th Ave, Denver 80205Transportation: Car needed |
| **(Clinical Research, Education, Services, and Treatment)** | This is an on-campus organization whose mission is to be a local and international leader in clinical research, education, and treatment, with an emphasis on the mental health needs of women throughout the life span. Currently, they are focusing on the problem of depression and mental health needs of women. They frequently need volunteer research assistants! | crest@colorado.edu303-492-7378http://psych-srv3.colorado.edu/~crest/?page\_id=5 |
| **Real Choices Pregnancy Care Center** | We need "Client Advocates"--students who get formal training and then can administer free pregnancy tests and offer peer support, information and a non-judgmental heart. We have 6 hours (broken into three 2-hour time slots) of training, followed by three formal observations before a student can become a Client Advocate. We also familiarize our volunteers with the office procedures, language and who we are and are not.\*more info in women section\*6 hour training | http://realchoicespcc.org/ Whitney Henry choices@colorado.edu 303.492.8778 located: 1575 Folsom St, Unit 102 Boulder, CO 80302 OR 1285 Centaur Village Dr Lafayette, CO 80026 |
| **Before Play** | we are constantly seeking volunteers to help spread the word about the various resources available at www.beforeplay.org. Sometimes we do tabling at events, other times we go around to different establishments asking to put out our materials in waiting rooms or posters in staff rooms. There are always volunteer opportunities and during the summer we will be attending lots of events such as the Pride Festival and the Westword Music Showcase. Though we would love to have volunteers during the summer, we are constantly seeking volunteers. | http://beforeplay.org/about/Cecelia Kludingcecelia@beforeplay.org303.587.6695 |
| **Davis Phinney Foundation** | Volunteer in office: Office volunteers are important to our success. They help keep our operating costs down and help ensure that our resources support the programs that directly impact the lives of people living with Parkinson’s Disease today.-foundation ambassador: help us to plan events and to determine the types of research we fund | http://www.davisphinneyfoundation.org/info@davisphinneyfoundation.org303-733-3340located: 1722 14th St., Suite 150Boulder, CO 80302 |
| **Halcyon Hospice** | This organization is dedicated to working with terminally ill patients and their families. Volunteer opportunities include socializing with patients, playing music, pet therapy (for dog owners), light housekeeping, and journal keeping. | http://www.halcyonhospice.org/contact: volunteer@halcyonhospice.org(303) 329 - 0870Boulder |
| **Compassionate Hospice Care** | Our volunteers go out to patient homes and visit on a weekly basis to provide companionship and support. They run errands or give caregivers a brief respite by staying and visiting with the patient. Reading, listening, holding a hand or helping with a project are some of the activities that volunteers can do with patients. Volunteers who have special talents or skills such as massage or hairdressing, art or music are also encouraged to apply. Volunteers are required to have a criminal background check and a TB skin test. This is paid for and provided by Compassionate Care Hospice. They also need to attend our training program.Commitment: About 2 hours per weekWe do use groups of volunteers for yard clean up, minor home repairs or housekeeping/cleaning projects for patients | www.mycompassionatecare.comcontact: Lynette Fuller-Rowell720-313-7564lrowell@mycompassionatecare.com |
| **There With Care** | Interns biggest need right now, volunteers without training soup station every Saturday in Denver, team chop food preparation Fridays 9-12 in boulder mountain view united Methodist church. With training everyday activities helping out the families, bigger time commitment, chances for interning from there. Office help as well with training. 90 minute training at office in boulderno training: can work on team chop,warehouse sorting, events, ect | http://therewithcare.org/contact: Jodee@therewithcare.org 303-447-2273/ ext 408 Boulder-biking and walking distance from campus and on bus route2825 Wilderness Place, Suite 100Boulder, CO 80301 |
| **Leukemia and Lymphoma Society** | Takes people looking for one-time opportuntiesworks with individuals and groups.Cure Leukimia, lymphona, Hodgkins disease and myeloma, and improve te quality of life of patients and their families | http://www.lightthenight.org/rm/contact:Danielle MarchioroDanielle.Marchioro@lls.org720.440.8631 located: 720 S. Colorado Blvd., Suite 500S, Denver, CO 80246 |
| **Project Angel Heart** | This organization provides nutritious meals, at no cost, to those coping with a life-threatening illness. Volunteers help prepare and deliver meals, as well as assist with special events and other projects! | http://www.projectangelheart.org/contact:Sarah Woolverton-Mohler smohler@projectangelheart.org303-407-9414Denver |
| **Veterans Helping Veterans Now** | The mission of this organization is to build healthier lives for veterans and their families, reaching out to those who would not be reached, honoring those who served. Volunteers can help with organizing classes, or developing and carrying out a health plan for the veterans being served. This is a great opportunity for students interested in neuroscience, psych, nursing, ect | http://www.vhvnow.org/silver/index.phpcontact:info@vhvnow.org303-772-9777. located:600 Terry Street, Longmont, CO 80501 |
| **Boulder Yoga Project** | Boulder Yoga Project: Boulder Yoga Project is a registered 501(c)3 not for profit organization that indiscriminately provides yoga and meditation classes, workshops and services to other not for profit organizations, individuals in need and low income populations. BYP nurtures a more conscious community where human beings are free from dis-ease in their minds and bodies. People, regardless of their life circumstances, function with greater harmony and respect for self, community and the environment as a result of accessing integrative health and healing practices. | http://boulderyogaproject.org/ tabitha@angelorganic.org |
| **Can Do MS** | EVENTS - PREP (assembly of packets, promo materials, etc.)- EVENTS - ONSITE HELP (set-up, registration/ticket sales, booth reps, aid stations, breakdown, etc.)- ADMINISTRATION\* (filing, organization around the office & assembly of materials, etc.)- SPREADING THE WORD (communications, research, & distribution of materials, etc.)- PHONE CALLS (program reminders, surveys, etc.)- TECH SAVVY (enjoys working with Excel, Word, PowerPoint)\*indicates availability at Vail Valley office location only."Yes, we would take groups as large as a fraternity or student club or as small as a couple classmates who want to help us host fundraising events on campus. We are open to discuss event ideas that come from this group and excited to work with CU students to raise awareness for Can Do MS!It ranges to whatever time the individual would like to give. On average, the time we ask of volunteers in a day ranges between 2-4 hours.Yes, we have events where we need volunteers assistance in prepping for as well as at the event itself. | http://www.mscando.org/contact:Angie Swim aswim@mscando.org970-926-1292 |

 Other Organization

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| **Colorado Therapeutic Riding Center** | he Mission of the Colorado Therapeutic Riding Center is to promote the physical, psychological and social well-being of persons with disabilities through their interaction with a therapeutic team consisting of a horse, an instructor and/or a therapist, and volunteers. Volunteers can help with lessons, where they work directly with the riders and horses in the therapeutic riding and hippotherapy programs (can be a Horse Leader, a Side Walker or both). They can also be stall cleaning volunteers, helping with the maintenance of the stalls and horses. THey ask for a commitment of two hours/week during the season. This organization is located in Longmont, so a car is needed. http://www.ctrcinc.org/ | http://www.ctrcinc.org/contact: volunteer@ctrcinc.org303-652-9131location: 11968 Mineral Road, Longmont, CO 80504transportation: car needed |
| **Rocky Mountain Riding Therapy** | Rocky Mountain Riding Therapy provides equine-based therapy programs for individuals with physical, learning and emotional disabilities. Their goal is to help each rider reach their fullest potential as a human being and as a horseperson. Volunteers can help in hippotherapy lesson and therapuetic riding lessons as horse leaders and side walkers. They also have opportunities for special projects. This organization is located on South Cherryvale Road in Boulder, which is on the DASH bus line (and you have to walk about half a mile). To volunteer, sign up for a (mandatory) training session/orientation, which takes place every third Saturday of the month. Sign up here: http://rmridingtherapy.org/volunteer.html  | http://rmridingtherapy.org/index.htmlTo Volunteer, sign up for Orientation/Training Session: http://rmridingtherapy.org/volunteer.html Contact: volunteer@rmridingtherapy.org.(303) 494-1299 Location: 66 South Cherryvale RoadBoulder, Colorado 80303Transportation: On the DASH busline (with a 10 minute walk) |
| **Medicine Horse Program** | Medicine Horse Program enhances the mental health and life skills of youth, adults, families, and groups through therapeutic interaction with horses. Volunteer opportunities include; horse handlers (assisting with lessons) mucking (drop-in hours provided), turn out help (letting the horses out into the pasture), office help (outreach, mailing, fundraising), and facilities management (repair fencing, equipment, etc). A background check is required to volunteer here. They are located on Arapahoe Ave in Boulder, which is on the JUMP bus line. http://www.medicinehorse.org/volunteer.html | http://www.medicinehorse.org/volunteer.htmlContact: volunteercoordinator@medicinehorse.org720.406.7630 Location: 8778 Arapahoe RoadBoulder, Colorado 80303Transportation: on the JUMP bus line |
| **Meals on Wheels** | Meals on Wheels is a community-sponsored meal service, aimed at making life a little easier for people who have trouble preparing their own hot meals. They provide fresh, nutritious food to people throughout Boulder County regardless of age or income. Volunteers are needed as regular and substitute drivers, early morning food prep workers, packers, lunch servers, Tuesday evening dinner assistants, office/marketing volunteers, lunchtime cashiers, and cook assistants and trainees. They are located on 9th and Arapahoe, which is accessible via the SKIP, DASH, HOP bus lines. To volunteer fill out the interest form on their website: http://www.mowboulder.org/volunteer-form. http://www.mowboulder.org/volunteer | http://www.mowboulder.org/volunteerIf you want to volunteer fill out the interest form on their website: http://www.mowboulder.org/volunteer-form Questions? Call 303-441-3908.Located: 909 Arapahoe Avenue, Suite 121Boulder CO, 80302Transportation: HOP, DASH, SKIP Bus lines\*need car to deliver meals |
| **Ignite-Adaptive Sports (Eldora Mountain Resorts)** | The mission of Ignite Adaptive Sports is to provide integrated recreational opportunities for people with disabilities that will foster independence through the acquisition of lifetime skills. Volunteers help teach people in the community with disabilities how to ski, snowboard, snowshoe, or Nordic ski!( (and get a free ski pass!) www.igniteadaptivesports.org | www.igniteadaptivesports.orgcontact:Finn Murphydirector@igniteadaptivesports.org508-221-8481 |
| **CU Buddies** | To establish a global volunteer movement that creates opportunities for one-to-one friendships, integrated employement and leadership development for people with intellectual and development disabilities. | Go here for info: http://sofo.colorado.edu/SOFONewSearchsgd.php?q=Best+Buddies&Submit=Searchcubestbuddies@colorado.edu |
| **City of Boulder: Parks and Recreation**  | "(EXciting Programs, Adventures and New Dimensions) is a program of the Boulder Parks and Recreation Department that offers children, youth and adults with disabilities an opportunity to participate in a recreation program of their choice. Volunteers are necessary to assure the success and fun of all of our programs. | https://bouldercolorado.gov/parks-rec/recreation-volunteer-opportunities "http://www.bouldercolorado.gov/index.php?option=com\_content&view=article&id=1472&Itemid=848831contact: Sherri Brownbrownsh@bouldercolorado.gov303-441-4933" |
| **Association for Community Living** | This organizations mission is to ensure that those in the community with developmental disabilities are able to live, work, and participate fully in all aspects of community life. They act as a catalyst to promote attitudes, practices, programs, and policies that result in full participation. Volunteer can participate in a variety of ways. They have a program where they match volunteers with a person with a developmental disability as buddies, volunteers can help with educational development, event planning, administrative help, and they also have internships available in a variety of areas, including psychology, education, integrative physiology, and others. | http://www.aclboulder.org/volunteer/index.phpcontact: Leigh Flanaginlflanagin@aclboulder.orglocated:5744 North 71st StreetLongmont, Colorado 80503 |
| **Imagine!** | Imagine! This organization creates and offers innovative support to people of all ages with cognitive, developmental, physical, and health related needs so that they may live fulfilling lives of independence and quality in their homes and communities. Volunteers can get matched up as a buddy with a person with a disability, can work with clients in various capacities, can help in afterschool program helping with arts and crafts, or can be a bi-lingual resource navigator helping support Spanish speaking families. |  http://www.imaginecolorado.org/about.htmcontact: Elizabeth Hill 303-926-6460 ehill@imaginecolorado.orglocated in Lafayette Boulderonline training |
| **Rohr Chabad Student Center** | Linking Hearts matches student volunteers with special needs children, and benefits everyone involved. Children of all faiths who must cope with autism and other disabilities look forward to the weekly visits from kind, caring peers -- and the volunteers feel the joy of befriending someone less fortunate. | http://www.jewishcu.com/templates/articlecco\_cdo/aid/549640/jewish/Linking-Hearts.htmcontact: Leah Wilhelmleah@jewishcu.com303-444-2775 |

**More help contact:**

Volunteer Resource Center University of Colorado at Boulder UMC 358, UCB 207 Boulder, Colorado 80309-0207 Phone: 303-735-4495 Fax: 303-735-4433 [www.colorado.edu/vrc](http://www.colorado.edu/vrc) [www.twitter.com/cuvrc](http://www.twitter.com/cuvrc)