



*Celebrating 32 Years of
Expert Placement and
Personal Service*



HOW NYC HIGH SCHOOL STUDENTS CAN MAKE A DIFFERENCE!

This special edition of the VRC “Caring and Connecting” newsletter is dedicated to YOU and the more than 350,000 New York teens who volunteer their time and talents to making our city a great place to live, study and work.

Here you’ll find up-to-date volunteer opportunities that are available now or will be available this summer. They include both virtual and on-site jobs with a spectrum of organizations.

Now more than ever, the city’s struggling nonprofits need your special talents as we reach the other side of the pandemic. Whatever your skills, schedules and passions, we’re sure you’ll find a great match for yourself – and make an important contribution to others!

Zelda Warner
Director, HS Event
Volunteer Referral Center
volunteer-referral.org

Patricia Girardi
Executive Director
Volunteer Referral Center
volunteer-referral.org

GallopNYC



GallopNYC is a nonprofit organization based in New York City that offers therapeutic horsemanship programs to children and adults with disabilities, serving over 500 riders per week at four locations within NYC. Under the direction of a PATH International certified instructor, supported by trained volunteers, each rider progressively acquires riding skills and improvements in life skills. They walk, talk, learn and have FUN.

Volunteer Opportunities:

GallopNYC is currently riding on a limited basis. The spring riding session takes place March 16-June 20, Tuesday-Sunday indoors at Forest Hills and outdoors as weather permits at Sunrise Stables, Linwood, the Bronx Equestrian Center, and Prospect Park. Schedules vary by location. Due to COVID-19 only volunteers that have experience lead-walking and horse handling on-site are eligible at this time.

The Lead Walking volunteer will lead horses during therapeutic riding classes, working with a group of side-walkers, keeping the primary focus on the horse (and not the rider) while maintaining communication with the team; execute instructions, of the instructor; depending on the site, will bring horses in and out of the arena.

Minimum Age: 16, or by instructor permission

Other Requirements: Ability to stand and walk for an extended period (at least 30-minute intervals). Ability to briefly jog with the horse and rider. Attire: Weather appropriate, and most IMPORTANT shoes that cover your entire foot, ideally boots.

How to Apply: If you think you have the necessary skills, reach out to: Cheriselle Scott at cheriselle.scott@gallopnyc.org to confirm your skills and receive the next steps to get started.

Website: <http://gallopnyc.org/volunteer-overview>

Contact: Cheriselle Scott, cheriselle.scott@gallopnyc.org

New Alternatives for Children



New Alternatives for Children is a child welfare agency that provides foster care, adoption and prevention services to children with special needs. They are dedicated to nurturing the potential of every child and teen and improving the health and well-being of families in need. NAC serves children from all 5 boroughs of NYC and provides extensive resources for all family members.

Volunteer Opportunities: Students have many volunteer options to engage with NAC children by reading a story, creating an instructional video or holding a drive for essential educational needs. **NAC Story (Any)Time:** Volunteers create video recordings reading a story in English or Spanish, showing pictures, using silly voices, etc. **Let's Get Moving:** Volunteers create instructional Exercise, Dance and Yoga videos to help get elementary kids moving. Whatever your passion may be NAC would love to receive videos that can encourage kids of all mobility ranges to keep moving with step by step demonstrations on warm up/cool down techniques, soccer/basketball drills, intro to ballet or even chair yoga. **Group Projects** such as School Supplies Drive, Summer Reading Kits, and Electronics Drive are also encouraged.

Minimum Age: High School Freshman

Other Requirements: Submitting Videos: NAC children and youth are accessing the videos using Google Classroom so the easiest way for them to upload content is through Google Drive.

How to Apply:

Send email to nacstorytime@gmail.org or volunteers@nackidscan.org stating your interest and requesting specific instructions.

Website: www.NacKidsCan.org

Contact: Nichole Letizia, Assistant Director of Volunteers, Student Internships & Community Relations, Email: volunteers@nackidscan.org

Goddard Riverside/Star Learning



Star learning Center, a program of Goddard Riverside Community Center, provides one-to-one tutoring and educational advocacy to underserved students from across the city.

Volunteer Opportunities: Star is looking for volunteers interested in working with students from 2nd to 12th grade and will bring on a limited number of volunteer tutors for their remote 2021 Summer Program in late May. Applications for the 2021-22 School Year program will be accepted in early September.

Minimum Age: Star accepts applications from 10th, 11th and 12th grade students but prioritizes juniors and seniors.

Other Requirements: Each tutor must be able to commit a two-hour block of time once a week to be matched with a student. Tutoring takes place Monday through Friday. All tutors complete an orientation process prior to starting with their students.

How to Apply: for more information as well as the links to apply to the summer and school year programs, please visit website at: <https://goddard.org/programs/children-and-youth/starlearningcenter/>

Contact: Jolie Kapelus, Program Associate Director jkapelus@goddard.org

Dancing Dreams



Dancing Dreams is a nonprofit organization with the mission of providing dance classes and performance opportunities for children with physical challenges. Boys and girls from 3-18 years old are taught by pediatric physical therapists who adapt all activities to meet the unique needs of each dancer.

Volunteer Opportunities: Student volunteers are the backbone of the program and turn the dancers' dreams into reality by working one-on-one with a dancer at weekly class and at springtime performance.

Minimum Age: 13

Other Requirements: All volunteers are enrolled in the Teen Leadership Program which is geared for highly-motivated and responsible students who are able to commit at least one hour of their time each week from September, 2021 through May 2022.

Class Schedule: Monday afternoons: Upper East Side (Manhattan), Monday afternoons: Plainview (Long Island), Thursday afternoons: Bayside (Queens)

How to Apply: Application will be released around mid-late May. Email sharon@dancingdreams.org

Website: dancingdreams.org

Contact: Sharon Alvarez, Leadership/Volunteer Coordinator, sharon@dancingdreams.org 516-659-9461

Selfhelp Community Services – Virtual Senior Center



Selfhelp is a not-for-profit organization dedicated to maintaining the independence and dignity of seniors and at-risk populations through a spectrum of housing, home healthcare and social services. The *Virtual Senior Center Program* allows homebound older adults to attend live, interactive, one-hour classes 365 days a year on topics chosen by the Volunteer Facilitator.

Volunteer Opportunities: Volunteer Facilitator – lead a one-hour interactive virtual class on a topic of your choice for Seniors 60+ examples: Art, Music Appreciation, Armchair travel, Interactive games (trivia, Jeopardy), Literature, A hobby, Current Events, History of... Classes are scheduled day, evening and weekend in English, Russian and Mandarin. There may be some other spots using technology.

Minimum Age: 17

Other Requirements: Flexible commitment but at least 6 classes. Ability to interact with Older Adults, average computer skills, ability to manage and lead a class, knowledgeable on specific topic.

How to Apply: Contact Carmella Chessen at cchessen@selfhelp.net with note including area of interests and some info on your background. Application forms, brief phone intro and one hour training will follow.

Website: <http://vscm.selfhelp.net/>

Contact: Carmella Chessen cchessen@selfhelp.net 718-559-4378 Please contact via Email initially.

The National September 11 Memorial and Museum



The mission of the 9/11 Museum, located at the World Trade Center site, is to bear solemn witness to the terrorist attacks of September 11, 2001 and February 26, 1993. The Museum honors the nearly 3,000 victims of these attacks and all those who risked their lives to save others.

Volunteer Opportunities: *Summer Retail Greeters* welcome and greet visitors into the store and provide visitors with accurate and helpful information that enhances their visit. Greeters are based at the Museum store and the outdoor Retail information carts. The *Summer Visitor Services Team* is charged with enhancing the visitor's experience by exhibiting exceptional customer service, directing visitors as safely and efficiently as possible, and attending to visitor's needs as they engage with the Memorial space and the exhibitions, program and amenities.

These opportunities are for the summer, for 2-3 months. Shift times are AM: (10 AM-2PM), MID: (12-4 PM), PM: (2-6 PM). 2 shifts per week are recommended.

Minimum Age: 16

Other Requirements: There will be a required online training session and on-site training as well. The uniform vest, cap (when outdoors) and ID will be provided by the 9/11 Memorial. Ability to work as part of a team. Ability to interact well with a wide range of visitors. Able to stand for the entire shift. Flexibility to be posted at different locations in the Memorial and Museum. Must be able to pass a background check.

How to Apply: Visit www.911memorial.org/volunteer and complete an application form.

Website: www.911memorial.org

Contact: Lindsay Watts volunteer@911memorial.org

Battery Dance



The Battery Dance Festival is New York City's longest-running free public dance festival. Each year the Festival draws a combined audience of over 12,000 people. This year Battery Dance Festival is hoping to present a hybrid festival: days of live performances with in-person audiences at the Robert F. Wagner, Jr. Park in lower Manhattan, and virtual only days that would stream works by national and international dance groups unable to travel due to the pandemic.

Volunteer Opportunities: For in-person performances, August 16-20. Setting up and striking chairs at the beginning and end of the day, selling merchandise, managing crowd flow and social distancing, and monitoring VIP sections.

Minimum Age: 16

Other Requirements: There will be required training session. Shifts are from 4-10 PM for the five days of live performances. A total of 10 volunteers will be needed, 2 of whom should be able to do heavy lifting (about 50 pounds).

How to Apply: Email gabrielle@batterydance.org

Website: batterydance.org

Contact: Gabrielle Niederhoffer, gabrielle@batterydance.org, 917-331-7894

Central Park Conservancy



The Central Park Conservancy works with the NYC Parks Department to restore, manage and enhance the Park and keep it green and clean.

Volunteer Opportunities: Help with seasonal projects such as raking, weeding, mulching with the Green Team, and keeping the Park clean with the Pitch In and Pick Up team. Projects take place on Saturdays from 1-2:30 and have been on hiatus during the pandemic but will hopefully, start up again this spring. If interested, email volunteer@centralparknyc.org and you will be notified when the program resumes.

Minimum Age: 13

Other Requirements: A liability waiver which **MUST BE PRINTED** and signed by a parent or legal guardian must be brought to the session on Saturday. Teens will not be able to participate without a waiver.

How to Apply: Available dates will be listed on the website. Register at www.centralparknyc.org/volunteer/teen-volunteer-days one week in advance. On the Thursday prior to each session, volunteers will receive an email with project details, location and the liability waiver.

Website: www.centralparknyc.org.

Contact: Al Domeyko adomeyko@centralparknyc.org

Citymeals On Wheels



Citymeals On Wheels has been serving New Yorkers since 1981 by providing a lifeline of nourishment to homebound elderly neighbors. But Citymeals On Wheels is more than just food. It is about making sure their clients know that they are not alone and have not been forgotten.

Volunteer Opportunities: Handmade Card Project: Volunteers make cards that brighten the days of isolated New Yorkers. Meal Deliveries: Delivering meals on foot to the homes of homebound clients.

Minimum Age: No minimum age requirement for Handmade Card Project, anyone can participate. Must be 18 for delivering meals.

Other Requirements: Deliveries are made 2 days a week and on Saturdays. Volunteers choose the frequency and length of their commitment. Specifications about the Handmade Card Project can be found at citymeals.org/get-involved/greetingcards

How to Apply: Apply through the website citymeals.org/get-involved/volunteer-application

Website: www.citymeals.org

Contact: Sheila Clay sheila@citymeals.org

Holy Apostles Soup Kitchen



The Holy Apostles Soup Kitchen is the largest soup kitchen in New York City and the second largest soup kitchen in the United States. Each weekday at 10:30 AM hundreds of hungry New Yorkers receive a warm, nutritious meal, but 45 minutes beforehand another crowd is gathering: volunteers who make sure that will happen.

Volunteer Opportunities: Greeting guests, serving food, cleaning tables, passing out haircut vouchers, treating guests with dignity and respect. Shifts are available Mondays-Fridays, 9:15-1:15.

Minimum Age: High School

Other Requirements: A warm friendly smile. For community service credit contact sfanto@holypostlesnyc.org in advance of your shift.

How to Apply: Sign up for a shift online at <https://holypostlesnyc.org/get-involved/volunteer>

Website: www.holypostlessoupkitchen.org

Contact: Steve Fanto sfanto@holypostlesnyc.org

Hunger Free America



Hunger Free America is one of the leading direct service and advocacy organizations on hunger and poverty in the nation. Hunger Free America engages in local, state and national advocacy campaigns to enhance federal nutrition programs, conducts research to understand the best ways to reduce food insecurity and poverty, enrolls thousands of people in SNAP food assistance programs each year, and assists other organizations in building their capacity to fight hunger.

Volunteer Opportunities: Virtual opportunities are currently available. ***Phone Banking to increase Food Access*** volunteers will use digital outreach strategy to reach community members and connect them to local food resources. They will follow a provided script and make calls and share information that can help families. ***Data Verification for the COVID-19 Food Assistance Project*** volunteers will place calls to emergency food sites to verify their information about hours of operation, volunteer capacity and services offered to help ensure that the National Database is up to date and to increase visibility and accessibility of emergency food sites. In person community work will resume as safety conditions improve, hopefully this summer.

Minimum Age: 14 for Data Verification, 16 for Phone Banking

Other Requirements: Volunteers should have some comfort with web-based tools and technology and be able to commit to 2 hour shifts.

How to Apply: Email volunteer@hungerfreeamerica.org

Website: <https://www.hungerfreeamerica.org>

Contact: Stephanie Wu Winter swinter@hungerfreeamerica.org
646-554-1547

New York Blood Center



The New York Blood Center helps save lives by recruiting potential blood platelet and plasma donors and educating the community about the importance of donating blood at blood drives and events.

Volunteer Opportunities: Greeting donors, taking their temperature, escorting the donor after donation, monitoring the donor after donation, sanitizing the registration equipment and canteen area, ensuring the donor's safety and providing positive atmosphere.

Minimum Age: 16

Other Requirements: Flexible volunteer assignments are available in Manhattan, Brooklyn, Staten Island, Queens, Nassau and Suffolk Counties as well as in New Jersey and the Hudson Valley areas. All volunteers are required to complete a volunteer application, background check, and attend an orientation training session.

How to Apply: apply online at <https://www.nybloodcenter.org/support-us/volunteer-nybc/volunteer-application/> You will be directed to the contact person in your area.

Website: [nybloodcenter.org](https://www.nybloodcenter.org)

Contact: Sharan Bondor sbondor@nybc.org

Need More Ideas?

The Volunteer Referral Center has been helping New Yorkers of all ages find great volunteer opportunities for 32 years. With over 300 partner agencies, VRC will guide you to a perfect match.



To schedule a free appointment call 212-889-4805 or sign up at <http://volunteer-referral.com/volunteer-opportunities-2/>

Click here <https://volunteer-referral.com/media-press-room/> to check out our Caring & Connecting During COVID-19 newsletters for more volunteer opportunities.

We celebrate National Volunteer Week April 19-23, 2021 and thank all volunteers of all ages



DONATE



Share This
Email

Volunteer Referral Center | 161 Madison Avenue, New York, NY 10016 | 212-889-4805 | www.volunteer-referral.org | info@volunteer-referral.com

Copyright © 2021 Volunteer Referral Center. All Rights Reserved.

