

VOLUNTEER OPPORTUNITIES

SAN BRUNO CATHOLIC WORKER

555 San Bruno Avenue, San Bruno
(@ San Bruno Church)
(650)827-0706, Coordinator: Peter
Volunteer Hours: Every day 5-7pm

Catholic Worker Hospitality House provides hot meals to those in need four days a week and operates a nightly homeless shelter. Students can help prepare and serve the daily meal.

ST. ANTHONY FOUNDATION DINING ROOM

www.stanthony.org
45 Jones Street, San Francisco
(415)592-2726, Coordinator: Marie
Volunteer Hours: 7 days/week, 10am-2pm

St. Anthony Dining Room serves meals to the hungry and homeless of San Francisco. Help serve the daily meal: Place food on trays in the serving line, deliver trays for seniors, families and people with disabilities, bus dishes, clean tables, and get to know our guests. Orientation required before volunteering. Volunteers are needed seven days a week to serve lunch. Call in advance to schedule!

NORTH PENINSULA FOOD PANTRY & DINING ROOM

2121 Junipero Serra, Daly City
(650)994-5150, Coordinator: Denise Kelly

The Food Pantry distributes food boxes to low-income families and serves hot meals to the needy three times a week. Volunteers can assist with serving food on Mondays, Tuesdays, and Thursdays from 4:30-6:30pm. Call ahead to schedule!

ST. VINCENT DE PAUL SOCIETY HOMELESS HELP CENTER- South SF

344 Grand Avenue, South San Francisco
(650)589-9039, Coordinator: Lisa Collins
Volunteer Hours: Mon-Sat morning 10am-12pm
or 8am-12pm.

Volunteers can help prepare and serve the daily meal at "Café St. Vincent." A great Saturday morning volunteer opportunity!

ST. VINCENT DE PAUL SOCIETY HOMELESS HELP CENTER- San Mateo

50 North B Street, P.O. Box 213, San Mateo
(650)589-9039, Coordinator: Lisa Collins
Volunteer Hours: M-F, some afternoons

Volunteers can help prepare and serve the daily meal or work at the clothing stores. Help is also needed in the afternoons from 1-4 answering the help-line. Computer literacy and Spanish skills are a plus!

SECOND HARVEST FOOD BANK

www.secondharvest.net
1051 Bing Street, San Carlos
(650)610-0800 X415
Volunteer Coordinator: Rita Gunturn

San Mateo Second Harvest Food Bank helps feed an average of 47,000 low-income people (more than half of whom are children) each month. Work in the food warehouse sorting, boxing and salvaging food. Call ahead to schedule!
Minimum age is 14 with adult.

COASTSIDE OPPORTUNITY CENTER

P.O. Box 1089, El Granada
(650)726-9071
Volunteer Coordinator: Fatima
Volunteer Hours: Flexible, call to schedule

This agency provides emergency services such as food, clothing, and immigration support. Help stock & assemble food bags or at monthly food distributions to families.

SPECIAL OLYMPICS, SAN MATEO

1080 S. Amphlett Boulevard, San Mateo
(650)579-1758 x203

A sports training and competition program for developmentally disabled children and adults. Train and coach athletes, or assist at events.

SPECIAL OLYMPICS @ Bel Mateo Bowl

43rd Ave. & Olympic Ave, San Mateo
(650)341-2616, Coordinator: "Grandpa"
Volunteer Hours: Sundays 10:30am-12:00pm

Help individuals with disabilities learn how to bowl! Call ahead to schedule or just show up to help!

HANDICAPPABLE LUNCHEON

St. Mary's Cathedral in San Francisco
 (415)564-5836, Coordinator: Triston McLaughlin
 E-mail: causewecare22@hotmail.com
 Volunteer Hours: 3rd Saturdays, 10:30/11:30am-2pm

Help prepare & serve lunch, carry trays, and clean up at luncheon for adults with disabilities.

REACH

2322 Crestmoor Drive, San Bruno
 (650) 871-8402, Coordinator: Cecelia

An integrated after school program for disabled students ages 5-12. Help kids with homework, lead activities, and play outside with the children. Volunteers also needed for summer program.

SENIOR COASTSIDERS

535 Kelly Avenue, Half Moon Bay
 (650) 726-9056
 Volunteer Coordinator: Vicky

Work with seniors with disabilities or illnesses.

AMERICAN HEART ASSOCIATION

1710 Gilbreth Rd., Suite 100, San Mateo
 (650)259-6807, Coordinator: Morgan

The American Heart Association is dedicated to reducing disability and death from cardiovascular diseases and stroke. Volunteers are needed to help with office work or special events.

FIRST RESORT

801 Brewster St. Suite 210, Redwood City
 (Call on Mon., Tues., or Wed.)
 450 Sutter, Suite # 1740, San Francisco
 (415) 627-9175: Coordinator: Tanya

The mission of First Resort is to help build strong and healthy family units by encouraging sexual abstinence for unmarried teens and young adults, and by supporting women and their loved ones during an unplanned pregnancy.

INTERCOMMUNAL SURVIVAL SCHOOL

713 2nd Avenue, San Mateo
 (650)347-0463
 Volunteer Coordinator: Silvia Reyes Grady

The ISS is a state funded non-profit child development center serving children ages 2 ½- 5 from families with low to moderate income levels. Volunteers can read to children and participate in small group interactions such as dramatic plays, developmental plays and gross motor activities.

SAN BRUNO MOUNTAIN WATCH

44 Visitation, Brisbane, 94005
 (415)467-6631
 Volunteer Coordinator: Ken McIntire
 Volunteer Hours: 1st and 3rd Saturdays, 1-4pm

Service activities include trail maintenance, removal of invasive plants, and habitat restoration.

HALF MOON BAY STATE BEACH

hmbrestore@gmail.com
 95 Kelly Avenue, Half Moon Bay, 94019
 (650)726-8801, Coordinator: Rebecca

California State Park's restoration projects help restore the dune ecosystem which will increase wildlife in the parks. Volunteers plant native plants and remove non-native plants. Parental permission slips are required.

SEQUOIA AUDUBON SOCIETY

www.sequoia-audubon.org
 Millbrae, 94030
 (650) 592-7733, Coordinator: Lee R. Franks

The mission of Sequoia Audubon Society is to participate actively in environmental education and conservation, and in the restoration, preservation, protection and enjoyment of our native natural resources with emphasis on birds and their habitats.