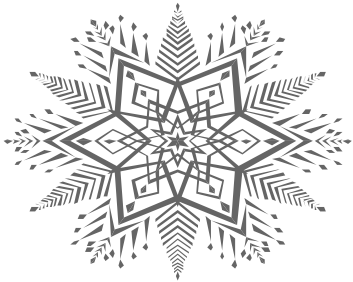




Change yourself. Change your world. Volunteer.

2009

Holiday Volunteer  
Guide



4699 Murphy Canyon Road  
San Diego, CA 92123  
Phone: (858) 636-4131  
Fax: (858) 492-2016  
[www.volunteersandiego.org](http://www.volunteersandiego.org)

# 2009 Holiday Volunteer Guide



Dear Friends of Volunteer San Diego:

We are pleased to provide you with our annual Holiday Volunteer Guide for 2009. Inside, you will find many ways in which you can make a difference in the lives of so many people and to so many San Diego organizations. Our Holiday Volunteer Guide lists projects for you to “adopt” a family in need, collect canned foods, books and toys, and help organize holiday parties for those who need a boost in their spirit and to know the community cares about them. These are just a few ways that we hope you can help from Thanksgiving to New Year’s.

Volunteer San Diego creates lasting community impact through meaningful individual and group volunteer action. Last year, Volunteer San Diego mobilized and connected over 51,000 volunteers with opportunities to serve our seniors, protect the environment, work with kids, provide meals to the hungry, and so much more. We couldn’t have done this without your commitment of time, resources and effort to make a difference in the community in which we live and work.

Happy Holidays,

Sue Carter  
Executive Director  
Volunteer San Diego



# 2009 Holiday Volunteer Guide

## Holiday Opportunities and Wish Lists Participant Organizations

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- 30 - Senior Gleaners of San Diego County
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☆ = Volunteer San Diego Member Organization

# 2009 Holiday Volunteer Guide

## 1- Border View YMCA

### Services:

Provides a variety of programs serving youth, teens, and their parents to improve the safety, leadership skills, academic enrichment, and physical fitness of youth.

*Location:* 3085 Beyer Blvd. Ste. A-103 - San Diego, CA 92154

*Contact:* Adriana Gonzalez

*Phone:* (619) 428-1168 ext.106

*Email:* [algonzalez@ymca.org](mailto:algonzalez@ymca.org)

### **Thanksgiving Dinner Volunteer**

We need volunteers who will assist with set-up and clean-up, serve food and refreshments, as well as be welcoming and kind to the families. Read more: <http://tiny.cc/WR4yt>.

*No. of Vols:* Open

*Requirements:* Minimum age: 16; good for beginners; good for families; good for groups

*Date/Time:* November 19, 2009: 5:30 PM-9:00 PM

### **Christmas Party Volunteer**

We need volunteers who will assist with set-up and clean-up, be assigned to an arts and crafts table, wrap gifts, hand out holiday treats, and be welcoming and kind to the families. Read more: <http://tiny.cc/loN9I>.

*No. of Vols:* Open

*Requirements:* Minimum age: 16; good for beginners; good for groups

*Date/Time:* December 17, 2009: 5:00 PM-9:00 PM

### **Wish List (Thanksgiving and Christmas)**

- Coffee and tea
- Holiday cookies and desserts
- Toys
- Gift Certificates (Wal-Mart, Target, Toys "R" Us, Albertsons, etc.)
- Movie Passes

Read more: Thanksgiving - <http://tiny.cc/WR4yt>; Christmas - <http://tiny.cc/loN9I>.

*No. of Vols:* Open

*Requirements:* Donations for both holidays to be delivered to the main office

*Date/Time:* Latest date for donations: Thanksgiving - November 19 between 9:00 AM-3:00 PM;  
Christmas - December 17 between 9:00 AM-3:00 PM

## 2 - Boys & Girls Clubs of Carlsbad

### Services:

The mission of the Boys & Girls Clubs of Carlsbad is to provide activities and experiences that enrich the lives of young people, inspiring and enabling them to reach their full potential.

*Location:* 3115 Roosevelt St. - Carlsbad, CA 92008

*Contact:* Allyson Evers

*Phone:* (760) 729-0207

*Email:* [volunteer@bgccarlsbad.org](mailto:volunteer@bgccarlsbad.org)

### **Toy Drive for Boys & Girls Club of Carlsbad/Wish List**

With a membership fee of only \$25 a year, we rely on in-kind donations to keep our programs going. Boys & Girls Clubs of Carlsbad's Village and La Costa Branches will be hosting a holiday party for 200 members where toys will be given to each child. The Toy Drive will run from Friday, November 6 through Friday, December 11. If you are interested in placing a Toy Drive box at your place of business, please contact us. Read more: <http://tiny.cc/iOKmP>.

# 2009 Holiday Volunteer Guide

## Wish List

Program Supplies: vacuum, laminator-12" size, copy paper (white & colored), Post-it notes, white out tape, recycle bins, children's size gloves for our recycle club, markers, construction paper, rolls of butcher paper, school supplies.

Gift cards: Albertsons, Vons, Smart & Final, Costco, Wal-Mart, Target, Blockbuster

Canned food items (new unopened)

Baking items: sugar cookie mix, icing, assorted sprinkles for 200 kids

Toys for children and teenagers ages 6-18 (new and unwrapped): Legos, Barbies, Tech Deck games, board games, art kits, Hot Wheels, dolls, Littlest Pet Shop, Polly Pocket, Star Wars toys, sport balls, Bratz, Pokémon

*No. of Vols:* Open

*Requirements:* Good for beginners; good for families; good for groups; court-referred allowed

*Date/Time:* Latest date for donations: Supplies - December 18 between 9:00 AM-5:00 PM; Toys - December 11 between 9:00 AM-5:00 PM

## ☆3 - Casa de Amparo

### Services:

Since 1978, Casa de Amparo has provided safe emergency shelter and state-of-the-art treatment and intervention services for abused and neglected children throughout San Diego County. Casa programs fill a unique niche in the array of services provided by both private and public agencies. In all areas, Casa de Amparo is committed to exceed the basic needs of each child and to mitigate the impact of abuse and neglect whenever possible.

*Location:* 3355 Mission Ave. Ste. 238 - Oceanside, CA 92058

*Contact:* Rayni Risher

*Phone:* (760) 754-5500 ext.17

*Email:* [rrisher@casadeamparo.org](mailto:rrisher@casadeamparo.org)

### **Holiday Storefront Volunteer**

Holiday Storefront Volunteers will help receive, sort and wrap donated presents for our Casa Kids. Your help "behind the scenes" is instrumental in making our storefront run in an organized manner. Holiday Storefront volunteers will interact with donors from all over San Diego County and witness the generosity of local community members. Volunteer help "behind the scenes" will bring encouragement and joy to our Casa Kids over the holidays. Casa de Amparo's mission is to support those affected by, and at risk of, child abuse and neglect through a range of programs and services that promote healing, growth and healthy relationships. Read more: <http://tiny.cc/7iiTq>.

*No. of Vols:* Open

*Requirements:* Minimum age: 15; Good for beginners; good for groups; youth over 16

*Date/Time:* Volunteers needed: December 4, 7-11, 14, 2009 from 4:00 PM-8:00 PM

### **Wish List for Holiday Storefront Project**

- Nice clothes for holiday events: Men's XL and Women's S-XL
- Scrapbooking supplies
- Subscriptions for teen-girl appropriate magazines
- Hair accessories
- Gift cards for tickets/activities (movie theater, sports, theme parks, bowling, etc)
- Makeup for teen girls (no nail polish, please)
- Housewares: Dish sets for 4 people, pots & pans
- Holiday decorations
- Bath towel & shower sets
- Small tool sets
- Bedding sets for full-size beds, including comforters
- Gift cards for groceries, Target/ Wal-Mart, or gas stations
- Stickers

# 2009 Holiday Volunteer Guide

- Finger paint & finger painting paper
- Tricycles and other outdoor toys for small children
- Dress-up costumes
- Children's music CDs
- Jump ropes
- Activity books
- Crayons

*No. of Vols:* Open  
*Requirements:* Minimum age: 15; Good for beginners; good for groups, youth over 16  
*Date/Time:* Latest date for donations: December 15, 2009 between 9:00 AM-5:00 PM

## 4 - City of Encinitas Parks & Recreation

### Services:

The City of Encinitas sits on the coastline of the Pacific Ocean and is embraced by the Batiquitos Lagoon to the north and the San Elijo Lagoon to the south. The first inhabitants were Indians called the San Dieguitos, the La Jollans, and the Dieguenos. It was the Diegueno's group who were mission converts and helped to build the Spanish Missions.

*Location:* 505 S Vulcan Avenue - Encinitas, CA 92024  
*Contact:* Caroline Moreno  
*Phone:* (760) 633-2759  
*E-mail:* [cmoreno@ci.encinitas.ca.us](mailto:cmoreno@ci.encinitas.ca.us)

### **City of Encinitas Holiday Parade**

Assist with parade with various volunteer positions such as handing out programs, monitoring spectators along the route, and cleaning up. Donations of glow sticks are greatly appreciated. Read more: <http://tiny.cc/j2rw9>

*No. of Vols:* Open  
*Requirements:* Minimum age: 16; good for beginners; good for groups  
*Date/Time:* December 5, 2009 from 3:30 PM–8:00 PM

## ☆5 - Community HousingWorks

### Services:

Community HousingWorks is a San Diego nonprofit that helps people move up in the world by providing a full range of housing options combined with training and support. We build and own beautiful affordable apartments. We provide unique first-time homebuyer loans, and support and training that strengthens communities and helps kids and adults build a wealthier future.

*Location:* 820 S. Escondido Blvd. Ste.101 – Escondido, CA 92025  
*Contact:* Heather Laird  
*Phone:* (760) 432-6878  
*Email:* [hlaird@chworks.org](mailto:hlaird@chworks.org)

### **Adopt-a-Family**

Our Holiday Assistance Program allows community members, such as you, to provide these families with holiday items they may not otherwise receive. We hope you'll consider participating in our program in one of the following ways:

**Adopt-a-Family (or families):** If you choose to Adopt-A-Family, we will provide you with individual family profiles including gift suggestions. We ask that you provide both the food for a traditional holiday meal and gifts for children. You may elect to either personally deliver your holiday food and gifts to the family or to have CHW deliver your food and gifts for you.

**Adopt-a-Senior:** You can choose to brighten a senior's holiday by providing some food, warm socks or gloves and some general household items. As with our Adopt-a-Family program, you can choose to deliver the items yourself or have CHW staff deliver them for you.

# 2009 Holiday Volunteer Guide

Make a cash donation: With your cash donation, Community HousingWorks will purchase food, toys, and clothing for those needy families and seniors.

Our ability to provide assistance to these families depends on the participation of organizations and individuals like you. All families participating in our Adopt-A-Family - Holiday Assistance Program will be screened for need and will receive assistance from only one holiday program. Read more: <http://tiny.cc/qENmb>

*No. of Vols:* Open

*Requirements:* Minimum age: 18; good for beginners; good for groups; good for families; court-referred allowed; good for youth

*Date/Time:* Latest date for donations: December 16, 2009 between 9:00 AM–4:00 PM

## 6 - Community Resource Center

### Services:

Community Resource Center offers emergency assistance, counseling, food & basic need items, legal help, case management, transitional housing and shelter with comprehensive services for battered women and their children in North Coastal County.

*Location:* 650 2<sup>nd</sup> St. - Encinitas, CA 92024

*Contact:* Sarah Loveless

*Phone:* (760) 753-1156, ext. 1304

*Email:* [sloveless@crcncc.org](mailto:sloveless@crcncc.org)

### **Holiday Baskets**

Holiday Baskets will be providing toys, outerwear, blankets, household goods, baby items and food to North County families in need. Volunteers are needed to turn the Grandstands at the Del Mar Fairgrounds into a free holiday shopping experience for these families. Volunteers are also needed to help at the 3 day distribution and to help pack up remaining items for neighboring charities. They can also assist with data entry prior to the event. Volunteers are involved in every step of Holiday Baskets from planning to set up to the actual distribution. CRC is made up of approximately 40 staff members and we need the assistance of almost 1600 volunteers to make Holiday Baskets possible. Read more: <http://tiny.cc/PJSjU>

*No. of Vols:* Open

*Requirements:* Minimum age: 15; Good for beginners, good for families; good for groups

*Date/Time:* November 23 – December, 2009. Times vary

## 7 - Corazón

### Services:

Corazón, an international community development organization, has been inspiring lives across borders for over 30 years.

*Location:* 2001 East 1<sup>st</sup> St., Ste. 201 - Santa Ana, CA 92705

*Contact:* Julissa Espinoza

*Phone:* (714) 547-0357

*E-mail:* [office@corazon.org](mailto:office@corazon.org)

### **Sponsor a Corazón Family for Christmas**

Give Christmas to another family and share the joy of Christmas with a community. You have the power to make a difference! Your support will bring a smile and hope to the families and children of our communities who await a Christmas party each year. You'll be part of the joy of giving! Read more: <http://tiny.cc/IE4k7>

*No. of Vols:* Open

*Requirements:* Minimum age: 18; Good for beginners, good for families; good for groups

*Date/Time:* Day(s) and times(s) depend on the level of involvement of the volunteer

# 2009 Holiday Volunteer Guide

## **Wish List- Sponsor a Corazón Family for Christmas**

1 Unwrapped gift for an adult. The gifts for an adult should be under \$25 and could be anything from household appliances to personal grooming and/or cleaning supplies.

3 Unwrapped gifts for children. The gifts for children should be under \$10 and could be anything from toys, school supplies to personal grooming items.

20 Raffle Items for Loteria, Mexican version of Bingo. The raffle items should be under \$25 and could be anything such as household appliances, tools, personal grooming items and/or cleaning supplies.

20 Prizes for games. The prizes should be small personal grooming items such as toothpaste and toothbrushes or cleaning supplies.

Donate \$100 toward food or donate food items for the Christmas parties.

*No. of Vols:* Open

*Requirements:* Minimum age: 18; Good for beginners, good for families; good for groups

*Date/Time:* Latest date for donations: November 13, 2009 between 9:00 AM-6:00 PM.

## **8 - County of San Diego- Adult Case Management Services**

### Services:

Case Management Services help and support people with long-term mental health problems to maintain housing, and obtain financial assistance, medical and psychiatric treatment, and assist clients to link with other community services such as education, work and social programs. The service activities may include, but are not limited to, supportive counseling, coordination, and referral; ensuring access to service delivery system; assessment, service plan development and monitoring client progress.

*Location:* 1250 Morena Blvd. - San Diego, CA 92110

*Contact:* Hannah Koh

*Phone:* (619) 692-8715

*E-mail:* [volunteercosd@gmail.com](mailto:volunteercosd@gmail.com)

### **Case Management Advisory Council Holiday Luncheon**

Every year, we like to invite some of our chronically mentally ill clients to a festive celebration that they would not otherwise be able to experience. Surrounded by peers and program staff members, we provide an afternoon of good food, holiday gifts, music, and raffle prizes. We do not usually charge our clients for this outing and rely on donations from the community to make the affair a success! Read more: <http://tiny.cc/VhPrb>

*No. of Vols:* Open

*Requirements:* Minimum age: 18; Good for beginners; good for groups

*Date/Time:* Location, date, time of luncheon is to be announced but donations are being accepted at our main office, Monday to Friday between 8:00 AM-5:00 PM.

### **Wish List - Case Management Advisory Council Holiday Luncheon**

Approximately 75 of the following items:

- Winter coats/ sweats in various sizes, colors, male and female versions
- Umbrellas
- Stockings filled with misc items (i.e. candy, lotions, etc)
- Gift cards/certificates
- Vendor food/beverage services to contribute towards congregated meal at event
- Throw blankets in various colors for twin size beds

*No. of Vols:* Open

*Requirements:* Minimum age: 18 Good for beginners; good for groups

*Date/Time:* Latest date for donations: December 1 between 8:00 AM-5:00 PM.

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## 9 - Dress for Success San Diego

### Services:

Dress for Success provides professional clothing and employment retention services to low-income San Diego women and men actively seeking employment.

*Location:* 3295 Meade Ave. - San Diego, CA 92116

*Contact:* Sylvia Evans-McKinney

*Phone:* (619) 281-3773

*E-mail:* [sandiego@dressforsuccess.org](mailto:sandiego@dressforsuccess.org)

### **Christmas on 33rd Street**

Make this Christmas on 33<sup>rd</sup> Street special for local single mothers and their children. Adopt-a-Family and impact their lives through your generosity in a magical way! Your involvement in our annual Adopt-a-Family for Christmas program will brighten the lives of our clients and their children as they celebrate the holidays. Our families are all low-income and in need of support in these tough economic times. Your support will be measured by the joy and the smiles on the faces of the mothers and their children as they open their gifts tucked under their Christmas tree. Knowing there is so much kindness and generosity in our community is what makes Christmas so special. Read more: <http://tiny.cc/y8DJp>

*No. of Vols:* Open

*Requirements:* Good for beginners, good for families / youth under 14, good for groups

*Date/Time:* Latest date for donations: December 16 between 10:00 AM–3:00 PM

### **Wish List - Christmas on 33rd Street**

Names, ages, and sizes will be provided. We are seeking a practical, fun gift for each family member. All families are headed by a single mother who is transitioning into the workforce.

- Toys
- Warm clothes
- Household items: bath and beauty products, fun items such as candles, Christmas trees, and decorations, storage boxes for after Christmas
- Movie tickets, restaurant certificates, food vouchers, family movies, music
- Gift cards (Target, Toys "R" Us, Wal-Mart, Ross, and Bed Bath & Beyond)

*No. of Vols:* Open

*Requirements:* Good for beginners, good for families / youth under 14, good for groups

*Date/Time:* Latest date for donations: December 16 between 10:00 AM–3:00 PM

## ★ 10 - Eugene Bowman Economic Empowerment Center

### Services:

Eugene Bowman Economic Empowerment Center is dedicated to helping poor and disadvantaged women and children. We provide personal support, emergency services, mentoring tutoring and intervention and prevention services in a healthy, compassionate and healing environment. We share a passion to ensure that every child and family has a healthy start and future.

*Location:* 4249 Manzanita Dr. - San Diego, CA 92105

*Contact:* Lorraine Bowman

*Phone:* (619) 281-3312

*E-mail:* [lorraine49@cox.net](mailto:lorraine49@cox.net)

### **Joys of the Holidays**

Joys of the Holidays is an annual event where we throw a holiday party for disadvantaged children and their families. We hand out Christmas presents and serve them a holiday lunch, plus a visit from Santa. Read more: <http://tiny.cc/t9w6P>

*No. of Vols:* Open

*Requirements:* Minimum age: 25; good for groups, youth over 16 if accompanied by adult

*Date/Time:* December 12, 2009 from 10:00 AM- 3:00 PM

# 2009 Holiday Volunteer Guide

## **Wish List - Joys of the Holidays**

With donations from volunteers, underprivileged children will be able to have a Christmas, some for the first time. They will be able to wake up on Christmas morning with a gift and Christmas dinner. Through these tough economic times, many families have lost their jobs and will not be able to buy gifts for their children ages 5-17 years old.

We need someone to buy decorations for the party room and decorate the room; a group to purchase and decorate a Christmas tree; a group to purchase, cook and serve a holiday lunch for approximately 80 people.

Gifts for children ages 5-17: t-shirts, socks, backpacks, paper, notebooks, board and/or video games, toys, watches, CD player, CDs, toiletries, lotion, soap, perfume, deodorant, shampoo and conditioner and baseball caps.

*No. of Vols:* Open  
*Requirements:* Good for groups, youth over 16 if accompanied by adult  
*Date/Time:* Latest date for donations: December 12, 2009 from 9:00 AM-1:00 PM

## **Speakers and Donations for Fathers & Sons Awards**

A healthy father-son relationship involves strengthening the bonds between father and son. A strong bond means that the son is more open to communication with the father, often about problems which he feels uncomfortable discussing with his mother.

We need speakers. Speakers must be a father or son with healthy relationship with their son and/or parent. Speaker must be able to motivate and inspire. Read more: <http://tiny.cc/fXDcB>

*No. of Vols:* Open  
*Requirements:* Minimum age: 25; Good for beginners; good for groups, youth over 16  
*Date/Time:* December 5, 2009 11:00 AM-2:00 PM

## **Wish List- Speakers and Donations for Fathers & Sons Awards**

We need groups of fathers and sons to buy supplies and decorate the meeting room; buy food, cook and serve lunch.

Items for gift baskets: Ties, cologne, watches, gift certificates to stores and/or restaurants, CDs, CD player, board and/or video games, lotions, soaps, tooth paste, and shampoo and conditioner.

*No. of Vols:* Open  
*Requirements:* Good for beginners; good for groups, youth over 16  
*Date/Time:* Latest date for donations: December 5, 2009 11:00 AM-2:00 PM

## **11 - Home of Guiding Hands**

### Services:

Home of Guiding Hands (HGH) is a 501(c)(3) non-profit public benefit corporation that has been providing quality residential support and training services to individuals with developmental disabilities for more than 39 years. As a leader in the field, HGH is dedicated to supplying innovative services that meet and exceed the needs of people with developmental disabilities. Located in San Diego East County, we offer a wide range of services including community living, independent living, respite care and senior care planning.

*Location:* 1825 Gillespie Way Ste. 200 - El Cajon, CA 92020  
*Contact:* Jane Moore  
*Phone:* (619) 938-2856  
*E-mail:* [jane@guidinghands.org](mailto:jane@guidinghands.org)

### **Holiday Home Sponsor**

HGH operates 28 community homes located in San Diego's East County. Each home is the residence of 6 very-low income individuals with developmental disabilities such as mental retardation, autism, and cerebral palsy.

As a Holiday Home Sponsor, you have the option of being involved with the hands-on preparations of the party planning and celebrating, or you can choose to be a "behind-the-scenes sponsor," and leave the party planning to HGH's Residential Supervisors. Either way, you are welcome (and encouraged) to attend the party; enjoy the food, refreshments, games, carols, and other activities right alongside our grateful residents. Read more: <http://tiny.cc/OhuS3>

# 2009 Holiday Volunteer Guide

No. of Vols: Open  
Requirements: Good for beginners; good for groups, good for families/youth over 14  
Date/Time: TBA

## House Painting (3 locations)

Exterior painting of one of HGH's 28 community homes (we have three homes listed for this project). Non-experienced painters okay. You can make a difference this year in the lives of people with special challenges like mental retardation, autism and cerebral palsy by lending your time and labor. HGH operates 28 community homes located in San Diego's East County. Each home is the residence of six very-low income individuals with developmental disabilities. Read more: <http://tiny.cc/JGt1t>

No. of Vols: Open  
Requirements: Good for beginners; good for groups; outdoors  
Date/Time: November 14, 2009 9:00 AM-3:00 PM (all 3 locations)

## Wish List - Home of Guiding Hands

The Holiday Season is fast approaching and just like you, our residents with developmental disabilities at Home of Guiding Hands (HGH) are looking forward to the annual festivities. You can make a difference this year in the lives of people with special challenges like mental retardation, autism and cerebral palsy by donating items to help make the holiday season a truly special one. Read more: <http://tiny.cc/sAMi0>

Items:

- CDs (country, oldies-but-goodies, children's music)
- DVDs (animals, Disney, children's movies, comedies)
- Art supplies (paper, markers, and colored pencils)
- Personal Items (pajamas, socks, backpacks, perfumes and colognes)
- Gift certificates (hair salons, restaurants, fast food, video rentals, amusement parks, sporting events)
- Household items: twin sheets, towels & washcloths, casserole dishes, blankets.

No. of Vols: Open  
Requirements: Good for beginners; good for groups; good for families; youth volunteers  
Date/Time: Latest date for donations: December 4, 2009 9:00 AM-4:00 PM

## ★ 12 - Hostelling International - San Diego

### Services:

Hostelling International promotes educational travel, local and global, using hostels and programs to facilitate interaction between travelers and community members.

Location: 739 4<sup>th</sup> Avenue - San Diego, CA 92101  
Contact: Rachel Evans  
Phone: (619) 338-9981  
E-mail: [volunteer@sandiegohostels.org](mailto:volunteer@sandiegohostels.org)

## Thanksgiving Flag Football Game

We are looking for volunteers to organize and participate in a flag football game with domestic and international travelers. Volunteers have the opportunity to share a uniquely American holiday tradition with people from different parts of the world. This activity is an excellent opportunity for intercultural exchange. Volunteers help our organization increase the cultural value of our hostel overnight stays. Read more: <http://tiny.cc/elCFy>

No. of Vols: Open  
Requirements: Good for beginners; good for groups; court-referred allowed; outdoors  
Date/Time: November 26, 2009 3:00 PM-8:00 PM at both locations

## Thanksgiving Potluck Dinner

We are looking for volunteers to help with the preparation, serving and cleanup of a traditional Thanksgiving meal. This is a fantastic opportunity to share good food, good conversation and our holiday traditions with staff, volunteers and guests

# 2009 Holiday Volunteer Guide

from around the world. It is a potluck dinner so bring your favorite side dish or dessert to share with the group! Volunteers will provide a delicious and affordable meal to our domestic and international travelers. In doing so, they will create a forum for intercultural exchange. Volunteers help our organization increase the cultural value of our hostel overnight stays. 2 locations: Downtown and Point Loma. Read more: <http://tinyurl.com/yfefehc>

*No. of Vols:* Open

*Requirements:* Good for beginners; good for groups; court-referred allowed; youth over 16  
*Date/Time:* November 26, 2009 3:00 PM–8:00 PM at both locations

## Wish List - Thanksgiving Potluck Dinner

- Turkeys
- Canned goods
- Fresh fruits and vegetables
- Side dishes
- Desserts

*No. of Vols:* Open

*Requirements:* Good for beginners; good for groups; court-referred allowed; youth over 16

*Date/Time:* Latest date for donations: November 26, 2009 3:00 PM at both locations

## ☆ 13 - Interfaith Community Services

### Services:

We are a nonprofit non-sectarian social service agency headquartered in San Diego County. We rebuild lives and build community through comprehensive programs to enable families and individuals to move from dependence and dysfunction to independence and successful living. We offer a complete continuum of care and services, food, shelter, housing, crisis intervention, advocacy and referrals, clinical case management, career center, counseling, dental care, child development, tutoring, veteran's services and more.

*Location:* 550 West Washington Avenue – Escondido, CA 92025

*Contact:* Nusrat Symons

*Phone:* (760) 489-6380 ext.221

*E-mail:* [nsymons@interfaithservices.org](mailto:nsymons@interfaithservices.org)

### **Holiday Calligrapher and Clerical Assistant**

Facilitate holiday gift-giving by inscribing holiday cards and addressing envelopes on short notice and with rapid turn around. Be available to help twice a week and on call with short notice to neatly, legibly and very accurately prepare holiday cards requested by donors making donations to Interfaith as an alternative holiday gift to loved ones. Read more: <http://tinyurl.com/yfrn6ks>

*No. of Vols:* Open

*Requirements:* Minimum age: 18

*Date/Time:* During Holiday Season October through December: 2-10 hours per week

## ☆ 14 - Jewish Family Service of San Diego

### Services:

Jewish Family Service of San Diego provides invaluable community services and programs to thousands of San Diego County residents which focus on strengthening individual and family life, and enhancing the well-being of the general community.

*Location:* 8804 Balboa Ave. - San Diego, CA 92123

*Contact:* Melinda Wilkes

*Phone:* (858) 637-3050

*E-mail:* [melindab@jfsd.org](mailto:melindab@jfsd.org)

# 2009 Holiday Volunteer Guide

## Run for the Hungry

The Eighth Annual Thanksgiving Day Run for the Hungry is a 5K/10K walk/run in scenic downtown San Diego. Over 4,000 runners and walkers show their support to help end hunger in San Diego. Runners and volunteers are needed to help make this a successful event. Volunteers are needed to help with registration, water stations and more. This is a great opportunity for groups with families.

The event benefits the Foodmobile, a meal delivery program of Jewish Family Service of San Diego, and the San Diego Food Bank. Read more: <http://tinyurl.com/yle3m7k>

*No. of Vols:* Open

*Requirements:* Minimum age: 13; Good for beginners; good for groups; court-referred allowed; youth allowed

*Date/Time:* November 26, 2009 5:30 AM–11:00 AM

## Embrace-a-Family

Embrace-a-Family provides holiday gifts for over 500 low-income families. Each family completes a holiday wish list and community members, or Embracers, embrace the family for the holidays. Embracers donate new toys, clothing, and/or household items to create a meaningful and joyous holiday season. Read more: <http://tinyurl.com/yhplg53>

*No. of Vols:* Open

*Requirements:* Minimum age: 13; Good for beginners; good for groups; court-referred allowed; youth allowed

*Date/Time:* Latest date for donations: December 13, 2009

## 15 - KGTV Channel 10

### Services:

KGTV Channel 10 is a television station, local ABC affiliate.

*Location:* 4600 Air Way - San Diego, CA 92102

*Contact:* Autumn Doermann

*Phone:* (619) 237-6206

*E-mail:* [autumn\\_doermann@10news.com](mailto:autumn_doermann@10news.com)

## Captain Mike Memorial Toy Drive

It's been a tough year for everyone. This holiday season, even the smallest donation can make a major difference in a child's life. Started 36 years ago by the late 10News weatherman "Captain" Mike Ambrose who understood the power of giving back, the 10News Toy Drive has handed out millions of toys to deserving families across San Diego.

In his honor and for the children who are a little less fortunate, donate a toy to the 2009 Captain Mike Memorial Toy Drive. All toys donated to the 2009 Captain Mike Memorial Toy Drive go to the Salvation Army for deserving families. Read more: <http://tinyurl.com/yh4zpg7>

*No. of Vols:* Open

*Requirements:* Good for beginners; good for groups; good for families

*Date/Time:* Latest date for donations: December 17 between 9:00 AM-5:00 PM

## 16 - La Maestra Community Health Centers

### Services:

La Maestra Community Health Centers is a not-for-profit 501(c)(3) organization that has been serving low income, uninsured and underinsured communities for 19 years, with four medical, dental and mental health centers located throughout San Diego County (in City Heights, El Cajon, National City, and Hoover High School). Our physicians and staff have served over 88,000 patients, and we are committed to our mission: "to provide quality health care and education, improving the overall well-being of the family, and bringing the underserved, ethnically diverse communities into the mainstream of our society, through a caring, effective, culturally and linguistically competent manner, respecting the dignity of all patients". In addition to providing health care and education, we provide many social services including job training, economic literacy, a microcredit program for women, and help finding safe, affordable housing. We are an anchor in the lives of thousands of families in San Diego who would have no place else to turn.

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*Location:* 4185 Fairmount Avenue - San Diego, CA 92105  
*Contact:* Lindy Webb  
*Phone:* (619) 717-1866  
*E-mail:* [lindy@lamaestra.org](mailto:lindy@lamaestra.org)

## **La Maestra's Annual Holiday Gift and Food Drive**

Every December, La Maestra distributes gifts for low income families in our communities; including nutritious food, household items, clothing and toys.

On the weekend before Christmas Eve, we will need a couple of volunteers to help us sort donations and prepare for the events when we hand gifts out at each clinic.

By volunteering your time and resources to our Holiday Gift and Food Drive, you can make a difference in the lives of hundreds of families who struggle to afford nutritious food and health care, and help them to have a truly joyful holiday season. Read more: <http://tinyurl.com/yfoey6r>

*No. of Vols:* Open  
*Requirements:* Good for beginners; good for groups; good for families  
*Date/Time:* TBA

## **Wish List - La Maestra's Annual Holiday Gift and Food Drive**

New or very good condition toys, books, clothing and household items and non-perishable, healthy food

*No. of Vols:* Open  
*Requirements:* Good for beginners; good for groups; good for families  
*Date/Time:* Latest date for donations: December 21 between 9:00 AM-6:00 PM

## **☆ 17 - Meals-On-Wheels Greater San Diego, Inc.**

### Services:

Meals-On-Wheels Greater San Diego, Inc. is a 501(c)(3), private-non profit organization, and has been dedicated to meeting the nutritional needs of seniors, throughout San Diego County, for over 40 years to support the independence and well-being of seniors.

*Location:* 2254 San Diego Avenue Suite 100 - San Diego, CA 92110  
*Contact:* Chequita Falls  
*Phone:* (619) 420-2782  
*E-mail:* [cfalls@meals-on-wheels.org](mailto:cfalls@meals-on-wheels.org)

### **Meals-on-Wheels Secret Santa**

Every year during the holidays and for birthdays, Meals-on-Wheels and our community of generous volunteers provide our seniors with a special goodie bag to say, "We care." "We care" packages can be brightly covered shoe boxes, small gift bags or decorated paper shopping bags filled with goodies.

Seniors in our community who sometimes have nothing to look forward to will receive a little warmth during what can be a difficult time. Volunteers will feel good about making a difference in the life of a senior.

Gift boxes and bags should contain items like: travel sizes toiletries, socks, foot warmers, jar openers, note pads, Post-it Notes, night lights, tissues, cotton balls, nails file & clippers, small figurines, scarves, handkerchiefs, large print puzzles, word searches, small jellies & jams, peanut butter, fruit cups, 4-8oz juice, any gift item suitable for older adults male and females, and small sealed packages of: tea, coffee, oatmeal, cocoa, crackers, cereals, cookies, granola bars, soup cups. Read more: <http://tinyurl.com/yzzjml>

*No. of Vols:* Open  
*Requirements:* Good for beginners; good for groups; good for families  
*Date/Time:* Latest date for donations: December 23 between 8:00 AM-4:00 PM

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## 18 - New Seasons Church

### Services:

The mission of New Seasons Church is: to love God through worship, to love the family of God through fellowship, to love the community through service, and to love the world through proclaiming the message of Jesus Christ. New Seasons Church strives to become a spiritual hospital and training center. We are a lifestyle-transformational church, equipping and building strong families and communities to exalt Jesus Christ.

*Location:* 2300 Bancroft Dr. - Spring Valley, CA 91977

*Contact:* Angie Kretschmar

*Phone:* (619) 463-0725

*E-mail:* [akretschmar@new-seasons.com](mailto:akretschmar@new-seasons.com)

### **Season of Love Community Block Party**

Community Block Party will have live music on two stages, free lunch, a children's festival, free turkeys and groceries, free farmers' market, clothes giveaway (children and baby items also), shoes and personal item giveaway. There will also be community resources such as: food stamp prescreening, Job Corps, Navy recruitment, First 5 Developmental Services, Red Cross, WIC and more. Volunteers will be packaging and distributing food, distributing clothes and other items, serving lunch, assisting with children's festival, assisting with parking and traffic, setting up and tearing down. Read more:

<http://tinyurl.com/yhbuhft>

*No. of Vols:* Open

*Requirements:* Good for beginners; good for families; court-referred allowed

*Date/Time:* November 21, 2009 from 9:00 AM–2:00 PM

## 19 - North County Health Services

### Services:

North County Health Services is a private non-profit health care organization that provides medical and dental care throughout communities of North San Diego County.

*Location:* 150 Valpreda Rd. - San Marcos, CA 92069

*Contact:* Michele Bray Davis

*Phone:* (760) 736-8705

*E-mail:* [michelle.davis@nchs-health.org](mailto:michelle.davis@nchs-health.org)

### **Children's Holiday Party**

Holiday Party at 1 of our 11 health centers in North County for NCHS pediatric patients. Elves are needed to assist with gift collection and distribution, cookies and punch prep, as well as serving the day of the events, and we always need a volunteer Santa! Donations of new, educational toys and books are greatly appreciated! Read more:

<http://tinyurl.com/ygvqloy>

*No. of Vols:* Open

*Requirements:* Good for beginners; good for groups; good for families

*Date/Time:* Latest date for donations: December 23 between 8:00 AM-4:00 PM

## ★20 - North County Lifeline

### Services:

North County Lifeline's mission is to build relationships and deliver services to the children and families of North County that resolve problems, increase skills and support self-reliance.

Services include counseling and behavioral health for youth, families and adults; after school programs; mentoring, referrals and case management for at-risk youth; emergency assistance, case-management and self-sufficiency classes for families; anger management, domestic violence and safe parenting classes; legal, mediation and fair housing services; free tax preparation and financial literacy programs.

*Location:* 200 Michigan Avenue - Vista, CA 92084

*Contact:* Theresa Meza; Martha Flores

*Phone:* (760) 310-0337 (Theresa); (760) 842-6273 (Martha)

*E-mail:* [tmeza@nclifeline.org](mailto:tmeza@nclifeline.org) (Theresa); [mflores@nclifeline.org](mailto:mflores@nclifeline.org) (Martha)

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## Family Holiday Baskets

Our Family Development Department works with families in need on a regular basis. We have case workers at our organization stationed at schools and at the Health and Human Resource departments. We work with families in transitional housing; homeless families and families in need of a second chance or an opportunity to get past life changing obstacles. While holidays are a wonderful celebration for some families, it can be an extremely difficult time for families in need. Many of our families cannot afford presents for their children and would not even think about buying things for themselves. Many of our families will not experience a traditional family dinner.

We are asking for Holiday baskets for a family of four. These baskets should contain some traditional dinner and dessert items, a few gifts for both adults and children, and should be nicely decorated. Read more: <http://tinyurl.com/yhdjfsr>

*No. of Vols:* Open

*Requirements:* Good for beginners; good for groups; good for families; court-referred allowed

*Date/Time:* December 15 – 18; Time varies

## Wish List - North County Lifeline

- Toys (2 yr. old girl, 5 yr. old boy, 7 yr. old boy, 10 yr. old girl)
- Movie passes or gift certificates
- Baby Essentials (3 month old baby)
- Gift certificates towards clothing for adults or clothing donations for adults

Read more: <http://tinyurl.com/ygerrt6>

*No. of Vols:* Open

*Requirements:* Good for beginners; good for groups; good for families; court-referred allowed

*Date/Time:* Latest date for donations: December 10 between 10:00 AM-5:00 PM

## 21 - Positive Action Community Theatre (PACT)

### Services:

Positive Action Community Theatre (PACT)'s mission is to educate and inspire through the arts. We do this by teaching life skills, like self-esteem and fitness to children of all abilities through theatre, movement, and music. We are having great success working with children in the autism spectrum. Our skits, improv, and movement activities help them learn to communicate effectively with the world around them. Besides our workshops and day camps, PACT presents twice yearly showcases to the community, and performs for the underserved.

*Location:* 2061 Village Park Way #227 - Encinitas, CA 92024

*Contact:* Kathryn Campion

*Phone:* (760) 274-3867

*E-mail:* [info@pacthouse.org](mailto:info@pacthouse.org)

### Holiday Outreach Performances for PACT Community

PACT provides performing arts/life skills workshops to children with and without disabilities in an inclusive environment. We have several children and teens on the autism spectrum in our community. In December we will be preparing a performance to offer residents of two local nursing homes. The volunteer for this project would assist us in preparing our performance and be involved in the performances at the nursing homes. Our workshop participants learn the value of community service and experience the joy of performing for the underserved. Local nursing home residents will enjoy holiday entertainment from children and teens of all abilities. Read more: <http://tinyurl.com/ygky8qg>

*No. of Vols:* Open

*Requirements:* Good for beginners; good for groups; good for families; approved for youth

*Date/Time:* December 5, 12, and 19 between 2:00 PM-3:30 PM

### Wish List - Holiday Outreach Performances for PACT Community

Costumes for the children/teens to wear to the holiday event, which would include Santa hats, other holiday hats, holiday t-shirts and other holiday costumes.

Goodie bags to give to the residents of the nursing homes, non-edible fun items that seniors would enjoy (these are seniors with dementia).

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*No. of Vols:* Open  
*Requirements:* Good for beginners; good for groups; good for families; approved for youth  
*Date/Time:* Latest date for donations: December 5, 2009 in the morning

## 22 - Pro Peninsula

### Services:

Pro Peninsula is a US based non-profit organization dedicated to strengthening individual and community efforts to protect the natural environment throughout the Baja California peninsula.

*Location:* 740 13<sup>th</sup> Street Suite 201 - San Diego, CA 92101

*Contact:* Giuliana Schroeder

*Phone:* (619) 574-6643

*E-mail:* [gigi@propeninsula.org](mailto:gigi@propeninsula.org)

### **Marketing and Outreach Winter Internship**

During the end of each year, we concentrate all of our efforts to our "Holiday Push," which includes the final fundraising efforts for the entire year, reconnecting with our existing members, as well as promoting our products and donations to potential new members. The Intern will primarily lead these activities, with support and supervision from Pro Peninsula's Communications Manager and assistance from other staff members. Read more: <http://tinyurl.com/y17ryla>

*No. of Vols:* 1-3

*Requirements:* Minimum age: 18; marketing, basic computer skills (Microsoft Word, Excel, Photoshop), social networking, website development/HTML, people and communication skills needed, transportation available.

*Date/Time:* November 9, 2009 – January 16, 2010 (with Christmas vacation); Monday, Wednesday, & Friday 9:00 AM-1:00 PM (highly flexible).

## ☆23 - Rolling Readers

### Services:

Rolling Readers U.S.A. provides reading to children by volunteers who travel to the same school-site each week. School-sites are located all over San Diego County.

*Location:* 2911 Adams Ave. #17 - San Diego, CA 92116

*Contact:* Anne Bartholomew

*Phone:* (619) 516-4095

*E-mail:* [abartolomew@rollingreaders.org](mailto:abartolomew@rollingreaders.org)

### **Delivery Elves**

We need special elves to help us deliver over 7,000 books to local elementary schools during school hours as part of our Book Giveaway. Volunteers will help Rolling Readers distribute over 7,000 books to low-income, high-need elementary schools. Each child in our program receives their own copy of a brand new book, often times the first book they can call their own. Read more: <http://tinyurl.com/yhd9rj2>

*No. of Vols:* Open

*Requirements:* Minimum age: 18; good for families; good for groups; good for beginners; own transportation with appropriate insurance and room in the vehicle to accommodate boxes of books.

*Date/Time:* School hours between 8:00 AM-2:00 PM

## ☆24 - The Rose House

### Services:

The Rose House & Dream Weavers of San Diego mission is to empower, encourage and counsel communities by creating partnerships and resources for foster, adoptive and kinship families. It is a social service agency committed to providing

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services that will increase the general health and well-being of under-served communities in San Diego County. The Rose House & Dream Weavers of San Diego provides kinship families with legal services (guardianship, legal workshops) support groups, trainings, case management, childcare, recreational activities, respite, counseling and health and fitness programs. The overall goal of the Rose House is to provide children who are unable to live with their parents, and the family members who raise them, with the highest quality of support and services. It is our objective to heal and strengthen the extended families, so when their parents are unable to care for them, the children can remain within their family unit.

*Location:* 1863 Dehesa Road - San Diego, CA 92019

*Contact:* Marilyn English

*Phone:* (619) 447-5004

*E-mail:* [mbellstar@aol.com](mailto:mbellstar@aol.com)

## Thanksgiving Baskets

The Rose House provides kinship support to elderly caretakers, caring for their grandchildren, in order for the children to remain with their extended families until they emancipate.

We would like to provide food baskets for Grandparents who are raising their grandchildren. These families are some of the poorest in the county living on fixed incomes. This drive would provide a traditional Thanksgiving meal arranged in a basket and would include everything required to make the traditional dinner. Read more: <http://tinyurl.com/ykpq87y>

*No. of Vols:* Open

*Requirements:* Good for beginners; good for groups; good for families; approved for youth

*Date/Time:* N/A

## Adopt-a-Family/Christmas Baskets

We provide kinship support to elderly caretakers, caring for their grandchildren, in order for the children to remain with their extended families until they emancipate.

We would like to provide food baskets for Grandparents who are raising their grandchildren. These families are some of the poorest in the county living on fixed incomes. Adopt-a-Family and provide gifts for Christmas for a kinship family.

Read more: <http://tinyurl.com/ylowhy0>

*No. of Vols:* Open

*Requirements:* Good for beginners; good for groups; good for families; approved for youth

*Date/Time:* December 25, 2009; Time varies

## Wish List: - Rose House

- Gift Certificates: Grocery stores, Target, Wal-Mart, etc.
- Personal care items
- Clothing
- Movie Passes
- Appointment books
- MP-3 Players
- Household Items
- Arts and Crafts supplies

Read more: Thanksgiving - <http://tinyurl.com/ykpq87y>; Christmas - <http://tinyurl.com/ylowhy0>

*No. of Vols:* Open

*Requirements:* Good for beginners; good for groups; good for families; approved for youth

*Date/Time:* Latest date for donations: Thanksgiving - November 24, 2009 between 10:00 AM-5:00 PM ;  
Christmas - December 23, 2009 between 9:00 AM-5:00 PM

## ☆25 - SAY San Diego

### Services:

SAY's primary services include: Delinquency Prevention and Juvenile Diversion; Before and After School Programs and Licensed Child Care for school age children; Family Support and Development Services; Health Promotion Services; Community Development and Collaboration; School Readiness and Support Services; Child Abuse Prevention program; Drug Prevention Services and Mental Health Services.

*Location:* 8755 Aero Drive Suite 100 - San Diego, CA 92123 (Kearny Mesa)

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*Contact:* Marion Liszkowski  
*Phone:* (858) 565-4148  
*E-mail:* [volunteer@saysandiego.org](mailto:volunteer@saysandiego.org)  
*Location:* 5348 University Avenue #201 - San Diego, CA 92105 (Mid-City)  
*Contact:* Tori Rigg  
*Phone:* (619) 582-9056  
*E-mail:* [tori@saysandiego.org](mailto:tori@saysandiego.org)

## **Adopt-a-Family (2 locations)**

With the holidays quickly approaching, it is a reminder of that time of the year when many children eagerly await the arrival of toys and presents. However, many of the families SAY San Diego serves will have few or no gifts. These children are our motivation to bring back their smiles for the holiday season and that is why we are turning to you for help. Thanks to generous donors like you, last year through SAY San Diego's Adopt-a-Family program, over 400 families were able to happily celebrate the holidays too. Adopt-a-Family is a wonderful opportunity for you and your family, friends or fellow employees to help create a meaningful and memorable holiday for a family.

Volunteers will be needed at the SAY San Diego office to greet donors, help donors unload gifts and sort the gifts according to the family they will go to. We will also need some help wrapping any gifts that aren't already wrapped (all supplies will be provided). Read more: Kearny Mesa - <http://tinyurl.com/ylpyyr>; Mid-City - <http://tinyurl.com/yft8xmd>

*No. of Vols:* 2-6 per shift  
*Requirements:* Good for beginners; good for groups; good for families; approved for youth  
*Date/Time:* December 9-19, 2009; Time varies for 2-3 hour shifts for both Kearny Mesa and Mid-City

## **26 - San Diego Coalition for the Homeless**

### Services:

We offer assistance to the homeless and disadvantaged by providing food, clothes, hygiene kits, employment information, housing, and drug/alcohol programs.

*Location:* 270 East Douglas Avenue - El Cajon, CA 92020  
*Contact:* Barbara Herrmann  
*Phone:* (619) 892-6121  
*E-mail:* [baherrmann@cox.net](mailto:baherrmann@cox.net)

### **Holiday Magic for Kids**

This party for homeless and low-income children draws thousands each year. We are in the process of collecting toys and non-perishable food donations.

We need volunteers to help distribute the gifts to the children between 1pm and 5pm. Some volunteers will sit at tables that each child visits to get their gifts and other volunteers will be behind the tables getting gifts from the rack.

This event is a huge blessing to many families and children who otherwise will receive no gifts or entertainment during the holidays. It brings a smile to many faces. Read more: <http://tinyurl.com/yf8h564>

*No. of Vols:* Open  
*Requirements:* Good for beginners; good for groups  
*Date/Time:* Saturday, December 19, 2009 between 12:00 PM-5:00 PM

### **Wish List - "Holiday Magic for Kids" (East County)**

- 4000 candy canes
- Wrapping materials, scissors, tape, stickers to mark presents
- Each gift needs ID (B-6 for Boy, 6 years old; G-12 for Girl, 12 years old)
- New toys for children ages 0-12
- Bottled water or snacks for volunteers
- Non-perishable food items for the homeless
- Turkeys and/or ham! We need a turkey or ham to give every family!

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Read more: East County - <http://tinyurl.com/yz9al7m>; North County - <http://tinyurl.com/yjtka9w>

No. of Vols: Open

Requirements: Good for beginners; good for groups

Date/Time: Latest date for donations: December 17, 2009 between 9:00 AM-1:00 PM

## 27 - San Diego Museum of Man

### Services:

The San Diego Museum of Man is a cultural and physical anthropology museum. We collect, preserve, interpret and communicate evidence of human development, creativity, and artistic expression. We teach people about people.

Location: 1350 El Prado - San Diego, CA 92101

Contact: Monika Wert

Phone: (619) 239-2001 ext.15

E-mail: [mwert@museumofman.org](mailto:mwert@museumofman.org)

### **December Nights**

The San Diego Museum of Man is looking for volunteers to assist the staff during the December Nights event. Balboa Park will have over 200,000 visitors during this free, two night event. Read more: <http://tinyurl.com/yfxhdll>

No. of Vols: Open

Requirements: Good for beginners; good for groups

Date/Time: December 4 & 5, 2009 between 4:00 PM-10:00 PM

## ☆28 - San Diego Youth Services

### Services:

San Diego Youth Services is a nationally recognized, comprehensive non-profit organization that has helped stabilize the lives of more than a half-million young people and their families since 1970. We administer 14 different programs from nine centers located throughout San Diego County. Our approach is based on practices that have been proven to be effective – focusing on long-term solutions. Many of our programs are replicated in communities across the nation.

Our programs throughout San Diego County include: comprehensive services for abused and neglected children; emergency shelter and medical aid for homeless youth; group homes and transitional housing; substance abuse/mental health treatment and prevention; family assessment services; foster care and adoption support; independent living skills; education for parenting and pregnant teens; and gang prevention. Our prevention and education efforts focus on AIDS, drug and alcohol use, child abuse, teen pregnancy, and gang prevention.

### **NFL Youth Education Town**

Location: 2220 Broadway - San Diego, CA 92102

Contact: Shannon Jauregui

Phone: (619) 232-8126 ext.210

E-mail: [sjauregui@sdyouthservices.org](mailto:sjauregui@sdyouthservices.org)

### **Storefront Teen Shelter**

Location: Confidential Address - San Diego, CA 92103

Contact(s): Laura Beadles; Michelle Atkins; Jan Stankus (Program Managers)

Phone: (619) 325-3527 ext. 223 (Laura); ext. 202 (Michelle); ext. 201 (Jan)

E-mail: [lbeadles@sdyouthservices.org](mailto:lbeadles@sdyouthservices.org) (Laura); [matkins@sdyouthservices.org](mailto:matkins@sdyouthservices.org) (Michelle);

[jstankus@sdyouthservices.org](mailto:jstankus@sdyouthservices.org) (Jan)

### **Adopt-a-Family for the Holidays**

By adopting a family you will have the opportunity to make this holiday season special for a low-income family in San Diego. Should you choose to volunteer, you will receive the profile of one at-risk family that CSF serves, then spread the holiday cheer by shopping for gifts that will be delivered to this family on Christmas. Read more: <http://tinyurl.com/yfp8v8x>

No. of Vols: Open

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*Requirements:* Good for beginners; good for families

*Date/Time:* Latest date for donations: December 22, 2009

## **Thanksgiving for Storefront Shelter for Homeless**

The teen shelter has many needs during the holidays and volunteers are essential in helping us make this a special time for the youth who are in our project. (Please read below for a list of needs and holiday opportunities for the teen shelter). Volunteers are needed to drop-off food, decorations, and beverages for the holiday.

Your donations of yummy food and beverages, festive decorations, and fun movie outings will help ensure Storefront teens have the same fulfilling and nurturing holiday experience all kids deserve. With your help, we hope to lessen their feelings of being abandoned or uncared for by their family.

Holiday Breakfast: Storefront is also looking for one volunteer group to bring a cooked breakfast to the shelter on Thanksgiving morning at 7AM. Read more: <http://tinyurl.com/ygbv5ae>

*No. of Vols:* 1 group

*Requirements:* Good for beginners; good for families; good for groups; youth over 16

*Date/Time:* November 26, 2009 at 7:00 AM

## **Wish List - Thanksgiving for Storefront Shelter for homeless**

Thanksgiving Food:

Ham, turkey, tamales, side dishes, main entrees, desserts, (pies, cookies, ice cream, Cool Whip or aerosol whipped cream topping) refreshments (sparkling cider, juice, soda) and snacks (vegetables, dips, chips, crackers). Also, disposable heavy duty paper plates, plastic utensils, and cups are needed.

\*\*There are no cooking facilities at Storefront (except microwaves). As a result, food must be cooked prior to being brought to Storefront.

\*\*For your convenience, holiday food may be dropped off prior to Thanksgiving Day. We will re-heat food in microwaves.

\*\*We are hoping to provide food for 20-40 youth.

*No. of Vols:* Open

*Requirements:* Good for beginners; good for families; good for groups; youth over 16

*Date/Time:* Latest date for donations: November 26, 2009 between 7:00 AM–11:00 AM

## **Christmas at the Storefront Shelter**

The teen shelter has many needs during the holidays and volunteers are essential in helping us make this a special time for youth who are in our project. Volunteers are needed to drop-off food, decorations and beverages for the holiday.

Your donations of yummy food & beverages, festive decorations, and fun movie outings will help ensure Storefront teens have the same fulfilling and nurturing holiday experience all kids deserve. With your help we hope to lessen their feelings of being abandoned or uncared for by their family.

Holiday Breakfast: Storefront is also looking for one volunteer group to bring a cooked breakfast to the shelter on Thursday, December 25 at 7:30AM. Read more: <http://tinyurl.com/yjwsesu>

*No. of Vols:* 1 group

*Requirements:* Good for beginners; good for families; good for groups; youth over 16

*Date/Time:* December 25, 2009 at 7:30 AM

## **Wish List - Christmas at the Storefront Shelter**

Christmas Food:

Ham, turkey, tamales, side dishes, main entrees, desserts, refreshments (sparkling cider, juice, soda), and snacks (vegetables, dips, chips, crackers). Also, heavy duty disposable paper plates, plastic utensils, and cups are needed.

\*\*There are no cooking facilities at Storefront (except microwaves). As a result, food must be cooked prior to being brought to Storefront.

\*\*For your convenience, holiday food may be dropped off prior to Christmas Day. We will re-heat food in microwaves.

\*\*We are hoping to provide food for 20-40 youth.

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## Gifts:

For the Holidays, we would like your help in providing gifts for the youth. From all the donations SDYS Storefront Shelter collects, we hope to give each youth a backpack filled with similar items; the backpack is our version of a holiday stocking. Our goal is for the youth to wake up on Christmas day with a new backpack waiting for them on their footlocker at the end of their bed. It is a lot of fun for the overnight residential counselor to "play" Santa. We sort through all the donations ahead of time to pack the donated backpacks with items in the youth's favorite color or clothing size. Below are the basic new items we hope to have in each backpack:

- Pajama pants (men's size S to XXL)
- Cozy Slippers (male/female)
- Beanie and scarf
- Hooded zipped sweatshirt (men's size S to XXL, grey or black colors only)
- Sweat pants (men's size S to XXL, grey or black colors only)
- Men's Boxers (size 30-46, no knit boxer briefs)
- Women's low-cut bikini underwear (size 4-7)
- New Bras
- Ankle socks
- Plain men's crew t-shirts (with no pockets) in solid colors (white, black, grey) in size S to XXL. The youth have told us they like the "Tall-T" at Footlocker or Hanes brand
- Fragrance sprays (Axe or Bod for Men/ Women's Spray from Bath & Body Works)
- 1 inch 3-ring view binder & subject dividers (the youth slide pictures in the outside view of the binder)
- Journal or Composition notebook
- Marker sets
- Hair brush or comb/picks
- CD players with radio
- Stuffed animal large enough to hug (this is tied to the outside of the backpack)
- Fleece twin size blanket (this is tied to the outside of the backpack)
- \$5 gift cards to Jamba Juice, Starbucks, McDonalds, or Jack in the Box
- \$15-\$20 Target gift card (the youth usually purchase music)
- Gift certificates to Westfield/Simon malls are always much appreciated
- AMC movie gift cards for a movie outing the day after Christmas

Also, we are registered at Target, please feel free to purchase items from wish list under first name Storefront, last name Storefront.

## Please:

- No gift items of the following gang colors: completely red or blue.
- Provide gift receipts for clothing or shoes in order to exchange for sizes
- Leave the gifts unwrapped

*No. of Vols:* Open

*Requirements:* Good for beginners; good for families; good for groups; youth over 16

*Date/Time:* Latest date for donations:

For Food: Friday, December 25 between 7:00 AM-10:00 AM. Donations may be dropped off earlier in the week (Monday to Friday between 8:00 AM-8:00 PM, please call ahead of time).

For Gifts: Monday, December 21 between 8:00 AM-8:00 PM. Donations may be dropped off earlier in the month (Monday to Friday 8:00 AM-8:00 PM, please call ahead of time).

## **New Year's Eve Celebration at the Storefront Shelter**

The teen shelter has many needs during the holidays and volunteers are essential in helping us to make this a special time for the youth who are in our project. Volunteers are needed to drop-off food, decorations, and beverages for the holiday. Your donations of yummy food & beverages, festive decorations, and fun movie outings will help ensure Storefront teens have the same fulfilling and nurturing holiday experience all kids deserve. With your help we hope to lessen their feelings of being abandoned or uncared for by their family.

Enriching activities build self-esteem and re-socialize many of our youth that feel out of place and uncomfortable in mainstream society. By providing nurturing and supportive services with food and positive activities, we are able to build healthy relationships while providing their basic needs. Read more: <http://tinyurl.com/yg5qob5>

*No. of Vols:* Open

# 2009 Holiday Volunteer Guide

*Requirements:* Good for beginners; good for families; good for groups; youth over 16

*Date/Time:* By appointment only for dropping off donations

## **Wish List - New Year's Eve Celebration at the Storefront Shelter**

New Year Eve Party Food: Snacks (chips, vegetables, dips), party trays, Buffalo wings, beverages, desserts and Papa John's pizza gift certificate.

Storefront wants to provide a safe evening for the youth in the shelter.

\*\*There are no cooking facilities at Storefront (except microwaves). As a result, food must be cooked prior to being brought to Storefront.

\*\*For your convenience, holiday food may be dropped off prior to New Year's Eve. We will re-heat food in microwaves.

\*\*We are hoping to provide food for 20 youth.

Party Items:

Party hats, whistles, and other safe items to celebrate the New Year! Also, any new released PG-13 DVDs and PS2 games for entertainment.

*No. of Vols:* Open

*Requirements:* Good for beginners; good for families; good for groups; youth over 16

*Date/Time:* Latest date for donations: December 31, 2009 by 6:00 PM

## ☆29 - Scripps Mercy Hospital

### Services:

Scripps Mercy Hospital provides a 523 bed full service hospital and medical center. Sponsored by the Sisters of Mercy, the Hospital is known for its "caring" philosophy.

*Location:* 4077 Fifth Avenue (Mer65) - San Diego, CA 92103

*Contact:* Kristine Slater

*Phone:* (619) 260-7082

*Email:* [slater.kristine@scrippshealth.org](mailto:slater.kristine@scrippshealth.org)

### **Christmas Carolers Wanted – Central (Mission Hills)**

Scripps Mercy Hospital is looking for Christmas Caroling Groups to sing in the hospital lobby. Read more: <http://tinyurl.com/yjmd7yp>

*No. of Vols:* Open

*Requirements:* Minimum age 18 if alone, no age limit if with adult good for families / youth under 14, good for groups

*Date/Time:* December 11-25 between 11:00 AM-8:00 PM

## 30 - Senior Gleaners of San Diego County

### Services:

Senior Gleaners of San Diego County utilizes the volunteer skills of seniors (age 55 and over) in gleaning excess food from area fields, grocery stores and packing sheds that would otherwise be destroyed. This food is then distributed to some 45 food-giving agencies in the county.

*Location:* 1363 Somermount - El Cajon, CA 92021

*Contact:* Laurel Gray

*Phone:* (619) 449-9381

*E-mail:* [pgray@ucsd.edu](mailto:pgray@ucsd.edu)

### **Gleaning Excess Food for Distribution to the Needy**

We are looking for senior volunteers (age 55 & over) to collect excess food from area grocery stores and farms that would otherwise be destroyed and distribute the collected items to 45 food-giving agencies in the county. The food is then offered to those eligible by federal poverty guidelines.

# 2009 Holiday Volunteer Guide

The number of hungry people of all ages in the county continues to grow beyond the capacity of most food-giving agencies. Read more: <http://tinyurl.com/yh2dlx2>

*No. of Vols:* Open

*Requirements:* Minimum age: 55 and up only; Good for beginners; good for groups

*Date/Time:* Based on volunteer availability

## 31 - UCSD Medical Center

### Services:

Our volunteer program supports UCSD Medical Center personnel in their activities of patient care, education and research. The role of volunteers is not to replace, but to supplement the regular professional staff, freeing them to provide the highest quality of patient care.

Approximately 350 volunteers are in the volunteer corps at any one time. This includes adults, college students, high school students during the summer, and San Diego community chaplains.

*Location:* 200 W. Arbor Drive - San Diego, CA 92103

*Contact:* Judy Bradrick

*Phone:* (619) 543-2635

*E-mail:* [jbradrick@ucsd.edu](mailto:jbradrick@ucsd.edu)

### **UCSD Medical Center Bannister House**

Provide a meal and social interaction with families and patients staying at our Bannister House. Meals may be brought in and served or prepared at our Bannister House. This provides a nice respite for families going through challenging medical issues. Read more: <http://tinyurl.com/yljqgqz>

*No. of Vols:* Open

*Requirements:* Minimum age: 18; Good for beginners; good for groups; youth over 16

*Date/Time:* Based on volunteer availability

### **Christmas Carolers/Adopt-a-Family**

Christmas carolers needed through the holidays in the lobby and patient care areas.

Adopt-a-Family and provide gifts and /or grocery gift cards for very needy families.

Donations of gifts for children in the Burn Unit and Moores Cancer Center, and food certificates for needy families are also needed. Read more: <http://tinyurl.com/ygogugh>

*No. of Vols:* Open

*Requirements:* Minimum age: 18; Good for beginners; good for groups

*Date/Time:* Based on volunteer availability

### **\*Note\***

Minimum age: Reflects age without being accompanied by adult

For more volunteer projects, please visit [www.volunteersandiego.org](http://www.volunteersandiego.org).

Happy Holidays!