Community Service Agencies in Lane County
Why Should You Volunteer?

- Volunteering can give you great experience for future employment.
- **Make connections** with agencies and people in the community.
- Volunteering in your community **can reduce stress levels**. Volunteering may enhance a person’s network to buffer stress. You also experience a sense of meaning and appreciation which can have a stress reducing effect.
- Scholarship providers and colleges look for community driven students that **stand out against other applicants**. You can even get scholarships just for being a volunteer!
- Students who volunteer have a **27% higher chance** of finding employment after graduation than students who do not.
How to Get Involved

1. **Research the causes or issues that are important to you.** Look for a group that deals with issues about which you feel strongly.

2. **Consider what you have to offer.** If you enjoy outdoor work, or have a knack for teaching, you may want to look for a volunteer opportunity in which your special skills can be utilized.

3. **Think outside the box!** Many community groups that are looking for volunteers, like neighborhood watch programs, disaster relief organizations, youth organizations, intergenerational programs, and park services may not have occurred to you, but could just be the perfect fit.
How to Get Involved

4. Don’t wait to be asked. There are many ways to find organizations that are looking for volunteers. Ask your friends or colleagues about their own volunteering activities. The Internet has great online volunteer referral services.

5. Take it seriously! When you find an organization that is in line with your interests, request an interview and plan for it in much the same way that you would plan for a job interview.
How to Get Involved

6. **Learn something new!** Consider if the organization offers training or professional development opportunities for their volunteers. Volunteering can provide you with the chance to learn about something you’re interested in and develop skills in a new area.

7. **Find the volunteer activity that fits your schedule.** Organizations need different levels of commitment for different types of volunteer activities. Serving as a mentor, for example, will require a regular, intensive commitment, while volunteering for a walk-a-thon is a seasonal commitment.
How to Get Involved

8. **Volunteer with friends or as a family.** Volunteering with others can be a great way to get to know people better and can help keep you excited about volunteering.

9. **Volunteer virtually.** If you have computer access and the necessary skills, some organizations now offer the opportunity to do volunteer work over the computer.

10. **Don’t give up!** If you find that your volunteering experience is not all that you expected, talk to your volunteer supervisor or coordinator about it. Think of what could make it better and check with them to see if your ideas are possibilities.
Places to Volunteer
Food for Lane County is a private, nonprofit food bank dedicated to reducing hunger by engaging our community to create access to food. Food for lane county reach families and individuals through food distribution programs and nutritional programs.

GET INVOLVED:

➢ Visit the Food For Lane County Page and click on the Volunteer Tab. You will find all available volunteer events and directions on how to get involved.

Contact: Food for Lane County
Greenhill Humane Society

ABOUT:

Greenhill Humane Society, located in West Eugene, provides safe shelter for animals in transition, serve as advocates for animals and their people, works to end animal overpopulation and educate the public about compassion and responsibility towards all animals.

GET INVOLVED:

➢ There are some requirements for volunteering (you must be 16 years old). Check the volunteer tab on their website for more requirements and details if you are interested!

Contact: Greenhill Humane Society
Teen Court

ABOUT:
Make a difference in your community through service in the Eugene Teen Court. As a court member, you will gain experience in decision making, communication, law and ethics. You will give accountable youth an opportunity to take responsibility for their actions through this diversion program. Help your fellow students, your community and yourself through this important volunteer service.

GET INVOLVED:
➢ Students ages (12-17) can volunteer to be jurors and members of the court. This is a great opportunity to get community service hours.

Contact: Teen Court
First Christian Church

ABOUT:

Located in Downtown Eugene, First Christian Church serves the homeless community around the area. They offer opportunities for those in need to receive clothing, food, shelter, support and guidance. There is no religious requirement for volunteers or people accessing services.

GET INVOLVED:

➢ Volunteer opportunities range from feeding the homeless at community breakfasts to organizing blankets and clothing for homeless guests at the Helping Hand Room or Egan Warming Center.

Contact: First Christian Church
Red Cross High School Club

ABOUT:

Give back to your community through hosting blood drives, installing smoke alarms through our Home Fire Campaign, fundraising for Disaster Relief, and supporting our Service to Armed Forces department. Create, plan, and participate in activities in your area that help support your community. Gain leadership skills, network for resume building, and meet new friends.

GET INVOLVED:

➢ If your school already has a Red Cross Club you can join them or create the official club with your school and implement safety measures for your school.

Contact: Red Cross Volunteer
Burrito Brigade

ABOUT:

A volunteer-run business that can always use a few more helping hands. There are two volunteer activities each week; Saturdays and Sundays for making and distributing burritos. Meals are distributed to hungry people in the Eugene-Springfield area.

GET INVOLVED:

➢ Volunteers every Saturday and Sunday for Burrito Brigade to help wash, cut, and prep veggies for the burritos as well as help roll and wrap all the burritos.

Contact: Burrito Brigade
Other Community Service Opportunities

➢ **United Way Lane County**
  ○ Connects potential volunteers to various agencies in Lane County, great resource for finding opportunities in your area

➢ **Elevate Lane County**
  ○ Helps connect you with local companies in these fields: Technology, Food Production, Manufacturing, Timber, Medical, Education

➢ **St. Vincent De Paul of Lane County**
  ○ Offers volunteer opportunities in the early childhood education and distributing food, books and clothing to those in need
THANK YOU!

ANY QUESTIONS?
Email us at sailstaff@uoregon.edu