

WHS
Community Volunteer Opportunities
2018-2019



Wakefield High School

1325 S. Dinwiddie St.
Arlington, VA
22206

Rigor • Relationships • Resilience • Responsibility • Results

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How to Volunteer Like a Warrior

“What does it take to be a good volunteer? Where should I start? What do I need?”

Read through these tips to help get you started on the right path for volunteering in the community. You are representing both yourself and your school, so be sure to show Arlington County what it means to be a Wakefield Warrior!

- ★ **Research the causes or issues that are important to you.** Look for a group that works with issues about which you feel strongly. If you can't find such an organization, here's a challenging and intriguing thought: why not start one yourself? You can rally your neighbors to clean up that vacant lot on the corner, patrol the neighborhood, paint an elderly neighbor's house, or form an advocacy group. There is no end to the creative avenues for volunteering, just as there is no end to the need for volunteers.
- ★ **Consider the skills you have to offer.** If you enjoy outdoor work, have a knack for teaching, or just enjoy interacting with people, you may want to look for volunteer work that would incorporate these aspects of your personality. Many positions require a volunteer who has previous familiarity with certain equipment, such as computers, or who possesses certain skills, such as ability in athletics or communications. For one of these positions you might decide to do something that you already enjoy as a hobby. Look into combining what you're passionate about with what skill set(s) you have to offer.
- ★ **Would you like to learn something new?** Perhaps you would like to learn a new skill or gain exposure to a new situation. Consider seeking a volunteer opportunity where you'll learn something new. For example, volunteering to work on the newsletter for the local animal shelter will improve your writing and editing abilities; alternatively, volunteering can simply offer a change from your daily routine. Many nonprofits seek out people who are willing to learn. Realize beforehand, however, that such work might require a time commitment for training or orientation.
- ★ **Combine your goals.** Look for volunteer opportunities that will help you achieve your other goals for your life. For example, if you're interested in a career where you work with children, you may wish to pick an active volunteer opportunity where you tutor younger students. Or, if you've been meaning to take a cooking class, try volunteering at a food bank that teaches cooking skills.
- ★ **Don't over-commit your schedule.** We know just how busy life can be as a full-time student! Make sure the volunteer hours you want to give fit into your hectic life, so that you don't frustrate your family, exhaust yourself, shortchange the organization you're trying to help or neglect your schoolwork. It is always better to start out slowly than to commit yourself to a schedule you can't or don't want to fulfill.
- ★ **Be a good teammate.** Remember that you are there to offer your services to a pre-existing organization. While you may have your own ideas on how things should be done, remember that everyone is there with the same good intentions. Work together with the people around you in order to make the organization or community partner even more successful!
- ★ **Bring your 'A' game.** Some qualities of being an exemplary volunteer include enthusiasm, punctuality, curiosity, reliability, flexibility, integrity, good communication skills, the ability to work as a team member, and good organizational skills. Be sure to come into each experience with a smile and willingness to learn!

(Adapted from <https://www.networkforgood.org/volunteer/volunteertips.aspx>)

OPPORTUNITIES IN ARLINGTON CO.

1. Volunteer at Animal Welfare League of Arlington

MINIMUM AGE: 10

Location: Animal Welfare League of Arlington
2650 S Arlington Mill Dr, Arlington, VA 22206

Organization: Animal Welfare League of Arlington

Description of role: Some volunteers train to work with dogs, cats, or small companion animals while other volunteers may work more directly with the public or our staff. There are many other volunteer assignments that may not have hands-on time with the animals but are still essential in supporting the League's mission such as general office support (data entry, making copies, putting together adoption folders), general shelter support (doing dishes, laundry, sorting donations), and special events assistance. Since the volunteer program recruitment is needs-based, not all volunteer assignments available will be appropriate for junior volunteers. **Children between 10 to 18 years old may volunteer as junior volunteers for certain assignments if they are accompanied by a parent or legal guardian.** The parent/legal guardian must complete all volunteer training and requirements. Parent/legal guardian and child must volunteer together and stay together, while in the shelter, at all times.

Email: volunteer@lostdogrescue.org

Getting there from WHS:

1. Head northwest on S Dinwiddie St toward S Dinwiddie St SB @ S George Mason.
2. Take 75 bus toward Shirlington Station (7 stops).
3. Get off at S Walter Reed Drive EB @ S Four Corners.
4. Head southwest on S Walter Reed Dr. toward Four Mile Run Trail.
5. Turn left onto S Arlington Mill Dr.
6. Turn right. Destination will be on the right.

2. Phoenix Bikes Earn-a-Bike Youth Program

AGES: 12-17

Location: Phoenix Bikes
4200 S Four Mile Run Dr, Arlington, VA 22206

Organization: Arlington County Department of Parks, Recreation & Cultural Resources

Description of role: “Our youth participants learn bicycle mechanics as they serve their community and work their way toward earning their very own bike. Along the way, they’ll take group rides with staff mentors, learn customer service skills, and build confidence.

Basic repair skills youth mechanics will master include the identification and use of repair tools, fixing flat tires, truing wheels, adjusting brakes, adjusting shifting, and lots of other cool stuff. Completing our basic Earn-A-Bike program takes about 25 hours. If you are interested in joining, submit a **registration form** and bring this signed **Permission Slip & Youth Conduct Agreement** with you to orientation. **Orientation for new participants is required and held weekly on Tuesdays at 5pm.** We recommend allotting 1 to 2 hours per work session to help keep things focused and fun.”

Contact: Leah (Education Program Manager)
Email: raymond@phoenixbikes.org

REGISTRATION FORM:

<https://docs.google.com/forms/d/e/1FAIpQLSdpeFgSH1OIGcTdJsN9pG5CsDfp3INHqzoqPuBVng69GSV-arQ/viewform>

PERMISSION SLIP & YOUTH CONDUCT AGREEMENT:

http://www.phoenixbikes.org/wp-content/uploads/2012/09/Updated-Permission-Slip_no-survey.pdf

Getting there from WHS:

1. Head southwest toward S Dinwiddie St. Turn left onto S Dinwiddie St.
2. Destination (S Dinwiddie St NB @ 14th St S, NS) will be on the left.
3. Take the 75 bus toward Virginia Square Metro, non-stop.
4. Once at the S Frederick St, NB @ S George Mason Dr., head southeast on S Frederick St toward S George Mason Dr
5. Turn left onto S George Mason Dr, then turn right onto S Four Mile Run Dr.
6. Turn right. Destination will be on your right.

3. Family Fun Night Assistant

MINIMUM AGE: 13

Location: Langston-Brown Community Center
2121 N Culpeper St, Arlington, VA 22207

Organization: Arlington County Parks, Recreation, & Cultural Resources

Description of role: Volunteers will be asked to assist with activity centers, art projects, set up/clean-up of equipment, and to assist families and children during the program time with art projects. Volunteers should have an interest in working with children with disabilities.

Contact: Kristin Wilcox
Phone #: 703-228-4734
Email: dprvolunteer@arlingtonva.us

Getting there from WHS:

1. Walk 174 ft. to S. Dinwiddie St. NB @ 14th St. S, NS.
2. Take 75 bus toward Virginia Square Metro (29 stops).
3. Get off at Ballston Metro.
4. Head north on N Stuart St., turn right onto Fairfax Dr.
5. Take 52 bus toward East Falls Church Metro (13 stops).
6. Get off at N George Mason Dr.
7. Head northwest on N George Mason Dr. toward 22nd St N.
8. Turn right onto 22nd St N.
9. Turn right onto N Culpeper St.
10. Destination (Langston-Brown Community Center) will be on the left.

4. Families Unplugged

MINIMUM AGE: 14

Location: Arlington Mill Community Center
909 S Dinwiddie St, Arlington, VA 22204

Organization: Arlington County Parks, Recreation, & Cultural Resources

Description of role: Families Unplugged is a program that is designed to give families the opportunity to disconnect from all electronics and modern distractions and reconnect with each other while participating in fun recreational and leisure activities. Volunteers will be expected to welcome guests, assist families with activities, games and crafts, and help with set-up and clean-up before and after events.

Contact: Emily Thrasher
Phone #: 703-228-4773

Getting there from WHS:

1. Head northwest on S Dinwiddie St toward S George Mason Dr.
2. Turn right onto S George Mason Dr.
3. Turn left onto S Columbus St.
4. Continue onto S Dinwiddie St.
5. Destination (Arlington Mill Community Center) will be on the right.

5. Classroom Assistant Volunteer

MINIMUM AGE: 14

Location: Arlington Arts Center
3550 Wilson Blvd, Arlington, VA 22201

Organization: Arlington Arts Center

Description of role: Throughout the year, AAC welcomes volunteers who are interested in working in our classrooms as instructors' aides. Volunteers assist with classroom preparation and cleanup, art projects, and the supervision of students during lunch and other breaks. Classroom Assistant volunteers are needed Tuesday and Wednesday afternoons during the school year, and throughout the day during Arlington Public Schools' spring and summer breaks. **Please send a statement of interest to the email below with "Classroom Assistant Volunteer" in the subject line.** From there, AAC will schedule an interview to ensure that the position is a good fit.

Email: education@arlingtonartscenter.org

Getting there from WHS:

1. Head southwest toward S Dinwiddie St. Turn left onto S Dinwiddie St.
2. Go to the S Dinwiddie St NB @ 14th St S, NS bus stop.
3. Take 75 bus toward Virginia Square Metro (31 stops).
4. Get off at N Monroe St, SB @ 9th St S, FS.
5. Head south on North Monroe St towards Wilson Blvd.
6. Turn left onto Wilson Blvd.
7. Destination (Arlington Arts Center) will be on the right.

6. Young Adults Going Places Social Club Volunteer

MINIMUM AGE: 15

Location: Langston-Brown Community Center
2121 N Culpeper St, Arlington, VA 22207

Organization: Arlington County Parks, Recreation, & Cultural Resources

Description of role: YAGPSC is a social club facilitated by the Arlington County Therapeutic Recreation office for individuals 18 through 29 with physical and developmental disabilities. Volunteers are expected to ensure that all members are engaged in an activity and set up/clean up.

Contact: Katie Salyers
Phone #: 703-228-4738
Email: dprvolunteer@arlingtonva.us

Getting there from WHS:

1. Walk 174 ft. to S. Dinwiddie St. NB @ 14th St. S, NS.
2. Take 75 bus toward Virginia Square Metro (29 stops).
3. Get off at Ballston Metro.
4. Head north on N Stuart St., turn right onto Fairfax Dr.
5. Take 52 bus toward East Falls Church Metro (13 stops).
6. Get off at N George Mason Dr.
7. Head northwest on N George Mason Dr. toward 22nd St N.
8. Turn right onto 22nd St N.
9. Turn right onto N Culpeper St.
10. Destination (Langston-Brown Community Center) will be on the left.

7. Aspire! After School Volunteer

MINIMUM AGE: 15

Location: Aspire! After School Learning
909 S. Dinwiddie Street, Arlington, VA 22204

Organization: Aspire! After School Learning

Description of role: Make a difference in the life of a child by becoming an after school assistant! Assist 3rd-5th grade students from low-income, immigrant, and refugee families with homework and other academic needs during the Learning ROCKS! After School Program. Volunteers may be expected to provide supervision during activities that support school priorities, have fun on educational field trips with children, serve as a mentor, lead lessons and groups with staff support, and support science and literacy programs. Program hours are 3pm to 6pm.

Email: volunteer@aspireafterschool.org

Getting there from WHS:

1. Head southeast on S Dinwiddie St toward 14th St S.
2. Take 75 bus toward Virginia Square Metro (6 stops).
3. Get off at S Dinwiddie St SB @ Columbia Pike.
4. Walk to destination on left.

8. 4-H Environmental Education Volunteer

MINIMUM AGE: 16

Location: Abington Elementary School
3035 S Abington St, Arlington, VA 22206

Organization: Virginia Cooperative Extension - Arlington

Description of role: 4-H is looking for volunteers who would like to help elementary aged children explore and learn about the great outdoors. Partnering with Arlington County Public Schools' Extended Day program, volunteers will assist staff with leading one-hour environmental education activities. Programs include searching for wildlife, investigating backyard habitats, scavenger hunts, etc. Volunteers should be over 16 years old and excited to work with young children, get their hands dirty, and have fun. Volunteers must provide their own transportation to the site. Training will be provided.

Contact: Caitlin Verdu (4-H Extension Agent)
Email: cverdu@vt.edu

Getting there from WHS:

1. Head northwest on S Dinwiddie St toward S Dinwiddie St SB @ S George Mason.
2. Take 75 bus toward Shirlington Station (6 stops).
3. Get off at S Walter Reed Dr, head northeast toward S Wakefield St.
4. Turn right onto S Wakefield St.
5. Turn right onto 28th Rd S.
6. Turn left onto S Abington St. Destination will be on your left.

9. Book Club Facilitator

MINIMUM AGE: 18

Location: Walter Reed Senior Center
2909 16th St S, Arlington, VA 22204

Organization: Arlington County Department of Parks, Recreation & Cultural Resources

Description of role: Lead a monthly book discussion at Walter Reed Senior Center. The evening book club needs an avid reader who is enthusiastic and comfortable leading a balanced discussion. Days are flexible (Monday - Friday), but time must be between 5 and 8 p.m. Should be available to volunteer at least once a month.

Contact: LeeAnne Kanuit
Phone #: 703-228-4730
Email: dprvolunteer@arlingtonva.us

Getting there from WHS:

1. Head southwest toward S Dinwiddie St. Turn right onto S Dinwiddie St.
2. Turn left onto S George Mason Dr.
3. Turn right onto Leesburg Pike.
4. Turn right onto S Jefferson St. Destination will be on the right.
5. Once at the Jefferson St & Leesburg PK bus stop, take the 16H toward Pentagon City Station (14 stops).
6. Get off at Columbia Pike & S Highland St. Head east on Columbia Pike toward S Highland St.
7. Turn right onto S Highland St.
8. Turn left to stay on S Highland St.
9. Turn right onto S Walter Reed Dr.
10. Turn left at 14th St S.
11. Destination will be on the left.

OPPORTUNITIES OUTSIDE OF ARLINGTON CO.

10. Home Fire Preparedness Campaign Ambassador - Red Cross

MINIMUM AGE: 14

Location: **VARIES**

Date: **VARIES**

Organization: The American National Red Cross

Description of role: “A critical part of the campaign is ‘Sound the Alarm’, a series of home fire safety and smoke alarm installation events across the country. Red Cross volunteers, along with fire departments and other partners canvass at-risk neighborhoods, installing free smoke alarms, replacing batteries in existing alarms, and providing fire prevention and safety education. In just three years, we’ve accomplished so much, including the installation of more than 1 million smoke alarms and prepared more than 1 million people against home fires through our home visits.”

Volunteers deploy as teams into the neighborhood to install free 10-year smoke alarms and replace smoke alarm batteries. Volunteers may serve as a smoke alarm installer, educator or documenter for this event. *No experience needed*; training will be provided at the event as well as a light breakfast and snacks. Spanish speakers are strongly encouraged to participate. Adults and **older children (14-17) are welcome when accompanied by parents or other adult.**

Website (link to volunteer opportunities and application):

<http://www.redcross.org/local/washington-dc/volunteer/smoke-alarm-installations>

11. Dog/Cat Handler at Adoption Events

MINIMUM AGE: 14

Location: Seven Corners PetSmart
6100 – A Arlington Blvd, Falls Church, VA 22044

Organization: Lost Dog and Cat Rescue Foundation (LDCRF)

Description of role: Volunteer duties include walking dogs in and outside of the store (or just sitting too), giving basic information about the dogs to interested customers, and providing information on LDCRF's adoption procedures to such people. There is a MINIMUM AGE of 14, and any volunteers under the age of 16 are required to have parent/guardian supervision at all times during the adoption events. All training will be provided on the job.

Phone #: 703-295-DOGS (703-295-3647)

Email: volunteer@lostdogrescue.org

Getting there from WHS:

1. Head southeast on S Dinwiddie St toward 14th St S.
2. Take 75 bus toward Virginia Square Metro (16 stops).
3. Get off at Carlin Springs Rd & S 1st St.
4. Turn right onto Arlington Blvd & N Carlin Springs Rd.
5. Take 4B bus toward Seven Corners (3 stops).
6. Get off at Arlington Blvd & Arlington Blvd.
7. Head west on Arlington Blvd, turn right, and then left onto Arlington Blvd.
8. Destination should be in the Willston Center shopping district, next to Target.

12. Cat Caregiver at Chico's Natural Pet Market

MINIMUM AGE: 14

Location: Chico's Natural Pet Market
6349 Columbia Pike, Falls Church, VA 22041

Organization: Chico's Natural Pet Market

Description of role: Volunteers are needed at Chico's Natural Pet Market! Volunteer opportunities include cleaning cages and monitoring cat health and behavior, providing fresh food and water and toys and bedding as needed, and most importantly some much needed love, attention, and stimulation!

Cat caregivers can work alone or in teams, which may be beneficial in some situations as time flies when you're having fun with the kitties! You can work alone or with another volunteer to take care of the kitties. Shifts take place in the mornings and evenings. Some volunteers choose to help more than once a week, on a weekly basis, every two weeks, once a month, or some other regular schedule. We are always in need of help.

Time involved depends on the number of cats and the amount of time you want to spend with them. We are grateful for any amount of time you can offer, as long as it is consistent.

Email: fancycatsatchicos@gmail.com

APPLICATION:

<http://fancycats.org/contact-us/volunteer/volunteer-applications>

Getting there from WHS:

1. Turn left onto S Dinwiddie St. Go to the S Dinwiddie St NB @ 14th St S, NS stop.
2. Take 75 bus toward Virginia Square Metro (5 stops).
3. Get off at the Columbia Pike, EB @ S Frederick St stop.
4. Head west on Columbia Pike toward S Frederick St.
5. Turn right for the Columbia Pike WB @ S Greenbriar St, NS stop.
6. Take the 16A bus toward Annandale Via Columbia Pike (10 stops).
7. Get off at the Columbia Pike & Ashland Pl stop.
8. Walk across Columbia Pike, then cross Barcroft Mews Dr.
9. Destination should be in the Barcroft Plaza shopping center, close to Harris Teeter.

13. Volunteer at Goodwin House Bailey's Crossroads

MINIMUM AGE: 16

Location: Goodwin House Bailey's Crossroads
3440 S. Jefferson Street, Falls Church, VA 22041

Organization: Goodwin House, Inc.

Description of role: For 50 years, Goodwin House Incorporated (GHI) has been reimagining aging. Our mission-driven, not-for-profit organization continues to earn a reputation for integrity, innovation and excellence in vibrant residential, community-living for older adults and for compassion and care along life's continuum.

We welcome members from all over the DC metropolitan area to volunteer at Goodwin House Alexandria. Here are some ways external volunteers can participate in our community: share musical talents; become a regular visitor for conversation and reading; lecture on an area of expertise or lead a discussion group; help residents with their laptops, iPads or smartphones; play scrabble, board games and card games; support staff with birthday parties or other social events.

In order to volunteer at Goodwin House Alexandria, external (non-resident) volunteers are asked to please print and complete a Volunteer Application Form and a Volunteer Background Check Form. Once completed, they can be emailed to Jenny Wu (contact below) or they can be dropped off at the GHA Front Desk.

Contact: Jenny Wu (Volunteer & Outreach Coordinator/Naturalist)
Email: cwu@goodwinhouse.org

Getting there from WHS:

1. Turn right on S Dinwiddie St. Turn left onto S George Mason Dr.
2. Turn right on Leesburg Pike toward the Leesburg Pike & S George Mason Dr bus stop.
3. Take 25B toward Van Dorn St Station (8 stops).
4. Get off at Fillmore Ave & Beauregard St.
5. Head southeast on Fillmore Ave toward N Beauregard St.
6. Cross the street. Destination is straight ahead.

14. Visitor Experience Volunteer

MINIMUM AGE: 16

Location: Jerome “Buddie” Ford Nature Center
5750 Sanger Ave, Alexandria, VA 22311

Organization: Alexandria Recreation, Parks, and Cultural Activities

Description of role: A Visitor Experience volunteer is responsible for visitor interactions and resource interpretation in the Nature Center and on the trails within Dora Kelley Nature Park. They may occasionally staff the front desk and answer phones as needed. Good communication skills are essential. Volunteers must be at least 16 years old and must be willing to volunteer a minimum of 8 hours/month.

Contact: Tarryn Lee (Volunteer & Outreach Coordinator/Naturalist)
Email: tarryn.lee@alexandriava.gov

Getting there from WHS:

1. Head southeast on S Dinwiddie St toward 14th St S.
2. Turn right onto S Chesterfield. Pass by Wendy’s.
3. Turn left toward N Beauregard St, take another left, then turn right onto N Beauregard St.
4. Take the 7A bus at Beauregard St & King St toward Lincolnia (13 stop).
5. Get off at Beauregard & Sanger.
6. Head northeast on N Beauregard St toward Sanger Ave.
7. Turn left onto Sanger Ave. Destination will be on your left.

15. External Volunteer at Goodwin House Alexandria

MINIMUM AGE: 16

Location: Goodwin House Alexandria
4800 Fillmore Ave, Alexandria, VA 22311

Organization: Goodwin House, Inc.

Description of role: For 50 years, Goodwin House Incorporated (GHI) has been reimagining aging. Our mission-driven, not-for-profit organization continues to earn a reputation for integrity, innovation and excellence in vibrant residential, community-living for older adults and for compassion and care along life's continuum.

We welcome members from all over the DC metropolitan area to volunteer at Goodwin House Alexandria. Here are some ways external volunteers can participate in our community: share musical talents; become a regular visitor for conversation and reading; lecture on an area of expertise or lead a discussion group; help residents with their laptops, iPads or smartphones; play scrabble, board games and card games; support staff with birthday parties or other social events.

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Contact: Jenny Wu (Volunteer & Outreach Coordinator/Naturalist)
Email: cwu@goodwinhouse.org

Getting there from WHS:

7. Turn right on S Dinwiddie St. Turn left onto S George Mason Dr.
8. Turn right on Leesburg Pike toward the Leesburg Pike & S George Mason Dr bus stop.
9. Take 25B toward Van Dorn St Station (8 stops).
10. Get off at Fillmore Ave & Beauregard St.
11. Head southeast on Fillmore Ave toward N Beauregard St.
12. Cross the street. Destination is straight ahead.

16. Volunteer at Inova Alexandria Hospital

MINIMUM AGE: 16-18

Location: Inova Alexandria Hospital
4320 Seminary Rd, Alexandria, VA 22304

Organization: Inova Health System

Description of role: High school volunteers between the ages of 16 and 18 commit to serving two to four hours a week with a minimum of 50 hours a year. Students perform assignments similar to the adult volunteers and may be fulfilling high school service requirements, enhancing their resumes, exploring health careers and simply sharing their time and helping others in the community. **All volunteers must attend a 30 minute information session, two hour orientation session and assignment-specific training.** Volunteers are matched to appropriate assignments that meet the needs of the hospital. Volunteers serve in a variety of clinical areas including the visitor's information desk, outpatient center, emergency department lobby, and operating room.

MUST FIRST ATTEND AN INFORMATION SESSION TO FORMALLY VOLUNTEER

Phone (Inova Alexandria Hospital Volunteer Manager): 703-504-3031

Getting there from WHS:

1. Head southwest toward S Dinwiddie St. Turn right onto S Dinwiddie St.
2. Turn left onto S George Mason Dr.
3. Turn right onto Leesburg Pike. Destination will be on the left.
4. Once at the Leesburg Pike & S George Mason Dr bus stop, take the 25B toward Van Dorn St Station (16 stops).
5. Get off at N Howard St & Alexandria Hospital.

Goodwin House Bailey's Crossroads? - emailed about age minimum
Lions Eyeglass Recycling Center - emailed about age, Lions Club, application