

Service Opportunity List.... **BE A VOLUNTEER!**



“For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in. I

needed clothes and you clothed me, I was in prison and you came to visit me.” Matthew 25:35&36.

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AREA of service

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NOTE: Organizations are responsible for the appropriate training, screening or processing of background checks, of volunteers with regard to the tasks performed. This document is intended to facilitate involvement for the organizations listed. While we do our best to represent accurate information and contact listings, we are not responsible for the accuracy, in that, the information will change from time to time.

Project URGE and our affiliated organizations sincerely thank you for your consideration!



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“Dear children, let us not [only] love with words or tongue, but with actions and in truth.” 1 John 3:18

Area of Need or Ways You Can Help	What you would be doing/Areas you could help in	Times	Length of Commitment	Ministry
Aging and Adult Services				
1. Participate in the Star Program providing non-medical home support 2. Visit seniors at CFC centers 3. Help in the Kinship Program	1. Transportation to grocery shop, essential errands, doctor's appointments...friendly visits, and light yard work 2. Talk, read, listen to the seniors at the area CFC Centers 3. Providing respite for grandparents who are raising grandchildren (e.g., provide some childcare). Take to local events.	Varies, tends to be event-based, one time thing	Whatever you can do.	Catholic Family Center (CFC)
After-School Programs/Tutoring				
Homework	Help children with homework, reading, and math after school	M-F after school	School year if possible	Community Lutheran Ministries
1. Tutors for Learning Time (especially retired teachers) 2. Tutors for after-school program in general (reading, writing, math) 3. Computer teachers (Word, Powerpoint, Photoshop, Excel)	1. Helping students, ages 9-16 with homework in general and in areas of difficulty. 2. Helping students increase their skills in reading, writing, and math. 3. Instruct students in the use of computer programs, (e.g., Word, Excel).	After school 3:00 – 5:00 Mon - Fri	Will take any times, but prefers a commitment of a school year.	Grace Community Village After-School Program
1. Tutors to help youth with completing their course assignments. 2. Business mentors	1. Help youth complete all assignments from The Journey Program. 2. Help youth launch and improve their business	Varies	Varies	Risego
Alcohol/Drug Abuse				

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Hang out with male residents (all recovering addicts). Appropriate for a male volunteer only.	Just hang out with the residents. Talk with them, offer a listening ear, and visit with them in the facility.	Afternoons	Whatever you can do.	Recovery House of Rochester
1. Driver 2. Basic building maintenance	1. Drivers are needed to transport the men to various places. Drivers must complete a "safe drivers course" first. 2. Areas such as painting, basic carpentry, electric, plumbing, etc. are often needed within the facility.	Varies	Whatever you can do.	Rochester Teen Challenge
Bible Study/Worship				
Concert of Praise – combined worship service	Singing or playing instrument Greeter Help w/ Food Organizing event	Varies	Generally once a year	Project URGE
Provide a Bible study session or Praise and Worship time	RFM welcomes anyone who would like to volunteer their time to do a Bible study with community residents, or even a praise and worship event, or just to play music at one of their community dinners.	Varies	Whatever you can do.	Rochester Family Mission
Children's Programs				
1. Sponsor a horse for one year. 2. Sponsor a child for one year. 3. Sponsor a child and a horse for 1 Full Session 4. Volunteer your time	1. Donate \$330.00 2. Donate \$1200.00 3. Donate \$255.00 4. One on one with student, brush horse, clean stalls, clean tack, etc.	Program runs on Saturday morning during school year and Mon-Sat during the summer.	Preferably for a full 6-week course(s)	A Horse's Friend
1. Basketball, Dancing, and cooking 2. Tots reading program	1. Help with basketball, dancing, and cooking skills. 2. Read for one hour with 2-3 year old(s)	1. Varies 2. One hr/day	Varies	Community Lutheran Ministries
1. Donations of books geared towards ages 5-12. 2. Children's Bibles are welcome.	Organize a "book drive" for donation to Grace Community Village. Books need to be in descent shape.	Varies	Whatever you can do.	Grace Community Village
Construction/Renovation				
Assist with facility maintenance projects	Painting, carpentry, moving supplies &/or equipment, etc.	Varies	Whatever you can do.	Catholic Family Center (CFC)
This team goes out and ministers to local agencies and churches by giving of their time and efforts towards building upkeep and needed improvements.	The Jacob's Ladder team helps area ministries and churches construct food shelf pantries, maintain, and renovate facilities. <ul style="list-style-type: none"> • Painting • Dry wall • General carpentry • Interior & exterior work 	Work is generally scheduled every 2 nd and 3 rd Saturday of each month from 8AM to Noon. Other times as needed.	Depends on the job.	Jacob's Ladder

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General Fix-it and Small Repairs Stop over and give us a hand with the on-going issues that arise in a big house like ours.	Projects could include painting a bedroom, putting up or taking down the storm windows, assembling cribs, or fixing the elusive squeak in the back door!	Varies	Whatever you can do.	Mercy Residential
Counseling/Support Groups				
Hang out with male residents (all recovering addicts). Appropriate for a male volunteer only.	Just hang out with the residents. Talk with them, offer a listening ear, and visit with them in the facility.	Afternoons	Whatever you can do.	Recovery House of Rochester
Financial Counseling				
1. Support with finances 2. Matching funds	1. To be able to provide training classes 2. To launch youth businesses and ventures	Varies	Whatever you can do.	Risego
Food &/or Clothing Assistance				
Give donations Sort donations	There is a need for sorting through clothing and food to help organize it all.	Varies	Whatever you can do.	Catholic Family Center (CFC)
1. Prepare a hot breakfast 2. Prepare a weekend meal and an activity for residents	Saturdays – prepare meals, clean up, and spend time with people. Volunteers start preparing at 10 am; serve at noon, ending at 2 pm. - Women’s Place (Women’s shelter) - Francis Center (Men’s Shelter) - Sanctuary House (Women’s Shelter)	Arrive at 4:00pm to get started and stay to enjoy the meal.	Varies	Catholic Family Center (CFC)
Clothes, shoes (jeans, shirts especially during the back to school time)	Organize a “Clothing Drive” to collect gently used clothing.	Varies	Whatever you can do.	Community Lutheran Ministries
Cooks, helpers for Thanksgiving Dinner	Help prepare, serve, &/or clean up the community Thanksgiving dinner.	Thanksgiving	For the season	Community Lutheran Ministries
Donations room.	There is a need for sorting through clothing and food to help organize it all.	Varies	Whatever you can do.	Crosswinds Downtown
High School students - who need to perform community service can do so on scheduled Community service days, which generally coincide with scheduled school days off.	<ul style="list-style-type: none"> • Sorting Donated Product • Sorting Crackers, Cookies, and Munchies • Emptying Bottles of Water and Soda 	<i>Groups</i> generally come in for 2 to 3 hours. <i>Individuals</i> are welcome Monday through Friday, from 8 am to 4 pm, for 2 to 4 hour shifts.	Please call for scheduled Community Service Days.	Foodlink John Baldanza 328-3380 ext. 149

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Organize, sort, etc.	<ul style="list-style-type: none"> • Sorting Donated Product • Sorting Crackers, Cookies, and Munchies • Emptying Bottles of Water and Soda 	<p><i>Groups</i> generally come in for 2 to 3 hours.</p> <p><i>Individuals</i> are welcome Monday through Friday, from 8 am to 4 pm, for 2 to 4 hour shifts.</p>	Whatever you can do.	Foodlink
Give donations Sort donations	There is a need for sorting through donated food to help organize it all.	Varies	Whatever you can do.	Grace Community Village
Give donations Sort donations	There is a need for sorting through donated clothing to help organize it all.	Varies	Whatever you can do.	Grace Community Village Wears-n-Wearables
Arrange to stop by any afternoon to prepare dinner with the residents! A great opportunity for teaching, role modeling and sharing.	Prepare a meal.	Varies	Whatever you can do.	Mercy Residential
<i>Working With Residents</i> Sorting and organizing in the Baby Boutique, Women's Boutique, and Food Pantry:	Two large storage rooms in the MRS basement are used for storing donations of clothing for women and children, along with personal hygiene products and a variety of items for babies and children and non-perishable food. <i>The area needs constant attention as donations are delivered regularly.</i> Items need to be sorted and organized on the shelves so staff can easily access them.	Varies	Whatever you can do.	Mercy Residential
Food preparation and distribution	Preparing and serving a meal.	Varies	Whatever you can do.	Outreach Temple
Donations	Pick up and sort food items	Fridays	Whatever you can do.	Outreach Temple
<ol style="list-style-type: none"> 1. Coatlink campaign 2. Back-to-School Campaign 3. Collection of food, clothing, toys 4. Bread Run 	<ol style="list-style-type: none"> 1. Collect & sort clothing 2. Schools & ministries found in the Poverty Crescent 3. Organize a collection for Christmas time around the needs of rural families in poverty 4. Distribute bread and baked goods from Tops in Canandaigua to Homeless Shelters and Soup Kitchens 	<ol style="list-style-type: none"> 1. Once a year, first Sat. in Nov. 2. Last Sat. of July – collections, then distribution of the items 3. Early Nov. 4. Sat. am. 8-10 	Varies	Project URGE
<ol style="list-style-type: none"> 1. Serve food 2. Donations 3. Daily food distribution 	<ol style="list-style-type: none"> 1. Serve evening meal to community 2. Donations of non-perishable foods are welcome all the time – and especially near holiday seasons. 3. Help organize and deliver food 	1.Wed. eve. Otherwise it varies	Whatever you can do.	Rochester Family Mission

Area of Need or Ways You Can Help	What you would be doing/Areas you could help in	Times	Length of Commitment	Ministry
Back-to-school efforts	March – July... <ul style="list-style-type: none"> • Collect backpacks • School supplies • New or gently used clothing and shoes (mostly for children) August (last Saturday usually) <ul style="list-style-type: none"> • Help set up area in Jones park for the day • Man various concession stands • Help with registrations and hand out of the backpacks • Sound stage assistance • Help clean up and take down 	March to August	Once a year	Touching and Agreeing Faith Ministries
Christmas Basket Bundle Program	December: <ul style="list-style-type: none"> • Collect non-perishable food • Collect new or gently used clothing • Collect toys • Gather to pack up baskets and help with distribution • Deliveries to some families 	December	Once a year	Touching and Agreeing Faith Ministries
Health Care Education/HIV/AIDS/Medical Health				
1. Nursing 2. Clerical 3. Events & Outreach	1. Basic nursing duties need to be performed (e.g., blood pressures, blood sugar checks) as well as spending time talking with patient and communicating with Director and other medical facilities 2. Help keep all records up-to-date and in order 3. Help director with events (e.g., demonstrations, AIDS awareness, first aid) and outreach efforts (e.g., home visits, community meetings)	Afternoons	Whatever you can do.	His Hands Free Nursing Drop-In Center @ GCV
Homelessness/Housing				
1. Mentor at the men's shelter 2. Participate in recreational activities at men's shelter 3. Host holiday event(s)	1. Visit, teach, support men from Francis Center 2. Just hang out, play games, etc. with men at Francis Center. 3. Plan/organize a holiday event that includes the residents/ children of the various shelters	Varies	One time – ongoing (good opportunity to develop relationships with residents)	Catholic Family Center
Hang out with all male residents (all recovering addicts). Appropriate for a male volunteer only.	Just hang out with the residents. Talk with them, offer a listening ear, and visit with them in the facility.	Afternoons	ditto	Recovery House of Rochester
Infant/Child Care/Moms & Children/Pregnancy Services				

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1. Help with child care activities 2. Facilitate in the Parenting Program 3. Host a baby shower or child's birthday party for resident 4. Transportation	1. Babysit while Mom is in classes or gone for some reason 2. Babysit, support, help organize materials, etc. 3. Provide organization and supplies to carry out a shower or party 4. Drive a Mom to an appointment, the store, etc.	Varies	One time – ongoing (good opportunity to develop relationships with residents)	Catholic Family Center (CFC)
Counseling	Volunteers needed to sit, listen &/or counsel clients (usually young women) who come in with pregnancy issues	Afternoons	Whatever you can do.	Crosswinds Downtown
Child Care	Assist with (babysit) the children of Moms who are in skill-building classes	Evening usually	Whatever you can do.	Mercy Residential
Job/Life Skills Training				
Come along side a child in the program	Help child to learn life skills: managing anger, taking responsibility, time management, etc.	Program runs on Saturday morning during school year and Mon-Sat during the summer.	Whatever you can do. Consistency with a child is important however – so the longer you can be involved the better.	A Horse's Friend
1. Presentation(s) 2. Support Healthy Sisters Soup and Bean Works Program	1. Anyone who is knowledgeable in any job or job skill is welcome to come and do a presentation to help residents of the shelter(s) gain a better understanding of that job or skill 2. Help with picking up the supplies to make the soups, putting the soups together, driving to pick up supplies (Wayne Co. area), help with local events where soups are sold (e.g., Corn Hill Festival)	Varies	One time – ongoing (good opportunity to develop relationships with residents)	Catholic Family Center (CFC)
Small Business Support	People with business experience are always welcome to come and share that experience and know-how with the young people and adults who are interested in doing entrepreneurial work	Varies	Whatever you can do.	Risego
Kids Day Camp				
Supervision, assist with summer camp activities	During the summer, the kids from CLM travel to other churches and are involved with a number of fun activities, from crafts, to outdoor fun. Supervisors, assistants, and imaginations welcome!	Daytime	Summer months	Community Lutheran Ministries

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Supervision, assist with summer camp activities	During the summer, community kids gather at GCV for fun activities, from crafts, outdoor fun, and field trips. Supervisors, assistants, and imaginations welcome!	Daytime	Summer months	Grace Community Village
Vacation Bible School	Church group/Youth group can provide a morning of VBS programming	Daytime	July/August	Rochester Family Mission
Mentoring				
Angels – mentors are paired with participating youth.	<p>This program is set up to pair one child with an individual who will stay in touch with him/her for at least a year (some kids have angels they have known for many years). The idea is to build a relationship with the child (become a trusted friend) and stay connected with him/her. You would do things like:</p> <ul style="list-style-type: none"> • go out to lunch • play games • go to o movie • stay in touch through phone or computer throughout the week/mos/year 	whenever	1 year or more	Community Lutheran Ministries
Business mentors to help youth launch and improve their businesses	<ul style="list-style-type: none"> • Supervising ongoing efforts • Share expertise and knowledge of business world • Encourage and support efforts of young entrepreneur 	Varies	Whenever you can, but a long term relationship builds in trust and stronger supports	Risego
Refugee Resettlement				

Area of Need or Ways You Can Help	What you would be doing/Areas you could help in	Times	Length of Commitment	Ministry
1. Mentor in the Unaccompanied Refugee Minor Program 2. Free legal service 3. Directly assist refugees 4. Translation services 5. Help with ESL instruction	1. These are young people who have come here alone, w/o parents and can use all the support they can get 2. Many of these individuals and families are in need of legal counseling to get all their papers and other items in order 3. Help individuals, families through the initial series of routine medical, educational, and social services appointments 4. Translation services are a vital part of these individuals and families getting settled and understanding what is going on 5. They all are in need of learning English as a second language	Varies	Whenever you can, but a long term relationship builds in trust and stronger supports	Catholic Family Center (CFC)
Youth Programs				
1. Horse care 2. Help a child	1. Cleaning, brushing, otherwise general care of horse and tack (equipment) 2. Come along side a child in the program, give encouragement, help with riding safety, etc.	Varies (program is weekends during school year and weekdays during summer)	Whatever you can do	A Horse's Friend
SEE KIDS DAYCAMP & AFTER-SCHOOL PROGRAMS/TUTORING				Community Lutheran Ministries
SEE KIDS DAYCAMP & AFTER-SCHOOL PROGRAMS/TUTORING				Grace Community Village
Youth night – supervision	Youth Night happens once a month and there is a need for supervision/interaction/support during these events.	Once a month	Whatever you can do.	Rochester Family Mission
1. Drivers 2. Chaperones	1. Drivers are needed to transport kids and leaders. 2. Just to be there as a helping hand with kids, and activities.	Once every few months	Fri., Sat., evenings/ weekend	Project URGE Urban-Suburban Youth Mission
Mentors and activity leaders for "Safe Haven" for community youth.	Interacting with youth ages 11-18: leading activities and discussion groups.	Friday's 7-10pm	Whatever you can do.	West Ave. United Methodist Church 56 Chili Ave., 14611 328-8745

Area of Need or Ways You Can Help	What you would be doing	Times	Length of Commitment	Ministry and phone number
Other				
Bell Ringers				
Collect money for ministry and to help the poor have a blessed Christmas by ringing a bell by a kettle outside a store	4-8 hrs per week outside local stores	Varies	Christmas Season	Salvation Army
Books				
1. Donation of books for all ages. 2. Bibles are always welcome! (Books need to be in descent shape.)	Organize a "book drive" for donation to Crosswinds.	Varies	Whatever you can do.	Crosswinds Downtown (Canandaigua)
Clowning Around...				
Donations	BoBo the Clown needs a lot of stuffed animals (small to medium in size).			Clowning Glory Ministries
Community Service Workers				
<i>Community Service Workers</i> - are people who are required to complete a certain number or hours volunteering their services. This can be a school requirement, court ordered, or be a requirement of some rehabilitation facilities.	You would be doing a variety of jobs within the Foodlink facility.	Varies	Depends on individual requirements	Foodlink
Deliver/Pick-Up				
Delivering Bread & Baked Goods	Sat. morning pick up bread & baked goods from Tops in Canandaigua at 8 am and deliver to Soup Kitchens & Homeless Shelters around Rochester	8 am – 10:30 am (approx.)	Whatever you can do.	Bread Run – Project URGE
Sponsorships				
1. Sponsoring a Horse for 1 year 2. Sponsoring a Child for 1 Full Session 3. Sponsor a Horse and Child for 1 Full Session	Providing financial support to a youth who could not otherwise attend the program.	All year long	Whatever you can do.	A Horse's Friend
Sponsor a child for Summer Camp	Approximately \$600 covers cost of one child for 6 weeks of summer camp			Community Lutheran Ministries
Prayer				

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Prayer for our public schools	Pray with others, either over the phone, or via scheduled times.	Varies	Whatever you can do.	Mom's In Touch
Prayer support	Join a team of prayer warriors who regularly pray for Project URGE and all its affiliates. This team prays either in person (meets before an event), or agrees via phone or email to pray as a team about a certain thing.	Varies	Whatever you can do.	Project URGE Prayer Team, Eva Daughtery (see Outreach Temple for info.)
Stables/Horses				
1. Donating Equipment or to our Equipment Fund 2. Volunteers are needed for a wide range of duties	Any help is gratefully accepted. You do not have to have experience with horses to volunteer.	Varies	Whatever you can do.	A Horse's Friend
Writing/Graphics/Photographs				
Informational material, newsletter, posters etc.	Writing, graphic design, photograph events	As needed		Project URGE

Names and Contact Information			
A Horse's Friend High View Farms (stables) 128 North Wilmarth Road Pittsford, NY 14564 Matthew Doward, Dir. (585) 272-7019 (office) (585) 503-4087 (cell) ahoursfriend@yahoo.com	Foodlink 936 Exchange St Rochester, NY 14608 John Baldanza, Volunteer Coordinator (585) 328-3380 x149 baldanza@foodlinkny.org	Moms In Touch International JoAnne Rosato (585) 554-3762 rosato@frontiernet.net	Risego 336 Arnett Blvd. Rochester, 14619 David Dey, Dir. (585) 576-6634 risegoinc@yahoo.com

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Catholic Family Center Danielle Lazarro (Volunteer Coordinator) (585) 262-7044 Office dlazzaro@cfcrochester.org	Grace Community Village 121 Driving Park Ave. Rochester, NY 14613 Lesley DeLong, Dir. (585) 458-5927 x102 Ldelong.gumc@frontiernet.net	Outreach Temple 218 Murray Street (off Lyell Ave.) Rochester, NY 14606 Eva Daughtery - (585) 328-0390 Church - (585) 254-3820	Rochester Family Mission 388 Tremont St., 14608 Rev. Barbara Thomas, Dir. Sophia Daniels Admin. Assist. (585) 436-7523 http://rfmission.org/
Clowning Glory Ministries Bob Webster (607) 242-5018	His Hands Free Drop-In Nursing Center @ Grace UMC 121 Driving Park Ave. Rochester, NY 14613 Phyllis Jackson, RN, Dir. (585) 458-5927 x119 phyllisrjackson@gmail.com http://www.tafrm-hishands.org	Project URGE , Inc. 31 West Church St. Fairport, NY 14450 Garry Manuel, Dir. (585) 223-2310 ProUrge@aol.com www.projecturge.org	Rochester Teen Challenge 1140 Norton St., 14621 Walter Thomas, Exec. Dir. Jeanna Irwin, Admin. Assist. (585) 325-7123 roctc@juno.com http://www.rochestertc.org
Community Lutheran Ministries 942 Joseph Ave. Rochester, NY 14621 Maggie Harris, Dir (585) 338-2420 or (585) 200-0609	Jacob's Ladder Fred Stresing, Coordinator Phone: (585) 229-7496 Fred@projecturge.org	Project URGE, Inc. (Satellite Office) 121 Driving Park Ave. Rochester, NY 14613 Jane Ames, MSW (585) 458-5927 x104 jane@projecturge.org	Salvation Army (Rochester area) Rosemary Davis (585) 987-9500 x2309 or x2313 http://www.use.salvationarmy.org/use/ www use rochesterny.nsf
Crosswinds Downtown (Canandaigua) 120 N. Mail Street Canandaigua, NY 14424 Lynne McHenry, Dir. Tammy Clarke (585) 393-4310 downtown@crosswindsonline.org	Mercy Residential 198 Oriole St. Rochester, NY 14613 Jenna Weidig – Volunteer Coordinator (585) 254 2175 ext 21 weidig@mercyresidential.org	Recovery House of Rochester 1600 East Ave., Suite 804 Rochester, NY 14610 Van Smith Jr., Program Coordinator (585) 802-8709 somersetshouse@aol.com	Touching and Agreeing Faith Ministries 5 Spar Circle Rochester, NY 14606 Pastors Michael & Phyllis Jackson (585) 647-2579 phyllisrjackson@gmail.com www.tafrm-hishands.org

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