



BOARD OF CHRISTIAN OUTREACH
of
The United Church of Rowayton, Inc.
2018

Volunteer Opportunities

Mission and Statement of Purpose

Reaching out to those in need is the essential mission of the Board of Christian Outreach. It is dedicated to helping “the hungry, the thirsty, the naked, the sick, the prisoner...,” keeping in mind the words of Jesus: “...as you did it unto the least of one these my brethren, you did it unto me.” [Mt 25: 34-40].

The Board of Christian Outreach (BOCO) accomplishes this mission by benevolently disbursing funds to agencies, offering mission and service programs, holding drives and collections, and providing educational opportunities and information for our Family of Faith.

The Board of Christian Outreach prepared *Volunteer Opportunities* to answer the questions, “Where can I volunteer?” and “What community service opportunities are appropriate for my children?”

Isaiah 58:10 declares, “*If you pour yourself out for the hungry and satisfy the desire of the afflicted, then your light will rise in the darkness and your gloom will be as the noonday.*”

American Red Cross Mid-Fairfield Chapter
596 Westport Avenue
Norwalk CT 06851
203-750-1107

Program Description:

Helps Connecticut residents prevent, prepare for, and respond to emergencies with services provided by a small paid staff and large corps of volunteers.

Volunteer Opportunities:

Work at community blood drives in the greater Norwalk area. Volunteers assist donor aides, serve refreshments, and observe donors for reactions after they donate blood.

Americares Free Clinics of Norwalk
98 S. Main St.
Norwalk CT 06854
203-899-2493

Program Description:

Provides free primary care to low income, uninsured, and underinsured residents.

Volunteer Opportunities:

For qualified professionals.

Receives BOCO support.

Appleby School Based Health Clinics
One Park Street
Norwalk CT 06851
203-849-1111

Program Description:

Provides comprehensive, in-school physical and mental health services to students lacking access to health care.

Volunteer Opportunities:

Receptionist, office worker, mentor for child or teen for conversation and support.

Receives BOCO support

Birthright of Greater Norwalk
71 East Avenue, Suite E
Norwalk CT 06851
203-853-4872

Program Description:

Provides love, support, and understanding to women with unplanned pregnancies.

Volunteer Opportunities:

Help with office duties, publicity, and community outreach efforts. Accepts volunteers of any age, race, gender, or religion who accepts the Birthright philosophy.

Carver Foundation of Norwalk
7 Academy Street
Norwalk CT 06850
203-838-4305

Program Description:

Helps children reach post-secondary education. Has education and recreation, college scholarship, wellness, after-school programs.

Volunteer Opportunities:

Needs homework helpers, mentors, career counselors, summer camp and event volunteers.

Receives BOCO support.

Center for Hope
690 Post Road
Darien CT 06820
203-655-3452

Program Description:

Helps adults and children with life-threatening illness or grieving a death. Includes Den for Grieving Children.

Volunteer Opportunities:

Adult volunteers to teach adults to read, write, speak English. Office work. Maintenance and repair work. Nurse and home-health aides. Patient/family care help.

Center for Sexual Assault Crisis Counseling
733 Summer Street, Suite 503
Stamford CT 06901
203-348-9346

Program Description:

Counseling and support services for victims of sexual violence. Education programs to eliminate sexual violence.

Volunteer Opportunities:

Serve on 24-hour hotline, event volunteering, serve in support groups after receiving training.

Child Guidance Center of Mid-Fairfield County
100 East Avenue
Norwalk CT 06851
203-299-1315

Program Description:

Comprehensive mental health services for children and families. Special programs include Intensive Outpatient, Juvenile Justice, Prospects (summer camp) and Choices for Success (acquiring life skills).

Volunteer Opportunities:

Child yoga instructor, social media coordinator, painting, office work, teach skills for Career Day. Accepts donations of clothes, bean bag chairs, computers (no more than 3 years old).

Receives BOCO support

Domestic Violence Crisis Center
16 River Street
Norwalk CT 06850
203-853-0418

Program Description:

Helps free individuals from emotional, physical, and sexual abuse. Provides crisis intervention, temporary shelter, therapy, court advocacy, and community education.

Volunteer Opportunities:

After training, work in a specific department and on project-based activities. Teens gr. 9-12 volunteer with PeaceWorks.

Receives BOCO support.

Earthplace, The Nature Discovery Center
10 Woodside Lane
Westport CT 06880
203-227-7253

Program Description:

Provides hands-on, nature-based learning experiences and environment education.

Volunteer Opportunities:

For adults and older teens. Trail and grounds maintenance, sales help in the volunteer-run gift shop, publicity, collecting and testing water samples through Harbor Watch, caring for animals, and assist at public events.

ElderHouse Adult Day Care

7 Lewis Street
Norwalk CT 06851
203-847-1998

Program Description:

Provides Seniors with a safe, nurturing environment. Offers counseling, medical care, recreation activities, and caregiver respite and support.

Volunteer Opportunities:

Visit clients, organize group activities, painting, gardening. Suitable for adults and for families with children.

Receives BOCO support.

Family and Children's Agency
9 Mott Avenue
Norwalk CT 06851
203-855-8765

Program Description:

Provides adoption, foster care, family support, and counseling services; after-school programs; youth mentoring; and summer camp placement.

Volunteer Opportunities:

Teens can tutor middle school students at Norwalk Community College, Big Friend program, tax assistance, office support, sponsor an activity or field trip, facilitate a workshop or be a speaker.

Receives BOCO support.

FISH of Norwalk
1 Park Street
Norwalk CT 06851
203-229-9727

Program Description:

An all volunteer organization providing rides to medical and dental appointments. Rides are free and for Norwalk residents only.

Food Bank of Lower Fairfield County
461 Glenbrook Road
Stamford CT 06906
203-358-8898

Program Description:

Delivers over 600,000 lb. food annually to soup kitchens, food pantries, shelters, and other agencies.

Volunteer Opportunities:

Sort food. Driver assistants.

Food Rescue Us (formerly Community Plates)
27 Ann Street
Norwalk CT 06854
800-280-3298

Program Description:

Takes food from markets and restaurants and distributes it via volunteer drivers to soup kitchens and food pantries.

Volunteer Opportunities:

Register online to pick up and deliver food.
Register online to pick up and deliver food.

Receives BOCO support.

Friends of the Norwalk Public Library
1 Belden Avenue
Norwalk CT 06850

For information, contact Jeff Conrad
203-354-2933

George Washington Carver Center
[SEE Carver Foundation of Norwalk]

Habitat for Humanity
1542 Barnum Avenue
Bridgeport CT 06610
203-333-2642

Program Description:

Home construction.

Volunteer Opportunities:

Under 11-year olds do craft projects. Has a Youth United program for teens and young adults.
Needs office volunteers.

Heifer Project International
216 Wachusett Street
Rutland MA 01543
508-886-5000

Program Description:

Mission: to end world hunger by giving acclimated animals to people in need. They, in turn, share the animal's offspring with neighbors while passing on their training.

Volunteer Opportunities:

Visit Heifer Farm in Rutland. Has a day program.
All ages. Sponsor an animal.

Hill Top Homes
212 Rowayton Avenue
Rowayton CT 06853

Program Description:

A 24-unit Senior affordable housing community.

Volunteer Opportunities:

Services are provided through a volunteer group that is best contacted through the church office.

Receives BOCO support.

Homefront
88 Hamilton Avenue
Stamford CT 06902
800-887-4673

Program Description:

Community-based volunteer home repair program.

Volunteer Opportunities:

Experienced home repair.

Human Services Council
One Park Street
Norwalk CT 06851
203-849-1111

Program Description:

Helps plan and coordinate human service programs. Has programs for neglected and abused children and their families, drug and alcohol abuse prevention and treatment.

Volunteer Opportunities:

Receptionist, office worker, mentor for children and teens.

Juvenile Diabetes Research Foundation
200 Connecticut Avenue 5H, Norwalk CT 06854
203-854-0658

Program Description:

Fundraising, research information, and education on juvenile diabetes.

Volunteer Opportunities:

Office support, event planning, work at an event.

Keep Norwalk Beautiful
City of Norwalk
125 East Avenue
Norwalk CT 06851
203-854-7810 x46782

Program Description:

Help the city pick up litter at its annual, city-wide clean up.

Volunteer Opportunities:

Gloves, bags, and litter grabbers will be provided. All litter bags will be picked up by the City of Norwalk.

Lockwood Matthews Mansion
Malta House
5 Prowitt Street
Norwalk CT 06855
203-857-0088

Program Description:

Provides support services and independent living skills to pregnant and parenting mothers.

Volunteer Opportunities:

Work with infants, mentor.

Receives BOCO support.

Maritime Aquarium
10 North Water Street
Norwalk CT 06854
203 852-0700

Program Description:

Museum of marine organisms and maritime technology and history.

Volunteer Opportunities:

Exhibit interpreter, office worker, sleepover and event help, join the dive team (must be 15 years and older).

Mayor's Clean City Initiative
c/o dshockley@norwalkct.org

Annual Norwalk spring clean-up
Mid-Fairfield AIDS Project
16 River Street #12
Norwalk CT 06852
203-855-9536

Program Description:

Provides care information and assistance as well as drug treatment, nutritional counseling, a food pantry, and emergency financial aid.

Volunteer Opportunities:

Office help.

Mid-Fairfield Hospice
180 School Street
Wilton CT 06897
203-761-8889

Program Description:

Provides family-centered care for the terminally ill.

Volunteer Opportunities:

Patient support and care. Training course required.

Norwalk Grassroots Tennis & Education
11 Ingalls Avenue
Norwalk CT 06854
203-939-1770

Program Description:

Provides low-income children with academic support, leadership training, and life skills, using tennis as a vehicle.

Volunteer Opportunities:

Classroom help, tennis court assistance. 15-year and above.

Receives BOCO support.

Norwalk Historical Society
PO Box 1640
Norwalk CT 06852
203-846-0525

Program Description:

Focuses on the research, preservation, and promotion of interest in the history of Norwalk, using educational exhibits, programs, and lectures to highlight Norwalk's history and diversity. Manages the Norwalk Historical Society Museum and Mill Hill Historic Park.

Volunteer Opportunities:

2-4 hours/week researching grant sources, cleaning collections, providing office help, and historical bakers for special events.

Norwalk Hospital
Maple Street
Norwalk CT 06856
203-852-2023

Volunteer Opportunities:

Teens: 16 and older; probably a long waiting list. Requires training, double TB test, background check, and serious time commitment. Adults also volunteer.

Norwalk Housing Authority
24 ½ Monroe Street
Norwalk CT 06854
203-835-6536

Program Description:

Provides safe and affordable housing and supportive services to persons with limited incomes. Offers college scholarships.

Volunteer Opportunities:

Mentoring, tutoring, homework help.

Norwalk Meals on Wheels
11 Allen Road
Norwalk CT 06851
203-847-3115

Program Description:

Provides two meals/day to residents unable to meet their nutritional needs.

Volunteer Opportunities:

Drivers, receptionist, help with mailings

Receives BOCO support.

Norwalk Mentor Program

Spend an hour a week with a Norwalk student. You might help with homework, have a conversation, or play games. For information, contact Nancy Pratt at <https:hcsct.org/norwalk-mentor-program/>

Norwalk Senior Center
11 Allen Road
Norwalk CT 06851
203-847-3115

Program Description:

Provides programs and services for Seniors. Has two Centers that offer educational and leisure programs.

Volunteer Opportunities:

Office work, ESL instructor, kitchen work, computer instructor.

Norwalk Symphony Orchestra
125 East Avenue
Norwalk CT 06851 203-956-6771

Volunteer Opportunities:

Accepts all ages interesting in working in office support, concert ushers, preparing food and drinks for the musicians during rehearsal breaks, and stage management during rehearsals and concerts. Volunteers receive free admission to all NSO concerts.

Open Door Shelter
4 Merritt Street
Norwalk CT 06854
203-866-1057

Program Description:

Addresses the needs of the homeless and working poor. Provides a safe, temporary shelter; nutrition; employment services; recovery counseling.

Volunteer Opportunities:

Preparing and serving meals. Offered once a month. Sign up in lobby of this church's Meeting House lobby.

Receives BOCO support.

PAWS
504 Main Street
Norwalk CT 06851
203-750-9572 x103

Program Description:

Rescues dogs and cats.

Volunteer Opportunities:

Teens 18-years and older clean, feed, and provide care for animals, younger teens can do other work.

Person to Person
98 S. Main Street
Norwalk CT 06854
203-939-1650

Program Description:

Provides emergency assistance for basic needs and support for individuals and families as they move toward stability.

Volunteer Opportunities:

Stock food pantry.

Receives BOCO support.

STAR
182 Wolfpit Avenue
Norwalk CT 06851
203-846-9581

Program Description:

Serves individuals of all ages with developmental disabilities. Offers family support. Has residential program.

Volunteer Opportunities:

Coordinate special activities or outing, office work. For adults.

Receives BOCO support.

Stepping Stones Museum for Children
Matthews Park
Norwalk CT 06850
203-899-0530

Program Description:

Hands-on, experiential museum for young children.

Volunteer Opportunities:

Volunteer programs for adults 18 years and older
and programs for students grades 7-12.

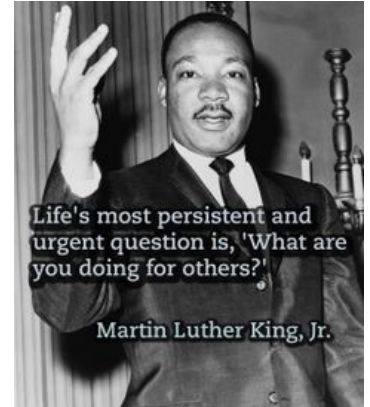
Community Service Learning Activities

Why is community service important for my child? It develops:

- an increased sense of social responsibility and an appetite for “doing unto others.”
- a global sense of society while exposing children to diversity and multiculturalism.
- interpersonal and communication skills.

Whereas community service involves volunteering in an activity that benefits others, *community service learning* integrates meaningful service with reflection to enhance both the child’s growth and the common good. Very often, all that is needed is a simple question like, “How did this make you feel?”

The Board of Christian Outreach offers this list of suggested activities and possible discussion questions.



1 Peter 4:10, “As each has received a gift, use it to serve another, as good stewards of God’s varied grace.”

Opportunities for young children

- Start a One-Project – donate One hour, Once a month, for One year, to help One person. The project can be done at home with the entire family or with friends. Question for discussion: Who gets more pleasure: the donor or the recipient?
- Ask children to help buy White Dove presents and select wrapping paper. Question for discussion: By buying this present, a child will have a happier Christmas. The parents probably do not have a lot of money. Instead of buying a present, what might the parents now be able to do with the money that we saved for them?
- Invite children to select, package, and deliver to the Meeting House lobby materials to donate to church collections, e.g. the choose the type of food for food drives. Question for discussion: Why did you decide upon this particular item? Why is helping others, even those we’ve never met, important?
- Choose toys no longer played with but in good condition. Select the agency to which to donate them. The child makes the delivery. Question for discussion: How is this like Toy Story?
- Select old clothes in good condition and deliver to Goodwill or a coat drive. Question for discussion: What does it mean to pass the gift of love along?

- The next time you go grocery shopping, make a point of asking a child to select a non-perishable item that was not on your list and donate it to Person to Person. **Question for discussion: what does it mean to live a tithing life?**
- Bring new or lightly used toys and new stuffed animals to a children's hospital (Check the hospital's requirements; stuffed animals must be new).
- Write an anonymous get-well letter and deliver it to a children's hospital (sign with first name, only). If the child is too young to write, create a drawing. This is a great activity before holidays (Halloween, Thanksgiving, etc.). **Question for discussion: How would you feel if you were sick and someone you didn't know wrote you a letter?**
- During the holiday season, answer a letter to Santa from a needy child. Visit your local participating post office to get a letter from an underprivileged kid, buy a gift, and mail your package. **Question for discussion: what do you think the child's reaction will be?**
- Donate children's books, novels, and other reading materials to shelters, libraries, and agencies.
- Decorate placemats for Meals on Wheels.

Opportunities for middle schoolers

- Good at sewing or knitting? Start a knitting group with friends and donate homemade blankets to people in need. They can be given to John Livingston or to an agency.
- Use social media. Spread the word about a worthy-cause through posts on your own account, or volunteer to set-up a social media account for a local non-profit. Challenge others to reach out to those in need.
- Volunteer to give music lessons to people in your community. We know one middle school girl who was a piano player. She gathered a friend who was a dancer and two friends who sang. They put on a show once a month at a local nursing home.
- Offer your help taking registrations, handing out water bottles, cleaning up after, or other administrative tasks for an event. It might not feel as glamorous, but this volunteer work is actually really helpful to non-profits!
- Participate in a clean up of a beach, riverbed or local park. Run your own, private cleanup event: invite your friends or start a Father and Daughter Beach Clean-up event. Walk a block and collect roadside trash (wear plastic gloves).
- Visit a nursing or retirement home and spend time doing fun activities with the elderly who lack immediate family. Go with friends. Bring games, e.g. tossing bean bags into a bucket (talk with the agency to learn what is needed). **Question for discussion: What must it be like to be elderly?**
- Offer to rake leaves, shovel the walk, or do housework for an elderly neighbor.
- Teach computer skills to the elderly.
- Become a volunteer tutor. If you excel in a particular subject, share that knowledge with other kids who are struggling.
- Make holiday decorations for an agency – pumpkins, Thanksgiving turkeys, winter snow flakes....

- Collect sleep-away camp items for kids participating in BOCO-supported Norwalk summer camper program.
- Decorate placemats for Meals on Wheels.
- If you have a tag sale, sell lemonade and donate the proceeds. Be sure to write, "Proceeds will be donated to XYZ" on the sign.
- Donate gently used games to the Open Door Shelter.
- Think clean air: don't drive to the supermarket for just one item. Keep a list and go only when the list is long enough.
- Volunteer at the UCR tag sale.
- Make no-sew toys for dogs at PAWS.
- Organize a Christmas crafts fair and sell decorations. Donate the proceeds to a designated agency.
- Plant flowers (crocuses are ideal and need no special care) at a nursing home.
- Collect gently used and outgrown sports equipment and donate them to a local agency.
- Read to residents at a nursing home.
- Organize a toiletries drive for a homeless shelter.

Opportunities for high school students

- In addition to volunteering for the agencies listed above, many of the middle school activities are appropriate for high school students.
- Donate outgrown prom dresses to Person to Person.
- Be a homework helper or tutor at a local after-school program.
- Mow the lawn of an elderly neighbor.
- Volunteer in a local soup kitchen.
- Volunteer at the church tag sale.
- Give music lessons to children in after-school programs.
- Organize a games fair and donate the proceeds to a designated charity.
- Collect DVDs and donate them to a local nursing home.
- Adopt a Senior at a local nursing home. Ask about how they grew up.
- PAWS – must be over 18 years to work with animals.
- Norwalk and Stamford Historical Societies. Jobs include computer input, assisting in the research library, and exhibit docents.
- Stamford Museum and Nature Center – farm animal care, clerical and computer work, help with special events.
- Volunteer at a local Boys and Girls Club.
- Bartlett Arboretum & Gardens – everything from weeding to trail maintenance, helping with events.
- SoundWaters – for students 15 years and older. Assist educators or participate in your own research.
- Check out <https://www.volunteermatch.org> and specify Norwalk, CT. Lists volunteer opportunities.
- Development Department Volunteer of Keep America Beautiful. 1010 Washington Blvd., Stamford CT 06901.
- Social Justice Training for Teens at Domus, 83 Lockwood Ave., Stamford CT 06902.

- Play bridge with Seniors at assisted living complexes and nursing homes. Brighton Gardens specifically requested this. (59 Roxbury Road, Stamford CT 06902.
- Participate in the After-School Program at Norwalk Community College. Work with middle and high school students. Sponsored by the Family and Children's Agency of Norwalk.
- Work with medical data at Americares Free Clinics.
- Be a telephone support volunteer at Caring Hospice Services, 456 Glenbrook Road, Stamford CT 06906.
- Provide clerical help to Norwalk Hospice with VITAS Healthcare of CT, 488 Main Ave., Norwalk CT 06851.

How is this going to help me get into a private school or college?

Students often mistakenly think that volunteering for activities through a church does not help their application to private schools or colleges. Nothing could be further from the truth... for the right student.

Admissions departments look for ways in which students make an impact on their communities. One student may be an athlete, another may be a member of the student disciplinary committee, and a third may be involved in community service. For the student who is called to help others, community service can be a very important part of an application portfolio.

While admissions officers certainly will not think poorly of any form of volunteerism, they work hard to discern a candidate's level and depth of commitment. They pay attention to length of service, unusual service endeavors, activities that require uncommon initiative, and demonstrated leadership. Service is often a leading decision-making factor after GPA and high-stakes test (ISEE, SSAT, ACT, SAT) scores.

BOCO suggests that students keep track of their hours spent in community service. They are also urged to record some of their reflections on their experiences. They can be useful in interviews and application essays.