

# Volunteer Opportunities

## ❖ Healthcare

- **ALS** – Volunteer opportunities for a student team of no more than 4, and an adult mentor to lead the student team. Students are required to spend at least two hours a week. There will be household chores, yard work, and providing companionship to an ALS patient. For more information, please contact (817) 521-6290.
- **American Red Cross, Dallas Area Chapter** – Looking for instructors to teach First Aid, CPR, and AED classes to the community. Will be responsible for organizing class materials, coordinating with other instructors, and providing adequate supervision to participants. If interested, please call (214) 678-4382.
- **American Hospice**- Volunteers are needed to provide support and compassion to patients and families of patients that have life-limiting illnesses. Volunteers are also needed to help out in the hospice's office. Training is required, and it is offered several times throughout the year. For more information please contact (940) 483-9922 or (866) 430-2273.
- **Asperion Hospice** – Come join a compassionate team to bring forth care to those in need. Volunteers needed to assist with administrative duties, patient and family contact, bereavement care, and speakers on behalf of the center. For more information, please contact (817) 858-6800.
- **AIDS Services of North Texas** – Volunteers needed for secretarial work, light clean up, and special projects. For more information, please contact 940) 381-1501.
- **Caregivers' Haven Volunteer Program** – Volunteers needed to provide in-home volunteer services to people with life-limiting illnesses. Includes friendly visits, light housekeeping, phone calls, meal preparation, and minor yard work/ home repairs. For more information contact (817) 870-2273.
- **Centro Comunitario Mexicano DFW** – Manages the Ventanilla de Salud (Health Booth) at the Mexican Consulate in Dallas and needs volunteers from 7:00am to 1:00pm to follow up with clients, distribute health information, and other general tasks. For more information contact (214) 252-9251 ext.145
- **CONTACT Crisis Line**- The crisis line specializes in providing a human connection to those who are going through a life crisis. Volunteers will be given training that will allow them to help callers through their personal crisis. For more information please contact (972) 233-0866.
- **Denton County Health and Mental Retardation Center** – Volunteers needed to provide support and assistance outside the standard services offered to consumers. There are many opportunities available. For more information call the Volunteer Coordinator at (940) 565-5282
- **Expanding Horizons Day Habilitation Services** – Volunteers needed to provide fun, meaningful activities for MHMR clients. The program strives to educate and support clients in learning independent living skills. For more information, please contact (940) 390-8454 for more information.
- **Family Health Care** - Needs help making packets and labeling bottles for distribution as well as typing forms on the computer and other office related tasks. Open Mon – Thurs from 8am to 6pm, located in Denton. Please contact (940) 381-2313.
- **Kiwanis Reach out and Read** – Volunteers needed at Denton County Health Unit. Training will be provided. For more information, please contact (940) 565-4909.
- **MediSend International** – Volunteers are needed to assist with data entry, packing and sorting medical supplies, donate supplies, and help with shipping and other handy duties that need to be filled. For more information, please contact (214) 575-5006.
- **Southern Care Hospice** – Volunteers are needed to assist cancer patients in building model airplanes for a competition. Volunteers are also needed who can play piano and musical instruments either individually or in a group setting for nursing home patients in Gainesville, Texas. Training is required, but at the volunteers convenience. Please contact (940)-243-0901
- **Spina Bifida Association of North Texas**- The mission of this organization is to help promote the prevention of spina bifida and to enhance the quality of life of all affected. The association provides a variety of services that they need volunteers to help with including a hotline, counseling, emergency assistance, summer camps, weekend camps, newsletters, and a wide range of outreach activities. For more information contact (214) 797-3377
- **Trinity Hospice**- Volunteer will assist in providing support and companionship to patients and families on hospice care facing end of life issues. Volunteers will be trained. Must be over 18 with a valid driver's license, and must be able to drive in the state of Texas. For more information contact (972) 789-1802.
- **VistaCare Hospice: Patient Support** – Volunteers are need to provide patient and caregiver support. This involves actual contact with patients and their families to support the patient and caregiver or to provide relief for the caregiver. At least eight hours of training is required, and it is provided by VistaCare. For more information contact (940) 484-5507