

VOLUNTEER.... TO HELP YOURSELF AND OTHERS

Volunteering has many benefits. It is a great way to learn about yourself; your likes and dislikes, and careers that you may enjoy. It also gives you the opportunity to help out and give back to the community. The main areas colleges look at for their best applicants, reveals Jill F. ConGruben, author of *College Countdown* (McGraw Hill, 2000), are work, volunteer and summer experiences; school, athletic and community service activities; and awards. You may also end up with a paying job! Here is a list of local volunteer opportunities to help get you started...

PLEASE KEEP IN MIND THAT VOLUNTEER OPPORTUNITIES CAN CHANGE PER NYS / ERIE COUNTY COVID RESTRICTIONS. IT IS BEST TO CALL THE ORGANIZATION TO FIND OUT WHAT VOLUNTEER OPPORTUNITIES ARE AVAILABLE.

ORGANIZATIONS REQUESTING OFFICE ASSISTANCE/LIBRARIES

Buffalo Philharmonic Orchestra Phone: 242-7869	499 Franklin St., Buffalo Website: https://bpo.org	email: arabin@bpo.org
Elma Public Library Phone: 652-2719	1860 Bowen Road, Elma Website: www.buffalolib.org	Contact: Kate Puehn
Heart and Hands of WNY Phone: 406-8311	2710 N. Forest Rd. Suite 205, Getzville Website: http://www.hnhcares.org/volunteer	Contact: Angelina Anzalone email:anzalone@heartsandhandsfia.org
March of Dimes	Website: https://www.marchofdimes.org	
National MS Society	Website: http://www.nationalmssociety.org	

HEALTHCARE FACILITIES/HOSPITALS/NURSING HOMES

****As of September 2021 no volunteers are allowed at most facilities until covid restrictions are lifted****

Mercy Hospital of South Buffalo Phone: 828-2098	565 Abbott Road, South Buffalo *(greeters in lobby) Website: chsbuffalo.org/mercy-hospital-buffalo.org email: lcarey@chsbuffalo.org
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ORGANIZATIONS WORKING WITH THE PHYSICALLY DISABLED AND CHILDREN

Camp Good Days & Special Times, Inc. Phone: 1-800-785-2135	6430 Transit Rd., Suite 200, Depew Website: http://www.campgooddays.org/volunteer
Erie County Special Olympics Phone: 580-3346	2821 Wehrle Drive, Suite 7, Williamsville Contact: Jess Website: http://specialolympics-ny.org/western/contact-page
Gliding Stars of WNY Phone: 608-8345	1307 Military Road, Buffalo Website: http://glidingstars.org/wny.html
Make-A-Wish of WNY Phone 810-9474	100 Sylvan Parkway, Suite 101, Amherst Website: http://wny.wish.org/ways-to-help
SABAH, Inc. (Skating Athletes Bold at Heart) Phone: 362-9600	2607 Niagara Street, Buffalo Website: www.sabahinc.org/volunteer

ORGANIZATIONS WORKING WITH THE PHYSICALLY DISABLED AND CHILDREN CONT.

EMW Boys & Girls Club of Elma Phone: 652-9292	2080 Girdle Rd., Elma Website: http://www.bgcemw.org
Boys & Girls Club of East Aurora Phone: 652-4180	24 Paine Street, East Aurora Website: http://www.bgcea.org
Explore & More, Children's Museum Phone: 655-5131	130 Main Street, Buffalo Website: http://www.exploreandmore.org
Moving Miracles (Dance Program) Phone: 656-1321	954 Union Road, Suite 1, West Seneca Website: http://www.movingmiracles.org
Under the Apple Tree Day Care Phone: 652-0776	Faith Lutheran Church, 1230 Bowen Road, Elma Website: http://www.appletreefaith.com

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United Way of Buffalo & Erie County 742 Delaware Avenue, Buffalo
Phone: 887-2626 **Website:** <https://www.uwbec.org/volunteer>
YWCA of WNY Children & Youth Services 1005 Grant Street, Buffalo
Phone: 852-6120 ext. 107 **Website:** <https://ywca-wny.org>
YMCA – Southtowns 1620 Southwestern Boulevard, West Seneca
Phone: 674-9622 **Website:** <http://www.ymcabuffaloniagara.org/support-the-y/volunteer/>

FOOD DISTRIBUTION/SOUP KITCHENS

Meals on Wheels for WNY 12482 Broadway, Alden
Phone: 937-7105 **Website:** <https://www.mealsonwheelsamerica.org/>
FISH of East Aurora 960 Main Street, East Aurora
Phone: 652-7272 **Website:** <http://www.facebook.com/fishofeastaurora/>
Buffalo City Mission 100 East Tupper Street, Buffalo ***(ages 16-17 @ thrift shop; 17+ requires parent consent to be onsite)**
Phone: 854-8181 **Website:** <http://www.buffalocitymission.org/volunteer-positions/>
Society of St. Vincent de Paul 1298 Main Street, Buffalo
Phone: 882-3360 **Website:** <http://svdpwny.org/>
St. Luke’s Mission of Mercy 325 Walden Avenue, Buffalo ***(Saturdays only; bagged lunch handout on site)**
Phone: 894-4476 **Website:** <https://www.stlukesmissionofmercy.org/>

ANIMALS, NATURE AND OUTDOOR ACTIVITIES

Buffalo Animal Shelter 380 Oak Street, Buffalo ***(under 21 yrs old can only do fundraisers at this time)**
Phone: 851-5694 **Website:** <http://members.petfinder.com/~NY341/general.html>
Buffalo Zoo 300 Parkside Avenue, Buffalo
Phone: 837-3900 **Website:** <http://www.buffalozoo.org>
Habitat for Humanity 1675 South Park Avenue, Buffalo
Phone: 204-0740 **Website:** <https://www.habitatbuffalo.org>
Hull House 5976 Genesee Street, Lancaster
Phone: 681-6451 **Website:** <https://www.hullfamilyhome.com/>
Pet Connection 12935 Williston Road, Marilla ***(must be 18+)**
Phone: 652-0192 **Website:** <http://www.petconnectionprogramsinc.com>
SPCA 300 Harlem Road, West Seneca ***(Wed/Thurs 3:30-5:30pm/laundry & donation sorting)**
Phone: 875-7360 **Website:** <http://yourspca.org/>
US Fish and Wildlife Service 405 North French Road, Suite 120B, Amherst
Phone: 691-3635 **Website:** <http://www.fws.gov>

SEARCH ENGINES

Volunteer in Buffalo **Website:** <http://www.volunteermatch.org>
Volunteer Western New York **Website:** <http://www.volunteerwny.org>