

2023 Catawba County Volunteer Opportunities

Upcoming United Way volunteer Opportunities:

Week of Aug.7 – School Supply Drive – we will need volunteers to help sort school supply donations that benefit all three local public school districts in Catawba County.

Sept. 16 – Race United – this is a United Way community event, partnering with Hickory Motor Speedway to provide a free night of racing to the public – dozens of local non-profits also show up prior to the race for a resource fair, sharing info. About their programs. Volunteers are needed to help with concession and parking

December – Christmas Bureau – this is the annual holiday outreach in Catawba County, helping bring Christmas to families in need. Mid-December, Volunteers are needed to help with the distribution of donations to families. Volunteers are also needed the first week of December to help The Salvation Army sort and prep donations.

VOLUNTEER OPPORTUNITIES WITH OTHER NON-PROFITS

Council on Adolescents

Mentoring volunteers needed – The Lunch Buddy Program is a mentoring initiative implemented in middle schools in Catawba County School, Hickory Public Schools, and Newton-Conover City Schools since 2011. It is designed to help reach students who would benefit from having an additional positive role model. Volunteers meet with a student one day a week through the school year. To learn more call Mentoring Program Coordinator Tracey Paul at 828-322-4591 or email tpaul@coacatawba.org and visit <https://coacatawba.org/lunch-buddy>.

DSS Senior Nutrition Services – Meals on Wheels

Volunteers pick up meals from one of our eleven locations and deliver the meals to seniors' homes Monday through Thursday. Volunteers deliver just one day per month for up to 1.5 hours. In many cases, our volunteers are the only person the recipient will see all day. We provide the training and nutritious meals. You provide your time and vehicle to deliver meals.

Volunteers must be at least 18 years old, complete an application, provide references, and pass a criminal background check.

Meals on wheels also operates a pen pal program for clients looking for more interaction with the community. You can volunteer to be a pen pal for a senior and commit to writing your pen pal at least once a month. Some seniors do not

have the ability to write back but wish to receive a Thinking of you card. Volunteers are asked to supply their own materials for writing to meals on wheels clients.

Learn more at <http://www.catawbacountync.gov/county-services/social-services/senior-nutrition-services/volunteer/> or call 828-695-5610

Hickory Soup Kitchen

The Hickory Soup Kitchen has an immediate need of volunteers in various areas – helping prepare meals, stocking the food pantry to name just a couple of ways you can help. If interested visit <http://hickorysoupkitchen.org/ways-to-help> for more information or call 828-327-4828.

Eastern Catawba County Cooperative Ministry

The agency offers help with rent, mortgage, utilities, and necessary medication for those who need it. Also will assist with some vehicle repairs. They also offer a food pantry with canned and dry goods. Also offers budgeting classes.

For their Thrift Store, ECCCM needs donation sorters, stocking volunteers and cashiers. Contact Christina Rodgers at 828-465-1702, ext.123.

ECCCM's Food pantry needs: pantry door worker to greet the clients in the food line, groceries bagger and grocery store driver Contact Allen Sherrill at 828-465-1702 ext. 116. Or visit: <http://www.ecccm.org/volunteer>.

Greater Hickory Cooperative Ministry

The agency provides and coordinates services for the uninsured, individuals and families facing crisis, living in poverty and/or experiencing homelessness.

There is help needed at the GHCCM 31 Thrift and MORE store, volunteers to sort, price, and stock donations and the GHCCM nutrition center has needs every afternoon from 12-4:30 p.m., and Fridays from 8 a.m. - 12 p.m. Contact Volunteer and Community Outreach Coordinator to make an appointment for an individual orientation at 828-323-7904 or Outreach@ccmhickory.org.

The Salvation Army

The agency provides a resource center for financial assistance for those in need, the Shelter of Hope for the homeless, and three Thrift Stores to provide clothing and furniture for those on a limited budget. Volunteer opportunities would include: providing weekend meals for the homeless shelter (dinner), pantry help sorting, stocking items (Tuesdays and Wednesdays). For information about volunteering with us, please call Steve Aaron at 828-322-8061 ext. 65608 or visit <https://www.salvationarmycarolinas.org/hickory/home>.

Highways and Hedges

They offer a limited food pantry and clothing closet. Hygiene and household items may also be available. Delivers food and household items to people without transportation. Offers firewood when available. Offers financial help with utilities, rent and other bills. Offers a maximum amount of \$50.

Highways and Hedges needs volunteers for delivering furniture/appliances to those in need. As well as people to work in firewood-cutting, splitting, and delivering. People to donate to and stock the blessing box. Individuals to prepare once a month to-go meals. For more information call or text 828-781-8095.

The Corner Table Soup Kitchen in Newton

There are opportunities include cook, lunch service prep/help, stockroom helper, filling to-go bags. To sign up to volunteer, please complete the online Volunteer Application, or print the application and email or mail to Tina Campbell at tcampbell@thecornertable.org or 122 North Main Street, Newton, NC or visit <http://www.thecornertable.org/volunteer>.

Women's Resource Center

Offers help for women going through life changes. Offers support, information and referrals, goal planning, and guidance. Also offers case management up to one year if necessary. Looking for long term volunteer commitment since dealing with confidentiality and a longer processing time. Click the link below to apply then comment to let us know you've filled out your application. <https://forms.gle/mJNeHNHmKThvdxUa9> Or call 828-322-6333.

Integrated Care of Hickory

An outpatient program for people in recovery from substance use disorder who need treatment but do not require a more intensive day program or hospitalization. Seeking skilled labor for housing programs, front desk and clerical work, reaching out to collect canned goods/non-perishables for housing program and outreach for svcs and prevention – training provided. Call 828-322-5915 or visit integratedcarehickory.com for more information.

Blue Ridge Piedmont Chapter American Red Cross

Blood Collection Support: join a lifesaving team to help support blood collections in your community. Disaster Action Team: be part of a team that helps people who are forced from their homes due to fires, storms and other disasters. For more volunteer information visit <https://www.redcross.org/local/north-carolina/greater-carolinas/volunteer.html> or call Kimberly Collings at 828-545-9196 or email Kimberly.Collins2@redcross.org.

Family Guidance Center

Specialized services for individuals and families experiencing the negative effects of anxiety, depression, divorce, stress, financial problems, domestic violence, child abuse, and other problems that threaten the stability of families.

Volunteers are needed in the front office: answering phones, scheduling appointment, filing, cleaning – Mon. – Thur. 8 a.m. – 5 p.m. and Fridays 8 a.m. – 12 p.m. Volunteers to help with maintenance at office and shelter.

Contact Melissa at 828-322-1400. Volunteer application at -

<https://www.fgcservices.com/wp-content/uploads/2020/11/Volunteer-Application-FGC-PDF-2020.pdf>

Adult Life Programs

Three centers in Catawba County provide daycare for older and/or disabled adults. There are unlimited opportunities for interested individuals to volunteer at Adult Life Programs and volunteers are a vital part of our daily operations.

Individual volunteers may lead an activity or just spend time visiting with participants. Groups of volunteers often come to provide entertainment for the participants. The center staff can also use volunteers to help with office duties. So, if you have a particular gift you would like to share, including the gift of listening and conversing with others, please contact the Day Services Managers at each center to learn more about volunteer opportunities. For information call 828-326-9120 or visit <https://www.adultlifeprograms.com/>

Safe Harbor

Offers a one-year residential treatment program for women in recovery. Services include counseling, case management, job training, life skills, support groups, and more. Also, operates drop-in day center for women and children experiencing homelessness or at risk of homelessness. Offers life skills, recovery services, and support groups. Also offers public showers, laundry facilities, and hot meals. To learn more visit <https://safeharbornc.org/ways-to-get-involved/volunteer/> or call 828-326-7233.

Catawba County Habitat for Humanity

Habitat builds simple, decent, and energy-efficient 2, 3, and 4-bedroom houses that are sold to partner families at no profit, through an affordable loan.

New Construction program accepts volunteers on Thursdays, Fridays, and Saturdays from 8a.m. – 12 p.m. They welcome individual and group volunteers. Volunteers are also needed at the ReStore Catawba Valley store to help sort and price incoming donations, arrange displays, and run the cash register. Volunteers are needed Tuesday – Saturday, with both morning and afternoon shifts available. For more information contact the Community Outreach Coordinator Jenna Cucco at 828-328-4663 x 315 or jenna@habitatcatawbavalley.org.

More Opportunities

You can also dial 2-1-1 (the United Way of North Carolina's community resource information line) and speak to a call specialist about volunteer opportunities throughout the state.

Any questions? Contact the Volunteer Center at the Catawba County United Way – 828-327-6851 or email John Bailey