

# ConnectAbility Guide



## **Metro Volunteers 2008 ConnectAbility Guide For Individuals with Disabilities**

**Volunteers of all ability levels are needed in the Denver-metro area.** Use this guide to find a volunteer opportunity with an agency who is need of your skills and expertise. Remember there is a volunteer opportunity available for anyone who is willing to serve.

***For information on volunteerism or on making a financial contribution, call 303-282-1234 or visit our website at [www.metrovolunteers.org](http://www.metrovolunteers.org).***

### **Impact Program**

Metro Volunteers can help you connect to your community through our Impact Program with projects that are scheduled during the evenings and on the weekends. Sign up is easy through the Project Calendar on our website!

### **TeamWorks**

Brings together volunteers to participate in service projects that focus on community issues. Each session is 6 weeks long and will involve volunteers in one activity a week.

### **Board Leadership Connection**

Trains and places talented, committed people on the Boards of Directors of nonprofit organizations. Our searchable database lists hundreds of volunteer opportunities throughout the Denver metro-area.



## Agencies with Opportunities for Volunteers with Disabilities

### **American Liver Foundation**

3650 S. Yosemite St., Suite 212  
Denver, CO 80237  
Phone: 303-988-4388  
Contact: Brooke Fritz  
Email: [bfritz@liverfounation.org](mailto:bfritz@liverfounation.org)

**Types of Disabilities Agency Can Accommodate:** Mobility, Service Animals

**Opportunities available** 16+

Office assistant & volunteer coordination, Special events, special projects can be done from home on occasional mailings

**Purpose:** The American Liver Foundation (ALF) is the national leading nonprofit organization promoting liver health and disease prevention. ALF provides research, education and advocacy for those affected by liver-related diseases, including hepatitis.

### **Arapahoe County's Volunteer Connections**

1690 West Littleton Blvd., Suite 300  
Littleton, CO 80120  
Phone: 303-738-7938  
Contact: Val Purser  
Email: [vpurser@co.arapahoe.co.us](mailto:vpurser@co.arapahoe.co.us)

**Types of Disabilities Agency Can Accommodate:** Hearing (TTY), Service Animals

**Opportunities available** 18+

Office Work, Telephone Work

Some of our volunteer locations are not on the ground floor, but all of our buildings are ADA compliant. Elevators are available to the volunteers.

**Purpose:** Arapahoe County's Volunteer Connections creates positive volunteer experiences for all involved through exceptional delivery of services.

### **Arc Thrift Stores**

7721 West 6th Ave., Unit G  
Lakewood, CO 80214  
Phone: 303-231-9222  
Contact: Louise Vaughn  
Email: [lvaughn@arcthrift.com](mailto:lvaughn@arcthrift.com)

**Types of Disabilities Agency Can Accommodate:** Mobility, Visual (large print, Braille, etc.), Hearing (TTY), Cognitive, Speech, and Service Animals

This varies with location. Check with store manager at the desired location regarding accessibility.

**Opportunities available** 18+

Greeting customers at the Arc Thrift Stores, greeting donors at the front and back door of the Arc Thrift Stores, processing product that we receive from donors at the stores.

**(Arc Thrift Stores continued)**

**Purpose:** Through high standards and a commitment to excellence and integrity, the Mission of MARC is to enhance the lives of individuals with developmental disabilities and their families by providing funding to support the ARC and ACL programs of Colorado.

**Autism Society of Colorado**

550 South Wadsworth Blvd., Suite 100  
Lakewood, CO 80226  
Phone: 720-214-0794

Contact: Lauren Crawford

Email: [lauren@autismcolorado.org](mailto:lauren@autismcolorado.org)

**Types of Disabilities Agency Can Accommodate:** Mobility, Cognitive, Speech, Service Animals:

**Opportunities available** 18+

**Purpose:** "The mission of the Autism Society of Colorado (ASC) is to promote quality of life for people with Autism Spectrum Disorders and their families."

**Deep Blue Sea Foundation**

700 Water St.  
Denver, CO 80211  
Phone: 303-561-4474

Contact: Jackie Eisenbaum

Email: [jeisenbaum@ldry.com](mailto:jeisenbaum@ldry.com)

**Types of Disabilities Agency Can Accommodate:** Mobility exhibits on second floor can be accessed by the elevator. Must be able to get into the building from the parking lot across the street.

**Opportunities available** 17+

**Purpose:** We create experiences that inspire our guests to discover, explore, enjoy and protect our aquatic world work as docents interacting with guests in our exhibits.

**Employment Works**

801 Yosemite St.  
Denver, CO 80230  
Phone: 303-828-7841

Contact: Jennifer Ross

Email: [jross@cpcoc.org](mailto:jross@cpcoc.org)

**Types of Disabilities Agency Can Accommodate:** Mobility, Visual (large print, Braille, etc.), Hearing (TTY), Cognitive, Speech, and Service Animals

**Opportunities available** 18+

Volunteers help youth during employment workshops, community outings and work one-on-one. The youth in our program see volunteers as role models and resources to help them with employment.

**Purpose:** The Pyramid to Independence Youth Initiative is an interactive program that engages youth in developing effective practices and behavior relating to obtaining and retaining employment. This initiative incorporates a series of daily and weekly courses that provide opportunities for youth to grow as individuals connect with their communities and progress towards independence and self-sufficiency. The curriculum focuses upon issues related to employment, leadership, academics and civic engagement with measurable outcomes being the eventual employment and independent living status of youth.

**Fountainhead Care Home**

1398 Zephyrs St.  
Lakewood, CO 90229  
Phone: 303-232-4431  
Contact: Sahra Moalim  
Email: [sahramoalim@msn.com](mailto:sahramoalim@msn.com)

**Types of Disabilities Agency Can Accommodate:** Mobility

**Opportunities available** 16+

Volunteers will interact with the residents in the home playing board games, piano, and reading books.

**Donor Alliance**

720 S. Colorado Blvd.  
Suite 800-N  
Denver, CO 80246  
Phone: 303-329-4747  
Contact: Jennifer Lange  
Email: [jlange@donoralliance.org](mailto:jlange@donoralliance.org)

**Types of Disabilities Agency Can Accommodate:** Mobility,

**Opportunities available** 18+

"Behind the Scenes" - Administrative Assistance: For those who prefer behind the scenes work, we have many different projects that can be accomplished at our office during the business day. These projects include filing, light typing, bulk mailings, labeling and preparing materials for community outreach events.

**Purpose:** Donor Alliance saves lives through organ and tissue donation and transplantation.

**Girls Inc. of Metro Denver**

1499 Julian St.  
Denver, CO 80204  
Phone: 303.893.4363 x124  
Contact: Elizabeth Green  
Email: [egreen@girlsincedenver.org](mailto:egreen@girlsincedenver.org)

**Types of Disabilities Agency Can Accommodate:** Mobility, Service Animals

**Opportunities available** 18+

Assisting our instructors as they facilitate Girls Inc. national curriculum; tutoring. All opportunities are available with girls ages 6-18.

**Purpose:** To inspire all girls to be strong, smart, and bold.

**Interfaith Hospitality Network of Greater Denver**

P.O. Box 40550  
Denver, CO 80204-0550  
Phone: 303-675-0713  
Contact: Kathryn Chaney  
Email: [IHNexecdirector@aol.com](mailto:IHNexecdirector@aol.com)

**Types of Disabilities Agency Can Accommodate:** Mobility

**Opportunities available** 18+

Office Assistant, Day site volunteer, children's activities and support for adult clients with computer and job skills development.

## **(Interfaith Hospitality Network of Greater Denver continued)**

**Purpose:** To enable an interfaith and community response to families who become homeless by providing shelter, meals, comprehensive assistance and encouragement towards self-sufficiency in an atmosphere of warmth and hospitality.

### **Metro Denver Bright Beginnings**

2505 18th St.

Denver, CO 80211

Phone: 303-561-2235

Contact: Monica Aden

Email: [monica.aden@unitedwaydenver.org](mailto:monica.aden@unitedwaydenver.org)

**Types of Disabilities Agency Can Accommodate:** Mobility, Hearing (TTY), Speech

**Opportunities available** 18+

Material Assembly: Assembling all the books and brochures that go into our parent gift bags.

**Purpose:** To provide all Colorado children up to age three with a bright beginning by providing their families with the tools to support their development through the critical first three years of life.

### **Metro Volunteers - Impact Program**

444 Sherman St., Suite 100

Denver, CO 80203

Phone: 303-282-1234 ext. 304

Contact: Brian Leftwich

Email: [brianl@metrovolunteers.org](mailto:brianl@metrovolunteers.org)

**Types of Disabilities Agency Can Accommodate:** Mobility, Service Animals

**Opportunities available** 18+

Varies, depending on project site. Impact Projects are hosted at a variety of nonprofit agencies throughout the metro Denver area including: Ronald McDonald House, The Spot, Project C.U.R.E. and World Vision.

**Purpose:** To mobilize and cultivate volunteers as a vital resource in our community. Our Impact program provides short-term volunteer opportunities in the evenings and weekends.

### **Metro Volunteers – Youth Mentoring Collaborative**

444 Sherman St., Suite 100

Denver, CO 80203

Phone: 303-282-1234 ext. 305

Contact: Cheryl Clark

Email: [cherylc@metrovolunteers.org](mailto:cherylc@metrovolunteers.org)

**Types of Disabilities Agency Can Accommodate:** Mobility, Visual (large print, Braille, etc.), Hearing (TTY), Cognitive, Speech, and Service Animals

**Opportunities available** 18+

The Youth Mentoring Collaborative is comprised of 16 mentoring agencies serving Denver. Metro Volunteers can help you find the mentoring opportunity that will be the best fit.

**Purpose:** By mentoring, you will strengthen our community and make a difference in the life of a young person. You don't need any special skills. Mentoring is simply making a commitment to a young person who will benefit from a positive adult role model.

**Mi Casa Resource Center for Women, Inc.**

360 Acoma St.

Denver, CO 80223

Phone: 1-866-844-0091

Contact: Stephanie C. Velasquez

Email: [svelasquez@micasadenver.org](mailto:svelasquez@micasadenver.org)

**Types of Disabilities Agency Can Accommodate:** Mobility

**Opportunities available** 21+

Answer phones; look up information to provide resources, both on a computer and on paper.

Also, that position needs a commitment of consistent hours, i.e. one day every week (+), for several months, the training is extremely lengthy.

**Purpose:** To advance the self-sufficiency of primarily low-income Latinas and youth.

**Museo de las Americas**

861 Santa Fe Dr.

Denver, CO 80204

Phone: 303-571-4401, ext. 28

Contact: Kristi Martens

Email: [kristi@museo.org](mailto:kristi@museo.org)

**Types of Disabilities Agency Can Accommodate:** Mobility, Hearing (TTY), Speech, Service Animals

**Opportunities available** Front Desk receptionist: answer phones, transfer calls, use cash register, and write messages. Make and prepare materials for art workshops for children by cutting, organizing, cleaning, and modeling craft materials. Database entry for membership or be a tour guide or docent and learn about exhibits and Latin American art and culture.

**Purpose:** The Museo de las Americas educate our society about the diversity of Latin American art and culture from ancient to contemporary.

**National MS Society, Colorado Chapter**

700 Broadway, Suite 808

Denver, CO 80203

Phone: 720-947-5763

Contact: Jaclyn Wilmot

Email: [jaclyn.wilmot@nmss.org](mailto:jaclyn.wilmot@nmss.org)

**Types of Disabilities Agency Can Accommodate** Mobility, Visual (large print, Braille, etc.), Speech, Service Animals

**Opportunities available** 16+

The National MS Society offers volunteer opportunities ranging from administrative to executive level. We enjoy working with volunteers on a consistent, yet flexible basis. We want to hear how you would like to make a difference in the life of someone with MS!

**Purpose:** To fight the devastating effects of MS.

**National Stroke Association**

9707 E. Easter Ln., Suite B

Centennial, CO 80112

Phone: 303-754-0917

Contact: Carol Griffin

Email: [cgriffin@stroke](mailto:cgriffin@stroke)

**Types of Disabilities Agency Can Accommodate:** Mobility, Cognitive, Speech and Service Animals.

**(National Stroke Association continued)**

**Opportunities available 15+**

Data entry Envelope stuffing Bundling materials possibly answer phones

**Purpose:** The public is dangerously misinformed about stroke, we aim to change that. Our mission is to reduce the incidence and impact of this life-threatening medical condition. We're here to save lives, improve quality of care and increase patient outcomes.

**PEAK Parent Center**

611 N. Weber, Suite 200

Colorado Springs, CO 80903

Phone: 719-531-9400 ext. 105

Contact: Becky Hane

Email: [volunteer@peakparent.org](mailto:volunteer@peakparent.org)

**Types of Disabilities Agency Can Accommodate:** Mobility, Visual (large print, Braille, etc.), Hearing (TTY), Cognitive, Speech, and Service Animals

**Opportunities available 16+**

Volunteers assist the office in a variety of ways including answering phones, making copies and packets, organizing the library, and other jobs

**Purpose:** PEAK provides training, information, and technical assistance to equip families of children with disabilities with strategies to advocate successfully for their children. As a result of Peak's services to families and professional, children and adults with disabilities live richer, more active lives participating as full members of their schools and communities.

**Project Angel Heart**

4190 Garfield St.

Denver, CO 80216

Phone 303-830-0202

Contacts: Megan Gibbons and Anne Treacy

Email: [volunteer@projectangelheart.org](mailto:volunteer@projectangelheart.org)

**Types of Disabilities Agency Can Accommodate:** Mobility, Visual (large print, Braille, etc.), Hearing (TTY), Cognitive, and Speech

All prospective placements will be evaluated individually.

**Opportunities available** Volunteers might home-deliver meals to clients, help with meal preparation, decorate meal bags, assist with mailings, and more!

**Purpose:** Project Angel Heart promotes the health, dignity and self-sufficiency of people living with HIV/AIDS, cancer and other life-threatening illnesses by providing nutritious, home-delivered meals with care and compassion.

**Rebuilding Together Metro Denver**

4100 E. Mississippi

Suite 710

Denver, CO 80246

Phone: 303-217-2077

Contact: Mary Brook

Email: [mary.brook@rebuildingdenver.org](mailto:mary.brook@rebuildingdenver.org)

**Types of Disabilities Agency Can Accommodate:** Mobility, Service Animals,

Located on the seventh floor, handicap accessible

**Opportunities available 18+**

Various office tasks including participation on the Homeowner Living Histories Committee. Phone calls to homeowner's who have previously received home rehabilitation to assess quality and further needs.

**(Rebuilding Together Metro Denver continued)**

**Purpose:** Rebuilding Together Metro Denver is a non-profit organization that works in partnership with the community to rehabilitate the houses of low-income homeowners, particularly those who are elderly and/or disabled, so that they may continue to live in warmth, safety and independence.

**Share Colorado**

9360 Federal Blvd.  
Federal Heights, CO 80260  
Phone: 303-725-7945  
Contact: Timothy Lee Yeaple  
Email: [tyeaple@ccdenvver.org](mailto:tyeaple@ccdenvver.org)

**Types of Disabilities Agency Can Accommodate:** Mobility, Visual (large print, Braille, etc.)

**Opportunities available 15+**

Putting packages together, tying bags, bagging produce.

**Purpose:** To supply food for food banks and low-income families.

**The Salvation Army**

(Throughout the 5 county metro areas)  
Phone: 303-866-9280  
Contact: Mary Orem  
Email: [mary.orem@usw.salvatoarmy.org](mailto:mary.orem@usw.salvatoarmy.org)

**Types of Disabilities Agency Can Accommodate:** Mobility, Visual (large print, Braille, etc.), Hearing (TTY), Cognitive, Speech

**Opportunities available 18 +**

Mailings, sorting canned goods

**Purpose:** To meet human needs without discrimination.

**Warren Village, Inc.**

1323 Gilpin St.  
Denver, CO 80218  
Phone: 303-320-5035  
Contact: Naomi Taggart  
Email: [ntaggart@warrenvillage.org](mailto:ntaggart@warrenvillage.org)

**Types of Disabilities Agency Can Accommodate:** Mobility, Visual (large print, Braille, etc.), Hearing (TTY), Cognitive, Speech, and Service Animals Job coaches may be needed depending on the disability/need. Accommodations will be made so that volunteers can participate in any activities that interest them.

**Opportunities available 16 +**

Childcare/activities with children, teaching evening life skills classes, clerical, holiday events, fundraising membership guild.

**Purpose:** Warren Village exists so that low-income single parent families achieve sustainable personal and economic self-sufficiency.

**West Metro Fire Rescue**

433 S. Allison Pky.  
Lakewood, CO 80226  
Phone: 303-989-4307, ext. 537  
Contact: Susan Saito  
Email: [ssaito@westmetrofire.org](mailto:ssaito@westmetrofire.org)

**(West Metro Fire Rescue continued)**

**Types of Disabilities Agency Can Accommodate:** Mobility, Cognitive, Speech

**Opportunities available** 18+

The "Friday Afternoon Club" meets on the first and third Friday of the month from 1-3pm to help prepare Kids Club mailing materials and Community Outreach program handouts. \*Application, Interview, Background and training request.