

DISABLED



The organizations below have dedicated themselves to helping people with developmental or physical disabilities, supporting them with important services and helping them lead more comfortable, happier lives. You can assist visually impaired people with reading and writing letters, lead recreation programs for mentally handicapped athletes, work with autistic children, or guide a kayaking trip for people with special needs.

Canine Companions for Independence (F)

Santa Rosa, Santa Rosa
707 577-1738

Email: **Web:** www.caninecompanions.org
Minimum age: 11 **W/parental supervision:** ANY
Bus lines: **BART:**

At Canine Companions for Independence, your family can help provide nurturing, safe homes, and training for puppies 12 to 14 months. These puppies are then returned to the agency to provide assistance to persons with disabilities.

Environmental Traveling Companions

Fort Mason Center, Building C, San Francisco
415-474-7662 x10

Email: Sue@etctrips.org **Web:** www.etctrips.org
Minimum age: 17 **W/parental supervision:** 15
Bus lines: 28, 30, 42, 49, 47, 22 **BART:** Civic Center

Environmental Traveling Companions (ETC) provides outdoor and environmental education programs for special needs population: people who are visually-impaired, hearing-impaired or developmentally disabled; people with terminal illness; and youth-at-risk. Enthusiastic volunteers can be a guide and help run trips. ETC will provide the training so that you can help out with sea kayaking, cross country skiing, and white water rafting trips.

Independent Living Resource Center SF

649 Mission Street, 3rd Floor, San Francisco
415-543-6222

Email: info@ilrcsf.org **Web:** www.ilrcsf.org
Minimum age: 18 **W/parental supervision:** 16
Bus lines: 42, 8, all **BART:** Montgomery St.

The Independent Living Resource Center provides direct services, information, and advocacy to people with disabilities in order to empower them with the skills necessary to live independently in the community. Call to get information on volunteer opportunities.

Laguna Honda Hospital (F,G)

375 Laguna Honda Boulevard, San Francisco
415-759-4589

Email: nessa_rodgers@chnsf.org **Web:**
Minimum age: 14 **W/parental supervision:** Any
Bus lines: K, L, M, 44, 43, 52, **BART:** Muni

Our residents love to have children and young adults around! Come and read to them, play games or lead them in activities. Will accept school groups as well.

Meals on Wheels of SF (F,G)

1375 Fairfax Avenue, San Francisco
415-920-1111 x231

Email: rfitzwilson@mowsf.org **Web:** www.mowsf.org
Minimum age: 16 **W/parental supervision:** 10-13
Bus lines: 44, 15, 24 **BART:** Powell Street

Meals on Wheels serves over 2000 meals daily to San Francisco seniors. Volunteers can help with meal delivery to the homebound, or with the hot lunch service offered to more than 400 seniors who dine Monday through Friday at our Post and Mason St. location. Other volunteer opportunities include friendly visiting with homebound seniors and our shopping assistance program. Administrative assistance is always welcome in our offices.

RCH, Inc. (Recreation Center for the

207 Skyline Boulevard, San Francisco
415-665-4100 x1826

Email: aharris@rchinc.org **Web:** www.rchinc.org
Minimum age: 16 **W/parental supervision:** 14
Bus lines: 18 Stonestown **BART:**

We provide programs for recreation, vocational rehabilitation and supported employment, adult development, children's services and respite-care services for disabled individuals. Help with recreational programs such as swimming, arts and crafts, sports, games, entertainment and more. Call to find out how you can get involved.

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Special Olympics (F,G)

109 Stevenson Street, 5th Floor, San Francisco
415-593-3250

Email: andy@sonc.org

Web: www.sonc.org

Minimum age: 14

W/parental supervision: 10

Bus lines: 48, 66, 71

BART: Civic Center

The Special Olympics is a special organization which offers sports training and competition for mentally handicapped athletes in SF. As a volunteer you will assist recreation program leaders in events such as track and field, swimming, bowling, soccer and other sports. Volunteers are also needed to answer phones, help with mailings, and data entry.

St. Luke's Hospital (G)

3555 Cesar Chavez Street, San Francisco
415-641-6538

Email: dancag@sutterhealth.org

Web: www.stlukes-sf.org

Minimum age: 15

W/parental supervision: 15

Bus lines: 14, 49, J

BART: 24th Street Mission

St. Luke's Hospital provides a large range of inpatient and out-patient care to anyone in need. Volunteers can visit with patients, greet and assist the public in the gift shop or at the information desk or support patients by assisting with clerical tasks. Call for more information.

The Sapling Project (F)

1140 Sutter Street #211, San Francisco
415-563-7458

Email: deborahmichelle@earthlin

Web:

Minimum age: 16

W/parental supervision: 14

Bus lines: 19, 2, 3, 4

BART: Civic Center

We provide jobs in high tech for persons with severe mental illness. We are looking for young people with computer knowledge to assist us with repairing and trouble-shooting PC's. Adult supervision is required.

Treasure Island Sailing Center (F, G)

Pier 12 at Clipper Cove, San Francisco
415-421-2225

Email: tisailing@yahoo.com

Web: www.tisailing.org

Minimum age: 14

W/parental supervision: 8

Bus lines:

BART:

TISC provides summer sailing and water adventure camps for kids aged 7-10yrs of age. We invite youth volunteers to join us and learn about water safety, boat maintenance and how to organize safe and educational experiences. We also have many kids with varying physical abilities that may need varying levels of assistance.

United Cerebral Palsy of the Golden Gate

1970 Broadway, Suite 600, Oakland
510-832-7430 x14

Email: dshaw@ucpgg.org

Web: www.ucpgg.org

Minimum age: 15

W/parental supervision: 15

Bus lines: 24,48

BART: N Judah

United Cerebral Palsy Association serves people with developmental and/or physical disabilities and their families through programs and services. The Swim Program is for children ages 3 and up on Wednesdays and Saturdays. Volunteers will get to know children and youth with disabilities, and will learn how to be team players.