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# YOUTH PULSE volunteer!

**Youth Pulse is here to show you how to get plugged into where your community needs you most. Get involved and show how important youth involvement is to the Bay Area! Each month we focus on a different community need and highlight volunteer opportunities that will allow you to apply your talents and skills to that need and give back to your community!**

It's February, and we've all been a little too cooped up as the temperature dipped low and cold these past few months. It's getting warmer, and winter's end is finally in sight, so what do you say we put on some ratty clothes and get dirty doing some volunteering outside ... to improve our neighborhoods!

Our Bay Area nonprofit community can always use your help, and there's a ton of weekend, afternoon and evening volunteer opportunities available that will fit right into your busy schedule, so take a look!

## Youth Pulse Highlight

The Hayes Valley Neighborhood PARKS Group provides programs and projects that empower youth and their families to be healthy, safe and to positively impact their community. Bi-monthly, the Hayes Valley Neighborhood PARKS Group hold a park and garden clean-up at Koshland Park, and they need your help with pruning and weeding, planting and mulching, sweeping and picking up trash.



Nora Brereton, Program Coordinator for the Hayes Valley Neighborhood PARKS Group, says, "Youth volunteers bring so much energy to our clean-ups." Tools, gloves and refreshments are available for volunteers, so all you need to bring is warm work clothes and close-toed shoes.

"Our youth volunteers always have so much fun," Nora says, "They show up with the mindset to have fun and help out and that's what they do."

[To have fun and beautify Koshland Park, click here!](#)

## Teach Kids to Love Nature and Learning!

Environmental Volunteers (EV) wants all children to become responsible stewards of the Earth through learning about the environment and by being inspired by the natural world - and that's where you come in. To become an environmental volunteer, all you need is a love of children, nature and learning!



**Environmental  
Natural Science Educators  
Volunteers**

Many of EV's volunteers have no teaching experience or background in natural science when they first join EV. EV provides all the training, mentoring and materials you need to become a natural science educator ... so if you enjoy the outdoors, and you want the opportunity to teach kids on field trips across the Bay Area, this may be the right volunteer opportunity for you!

[To promote peace on Earth, click here!](#)

## Make Bookmarks for the Environment!

The San Mateo County Department of Parks and the San Mateo County Parks Foundation are working together to spread the word about the department's 17 separate parks, three regional trails and numerous other county and local trails encompassing 15,680 acres in San Mateo County.



The San Mateo County Department of Parks is looking for volunteers who can help prepare unique handouts for their booth at the San Francisco Flower Show by making beautiful flower bookmarks with seed packets of locally grown flowers. So if you're feeling crafty and you want to help support the San Mateo County Department of Parks and the San Mateo County Parks Foundation's initiatives, this could be the volunteer opportunity you've been waiting for!



You won

[To spread the word at the San Francisco Flower Show, click here!](#)

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**Become a Friend of the Urban Forest!**

Friends of the Urban Forest wants to increase the number of trees in our urban ecosystem while fostering community bonds through cooperation and volunteerism. Sound good? Believe me, it is! By planting trees, volunteers just like you contribute to the whole community while directly benefiting the neighborhoods nearest and dearest to their hearts.



Chances are you'll be getting dirty, so make sure to wear clothes that can get messy. And don't worry if you're lacking in arboreal skills, because planting techniques are demonstrated before planting begins.

[To make San Francisco a greener community, click here!](#)

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There are so many different ways to volunteer!

The Volunteer Center website has plenty ways for you to get involved. If you didn't find what you're looking for in this month's Youth Pulse, why don't you check out [www.thevolunteercenter.net](http://www.thevolunteercenter.net), and see what you can find? I'll be back next month for with more volunteer opportunities in February's Youth Pulse. In the meantime, keep volunteering!

Peace,  
Damien

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The Volunteer Center Serving San Francisco and San Mateo Counties

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