



2008 Women's Leadership Council Volunteer Opportunities

Consider Volunteering to Help Young Teen Girls - The Following Triangle United Way Agencies Need Your Talents

Agency Name	Mentoring Opportunities		Speaking Opportunities		Contact Person and Comments or Other Volunteer Opportunities
	Number	Time Commitment	Speaking Topics	Time Commitment	
Big Brothers Big Sisters of the Triangle	50 for D 20 for O 20 for W	One hr training plus 4 - 8 hrs/month for 1 year	Careers, finance, conflict resolution, etiquette	3-4 hours per year	Andie Thomas-Young, 850-9772, ayoung@bbbstriangle.org
Boys & Girls Club of Wake County	22 total	Varies by club; 1 – 5 hours/week	Career choices and careers in business, arts, medical, law, counseling, law enforcement, design, and architecture. Higher education, motherhood and career, setting goals, overcoming obstacles, peer pressure, hygiene, etc.	Varies by club; 30 min. to 1-2 hours per week or month	Brentwood: Pepe Caudillo 790-8284 pcaudillo@wakebgc.org Wake Forest: Jessica McDade 556-7266 jmcdade@wakebgc.org Washington: Ashlea Hitchcock 508-9079 ahitchcock@wakebgc.org Zebulon: Lamont Watkins 404-3625 lwatkins@wakebgc.org Other volunteer opportunities: job shadowing & college tours
Chapel Hill-Carrboro YMCA	10	1-2 hours per week	No speaking opportunities at this time	442-9622	Whitney Kahn wkahn@chcymca.org Julie Wells jwells@chcymca.org
Durham Crisis Response Center	2	1-2 hours per week	Call Leslie Thompson 403-9425 or email her at: lhompson@durhamcrisisresponsecenter.org Volunteers needed to work with teen advisory board to speak to community teens re issues such as: dating violence and sexual assault among teenagers; training would be provided.		
FYI (Fuquay-Varina Youth Initiative)	2	Once a wk for 30-45 min. on Tues. or Thurs. 2-6pm	Self-esteem, hygiene, friendship, careers	30-45 minutes as time permits	Chiffonda Holloway 557-5670 chiffonda.holloway@co.wake.nc.us
Interact (Wake)	varies	1-2 hours per week	Bullying, cyber safety, sexual harassment and healthy relationships	2-4 hours per month	To become a Youth Educator or a Child Advocate, contact Katie Lee 828- 7501 Ext 226 katiel@interactofwake.org
John Avery Boys & Girls Club (Durham)	20-25	2 hours trng plus 2 hrs/week for one yr	Career development, hygiene, eating habits, life skills	One hour per month for 3-4 months	Fred Bennett 687-4517 fbennett@johnavery.org
Haven House (Wake)	10-15	3-6 hrs training plus 2 hrs per week for 1 year	Career & vocational exploration, resume writing, decision-making, leisure, hygiene, etc.	Bimonthly speaking sessions	Kelsey Mosley 833-3312, ext. 119 kmosley@havenhousenc.org Other: Coordinating group activities for mentors & their young people that are educational &/or expose them to leisure activities.
Orange County	Varies	One hour trng plus	Resume writing, dress for	1-2 hours as	Iris Fuller 245-2057 Iris_Fuller@ncsu.edu

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4-H		2-4 hours per month	success, respecting diversity, dismantling oppression	time permits	Other: CPR, First Aid training, community service opportunities, collecting stuffed animals for youth from broken homes or canned food for Food Bank
Pines of Carolina Girl Scout Council	20-40 mentors	10-15 hrs over 6-7 months	Any topic that helps girls grow, develops leadership skills & broadens their knowledge.	At least one speaking session	Cindy Kelley-Deaton 782-3021 cdeaton@pinesofcarolina.org Other: Troop/Group Advisor (or member), special interest group facilitator, alpine tower challenge course (belayer/facilitator)
Volunteer Center of Durham	25+	3 hrs training plus 2 hrs/week for 1 year	Speak to first time teen mothers @ an array of topics	At least one speaking session	Tasha Melvin 688-8977, ext. 25 tasha@thevolunteercenter.org Work in partnership with DSS on an Adolescent Parenting Program
Volunteers for Youth (Orange)	10	3 hr. training plus 2 hrs a wk for 1 year	None at this time	967-4511	Scott Dreyer sad@volunteersforyouth.org Nicole Hunter rnh@volunteersforyouth.org
The Women's Center (Orange)	15-20	4 hrs trng plus 2 hrs/week for 1 year	Health Professionals to speak on women's health related issues	At middle schools from 3:30 to 5 pm as time permits	Kristi Page 968-4610 kpage@womenspace.org Health professionals to serve on Community Advisory Board for Teens Climb High Program
YMCA of the Triangle	15-20	10 hours per month	Speak on current issues and education	As time permits	Lisa Humphrey 719-9633 Lisa.humphreys@ymcatriangle.org

If you decide to volunteer, we ask that you:

- A. Consider pairing up with other women to form a volunteer mentoring group/team**
- B. Contact the agency directly**
- C. Call Linda Tудay at 463-5032 or email her at ltuday@unitedwaytriangle.org to let us know where you are volunteering**

Other Triangle United Way Member Agencies That Serve Young Teen Girls in Their Youth Programs

1. Adolescent Pregnancy Prevention Coalition of NC
2. American Red Cross, Triangle Area Chapter
3. The Arc of Orange County
4. Child and Parent Support Services
5. Dispute Settlement Center
6. Durham Child Development and Behavioral Clinic
7. Durham Companions
8. Garner Rd. YMCA
9. HopeLine
10. Hospice of Wake County
11. Orange County Rape Crisis Center
12. Salvation Army-Boys and Girls Club
13. Southlight
14. Wake Teen Medical Services
15. YWCA of the Greater Triangle

For a complete listing of Triangle United Way Member Agencies, please visit our website at www.triangleunitedway.org and click on member agencies.