

# 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!

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### April

2009

It's gotten warmer outside, the sun's staying out longer and it's finally Spring! Nature has started its cycle of rebirth, and as the world renews itself, our community's doing the same ... because in April we'll be celebrating National Volunteer Week on April 19- 25, 2009 and Global Youth Service Day on April 24, 25 and 26, 2009 as well!

With these two events at the forefront of our community service radar, you can imagine that we've got a ton and-a-half of volunteer opportunities in this month's Youth Pulse that will help you connect to organizations whose volunteer opportunities ... promote fitness. It's beautiful outside, so why don't you check out the volunteer opportunities available in April's Youth Pulse!

### Youth Pulse Highlight

Help The Volunteer Center celebrate the successes of National Volunteer Week and community volunteers and then be celebrated yourself at this incredibly fun event!

**the volunteer center**  
Serving San Francisco and San Mateo Counties

On May 6, 2009, from 4:30 - 7:30 pm, The Volunteer Center is hosting a volunteer celebration event called Hats Off! A Celebration of Volunteer Heroes!

Julia Love, the Associate Director of The Volunteer Center says, "Volunteering at Hats Off! is a great experience for any youth volunteer." Shifts are convenient because they take place after school and are specifically set-up so that you will have plenty of time to volunteer and to participate in the event and enjoy the Hats Off! celebration. Julia continues, "Hats Off! wouldn't be successful if not for youth volunteers. The youth who took part last year really enjoyed the volunteering experience and participating in the party when their shift was complete."

The Volunteer Center is hoping you will help make Hats Off! a success! Opportunities to assist at the event range from greeting guests to bussing tables to operating a coat check, and Hats Off! is a great opportunity to meet some of the movers and shakers in the Bay Area nonprofit and business community!

For more information on the shifts and jobs that are available, please [click here!](#)

### Become a Teen on Trails!

Teens on Trails wants you to use some of your time off to help the Golden Gate National Parks Conservancy



Parks Conservancy  
restore some of our  
community's renowned  
National Parks!



Teens on Trails has scheduled programs throughout the year at sites all over the Bay Area, in: Marin, the Presidio, San Francisco County and San Mateo County. Teens on Trails needs your help to perform trail maintenance and habitat restoration along some of the most scenic trails in these areas.

These projects are exclusive to teens, so plan a chunk of time to come with your friends, classmates or your school club. The next date is Saturday, April 25th - National Youth Services Day, Arbor Day, and the last day of National Volunteer Week!

For more information on how you can get involved, please [click here!](#)

### Lend a Hand to After School Fitness!

The Sequoia YMCA in Redwood City is looking for assistants for their Fit Kids after school fitness program!

You'll get the opportunity to teach Fit Kids participants the benefit of physical activity and good nutrition by helping lead fun, interactive games and team sports.



The Sequoia YMCA is hoping for your help in running this program from 3:30 - 5:00 pm on weekdays. The program takes place in five locations, at: John Gill, Hawes, Fair Oaks, MIT and Kennedy schools.

To help Fit Kids keep kids fit, please [click here!](#)

### Bring Hope to Budding Scholars!

San Francisco's Boys Hope Girls Hope scholars are academically capable youth who come from home environments that are unable to support them realizing their full potential.



These youth enter Boys Hope Girls Hope's structured environment between the ages of 10 and 14, and then live in the home throughout high school and receive ongoing support through college. Isn't that amazing?!

What Boys Hope Girls Hope needs you to do is to organize informal games, such as: softball, basketball, flag football, or soccer. These games will take place on the weekend and will include four or more youth.

If you want to organize sports games for motivated youth, please [click here!](#)

There are always so many different ways to get involved, aren't there?

[The Volunteer Center website](#) has plenty more ways for you to get involved, too! If you didn't find what you're looking for in this month's Youth Pulse, why don't you stop by the site and see what you can find? I'll be back next month for a Spring Edition of Youth Pulse. In the meantime, keep serving your community!

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Peace,  
Damien

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