

Benefits of Volunteering

Whether it is important to you to solve a community problem, advance a worthy cause or to develop as a person, volunteering offers many benefits in appreciation for the gift of your time and expertise.

Volunteering can help you:

- Make important networking contacts
- Learn or develop skills
- Teach your skills to others
- Enhance your résumé
- Gain work experience
- Build self-esteem and self-confidence
- Improve your health
- Meet new people
- Feel needed and valued
- Express gratitude for help you may have received in the past from an organization
- Communicate to others that you are ambitious, enthusiastic and care about the community
- Make a difference in someone's life
- Improves the likelihood that children will volunteer as an adult

***Each of us has special talents.
Things we can do to help.
Put your talents to work for
our community.***

Inside this brochure you will find a list of some of the agencies and organizations in our community that need volunteers.



The Volunteer Center
A Program of the
United Way of Washington County Tennessee
926 W Oakland Ave. Suite 214
PO Box 4039
Johnson City TN 37602

Phone: 423.282.0404
Fax: 423.282.5782

**VOLUNTEER
OPPORTUNITIES**
in
our
community



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Tel: 423.282.0404

Volunteer opportunities in our community....

Children/Youth Services

Big Brothers Big Sisters of East TN	247-3240
Boys & Girls Club of JC/WC	461-4560
CASA of Northeast Tennessee	461-3500
Coalition for Kids	434-2031
FTHRA- Foster Grandparents	639-8462
Family Promise of Greater JC	202-7805
Girl Scout Council of the Southern	929-8185
Girls Inc. of JC/WC	928-4251
Johnson City Schools Shoe Fund	434-5200
Rise Up	610-1242
Sequoyah Council Boy Scouts	952-6961
Teen Talk Line- Contact Ministries	926-0145
Washington County Schools Food,	434-4920

Crisis Services

American Red Cross	928-3561
Appalachian Regional Coalition on Homelessness (ARCH)	928-2724
Avalon Hospice	282-0062
Contact Ministries, Inc.	926-0144
Family Promise of Greater JC	202-7805
Good Samaritan Ministries	928-0288
Haven of Mercy Rescue Mission	929-0616
Holston Homes for Children	787-8753
Ronald McDonald House	975-5437
Safe Passage (Domestic Violence Shelter)	232-8920
The Salvation Army	926-2101
Sexual Assault Center of East TN	788-3474
Shepherd's Inn	542-0180
SteppenStone Youth Treatment Services	257-8600

Crisis Services (con't)

Washington County Neighborhood Service Center	928-7327
Washington County Rescue Services	975-5500

Education/Tutoring/Mentoring

Family Promise of Greater JC	202-7805
FTHRA- Foster Grandparents	639-8462
Johnson City Public Library	434-4450
Johnson City Public Schools	434-8520
Junior Achievement Tri Cities TN	392-8845
RSVP- Retired & Senior Volunteer Program	246-6180
Service Learning- Volunteer ETSU	439-4254
SCORE- Service Corp of Retired Executives	461-8051
Washington County Dept of Education	434-4920

Elderly Care

Adult Day Services	928-8855
Appalachian Christian Village	877-477-9445
Asbury Place of Johnson City	794-1403
First TN Area Agency on Aging	461-7769
Four Oaks Health Care	753-8711
FTHRA- Nutrition/Special Aging Project	461-7769
Johnson City Seniors Services	434-6237
John Reed Home for the Aged	257-2609
Jonesborough Area Senior Center	753-5201
Lakebridge Health Care Center	975-0095
Legal Services/Long Term Care Ombudsman	928-8331
Upper East TN Human Development	246-6180
Wellington Place	915-0110

Health/Nutrition

Alzheimer's Association	928-4080
American Cancer Society	926-2921
FTHRA- Nutrition Program	461-7769
Keystone Dental Care, Inc.	232-7919
March of Dimes	461-8840
Mountain States Health Alliance	431-6111
National Kidney Foundation of East TN	323-1650
NE TN Minority Health Coalition	341-5653
Second Harvest Food Bank of NE TN	477-4053
The Melting Pot- Good Samaritan Ministries	928-0288
The Salvation Army	926-2101
VA Medical Center	979-2891

Home Building/Repair/Maintenance

Appalachian Service Project	854-4428
Family Promise of Greater JC	202-7805
Holston Habitat for Humanity	926-2101

Respite/Rehab/Special Needs Care

Adult Day Services	928-8855
The Arc of Washington County	928-9362
Avalon Hospice	282-0062
Crumley House Rehabilitation	257-3644
Caris Health Care (Hospice)	929-2044
Dawn of Hope	434-5600
Washington County Community Residential Services	928-2752

Theatre/Arts/History

Heritage Alliance of NE TN	753-9580
Johnson City Area Arts Council	928-8229
Johnson City Community Theatre	926-2542
Rocky Mount Historical Site	538-7396
Tipton-Haynes Historical Site	926-3631

Community Collaboration

The Volunteer Center	282-0404
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