

Volunteer opportunities across the Bay Area

270 organizations in nine counties, verified one by one against what each organization publishes about itself.

Organized by the kind of work, then by county. Animal welfare, food security, parks and open space, housing, seniors, veterans, youth, health and crisis response, disability services, libraries and museums, and disaster response.

Companion document: *How to Apply*, with contact details, application steps, screening requirements and training for every organization in this guide.

What this is

270 volunteer opportunities across the nine Bay Area counties, grouped by the kind of work and then by county. Every organization here was checked against its own website in September 2026, and every figure in these pages comes from what that organization publishes about itself.

Where an organization does not publish something, this guide says so rather than filling the gap. “Not stated” means the question is worth asking on the phone, not that the answer is no. A companion document, *How to Apply*, carries the full contact details, application steps and screening requirements for every organization listed here.

How to use it

Three things decide most of whether a placement will work, and all three are printed on every entry. **Age** rules vary more than people expect: a 12-year-old can volunteer at Berkeley Humane with a parent, a 9-year-old at Sonoma County Animal Services, and nowhere at most wildlife hospitals. **Commitment** ranges from a single Saturday morning to two years, and organizations that ask for six months mean it, because they are paying for your training. **What volunteers actually do** is listed in the organization's own terms, because “animal care” means kennel cleaning far more often than it means puppies.

If you want to start this month with minimal friction, look for the food banks, the habitat restoration workdays, and the single-day roles at Special Olympics Northern California. If you want something that compounds, look at the crisis lines, court-appointed advocacy and hospice programs, which train you seriously and ask for a year or more in return.

Contents

Animal shelters, rescues and fostering	61 organizations
Wildlife and marine rehabilitation	12 organizations
Service and assistance dogs	7 organizations
Therapy animal teams	7 organizations
Equine, farm sanctuaries and veterinary support	10 organizations
Food security	36 organizations
Parks, open space and environment	40 organizations
Housing, homelessness and shelter	23 organizations
Seniors, hospice and homebound support	16 organizations
Veterans and military families	14 organizations
Youth, education and mentoring	11 organizations
Health, crisis and survivor support	11 organizations
Disability and inclusion	6 organizations

Museums, libraries and civic life	9 organizations
Disaster and emergency response	5 organizations
Where to search next	6 organizations

Changed, closed or renamed

Volunteer lists go stale quietly. These are organizations that older Bay Area lists still name, with what actually happened to them. If you have an existing list, this is the page to check it against.

ORGANIZATION	WHAT CHANGED
Rebuilding Together Oakland/East Bay	Closed in March 2024 after 35 years. A separate organization, Rebuilding Together East Bay Network in Berkeley, is active and is listed in this guide. Habitat for Humanity East Bay/Silicon Valley has expanded into some of the same work.
East Bay Stand Down	The board ended the four-day stand down format in February 2022 and cancelled all community meetings. No successor program or future event year has been announced. Do not plan around it.
The Mission Continues	Acquired by the Travis Manion Foundation in September 2025. The old website now redirects, and the brand was retired in August 2026. Travis Manion Foundation lists a Bay Area chapter and is in this guide.
VolunteerMatch	Merged into Idealist in early 2025. volunteermatch.org now redirects to Idealist, which is in this guide. Old bookmarks still work but land somewhere new.
Wildlife Center of Silicon Valley	Now part of Peninsula Humane Society & SPCA. Volunteering routes through the PHS Wildlife Care Center in Saratoga; the San Jose site on Penitencia Creek Road is an intake point only.
Hopalong Animal Rescue	Became part of Marin Humane in 2021. The Oakland-based foster and adoption work continues under Marin Humane.
Tony La Russa's Animal Rescue Foundation	Now Joybound People & Pets. The organization ended its affiliation with the La Russa family in March 2023. Same Walnut Creek location, same programs.
Pets Unlimited	Merged into the San Francisco SPCA in 2014. Its veterinary hospital is now the SF SPCA Veterinary Hospital.
Downtown Streets Team	Announced the closure of all operations effective October 31, 2025.
HandsOn Bay Area	Status unclear. The website is live with no closure notice, but its opportunity calendar returns no events and its most recent published figures are from 2023. Call 415-541-9616 or email info@handsonbayarea.org before counting on it.
Golden Gate Audubon and Santa Clara Valley Audubon	Both renamed to Bird Alliance: goldengatebirdalliance.org and scvbirdalliance.org . Old domains redirect.
Marin County Parks	Moved from marincountyparks.org to parks.marincounty.gov . Older links in circulation will break.
Hospice by the Bay	Now By the Bay Health, serving Marin, San Francisco, San Mateo and Sonoma counties.
Contra Costa County Veterans Service Office	Still operating at 10 Douglas Drive, Martinez, 925-313-1481, with outstations in San Pablo, Danville and Brentwood. It is a benefits office, not a volunteer placement, and publishes no volunteer program. Useful as a referral and as a county partner for Veterans Day and Memorial Day observances.
Ombudsman Services of San Mateo County	Now AgeUp. The long-term care ombudsman volunteer program continues, with 36 hours of certification training.

Open, but not right now

These organizations are active and are listed in this guide, but were not taking new volunteers into the noted program when it was compiled. Check before you invest time in an application.

ORGANIZATION	STATUS
San Francisco SPCA Animal-Assisted Therapy	Not currently accepting new volunteers. General SF SPCA volunteering is open.
Pets In Need weekly volunteer roles	Recruitment for weekly positions resumes in Spring 2027. Drop-in roles are open now.
Furry Friends Rescue Junior and College program	Paused until regular adoption showcases resume.
Mini Cat Town	Volunteer programs at several locations are on hold at capacity.
Institute on Aging	Currently seeking Friendship Line volunteers and corporate groups only; other opportunities are on hold.
Humane Society Silicon Valley	Most roles are filled from a waitlist rather than open recruitment.
Humane Society of Sonoma County	The next New Volunteer Orientation is full. The site asks people to check back at the beginning of the new year for upcoming orientation dates.
Land Trust of Napa County field trip leaders	Not actively recruiting, though expressions of interest are welcomed. Stewardship days are open.

Animal shelters, rescues and fostering

Municipal shelters, private shelters, breed and species rescues, community cat groups and foster networks. Most want a six-month commitment; the exceptions are noted.

ALAMEDA COUNTY

BADRAP

Oakland

ROLES	Barn Crew dog care, foster, Public Outreach team (veterinary assistance, language translation, dog handling, paperwork), transport, fundraising, event planning, work parties, skills-based support
AGE	Not stated
TIME	Barn crew is shift-based; foster until adoption; work parties 4 to 8 hours; skills-based roles as little as a few hours a year
WEB	badrap.org/how-help/volunteering-with-badrap/

Berkeley Animal Care Services / Friends of BACS

Berkeley

ROLES	Dog volunteer (walks, playtime, leash practice, puzzle games), cat volunteer, lobby ambassador
AGE	Ages 14 to 15 with a parent or guardian present at all trainings; 16 to 17 independently with parental consent; no maximum stated
TIME	6 to 8 hours of training spread over a few weeks, then a minimum of 1 hour per week for 6 months. No fixed shifts; volunteer during any business hours, seven days a week.
WEB	friendsofbacs.org/volunteer

Berkeley Humane

Berkeley

ROLES	Solano and Ashby thrift store support, veterinary clinic support, adoptions, office assistance, working with adoptable animals, foster coordination, event support
AGE	At least 12. Ages 12 to 15 volunteer with a parent or guardian at a 1:1 ratio; 16 and older may volunteer independently with a signed release form
TIME	No minimum requirement. Thrift shop roles work best with a regular weekly shift.
WEB	berkeleyhumane.org/volunteer/

Cat Town

Oakland

ROLES	Adoption center host, cat socializer for under-socialized cats, foster, facilities and operations, transport, administrative and IT support
AGE	18 years of age or older
TIME	4 hours per month for the first 3 months
WEB	cattownoakland.org/volunteer

East Bay SPCA

Oakland and Dublin

ROLES	Feline and canine animal care, shelter care, enrichment creation, pet food pantry assistance and distribution, spay/neuter transport and clinic assistance, surgical support, event ambassador, facilities, training class assistant
AGE	18 and older; 16 to 17 may volunteer independently with a waiver signed by a parent or guardian; 10 to 15 welcome as an adult/child team, one child per adult
TIME	Minimum 6 months or 50 hours of service
WEB	eastbayspca.org/how-to-help/become-volunteer-foster/volunteer

Friends of the Alameda Animal Shelter

Alameda

ROLES	General shelter volunteer positions, public dog walking, foster
AGE	Not stated
TIME	Not stated
WEB	alamedaanimalshelter.org/volunteer/

Furry Friends Rescue

Fremont

ROLES	Foster homes for dogs and cats, adoption showcase support, adoption counseling, post-adoption follow-up calls, digital photography, event lead, transport, shelter outreach photography
AGE	Junior volunteers must be 12 or older and attend orientation with a parent or guardian; college volunteers 18+
TIME	Junior and college volunteers commit to a minimum of 24 hours of service; foster until adoption
WEB	furryfriendsrescue.org/volunteering

Hayward Animal Shelter

Hayward

ROLES	Socializing dogs, cats and rabbits, dog walking, kennel assistance, grooming, transport to rescues and vet appointments, adoption outreach, special events, social media, photography, front office
AGE	The city page states 18 and older. The affiliated haywardanimals.org page states 10 to 15 with an adult guardian and 16 to 17 independently. Call the shelter to confirm before relying on either.
TIME	Minimum 10 hours a month, with a commitment of at least a year
WEB	hayward-ca.gov/services/city-services/volunteer-animal-shelter

Hopalong Animal Rescue

Oakland

ROLES	Foster families, mobile adoption event support, animal transport, cat care
AGE	Not stated
TIME	Not stated
WEB	marin humane.org/get-involved/hopalong-foster-program/

Island Cat Resources and Adoption

Alameda

ROLES	Weekend adoption events at Petco, fostering, trap-neuter-return, fundraising and grant writing, administration and bookkeeping, communications and social media, photography and graphic design, transport to spay/neuter clinics
AGE	The application asks whether you are over 21 as a required field
TIME	At least once a month for 6 months
WEB	icraeastbay.org/get-involved/volunteer/

Oakland Animal Services

Oakland

ROLES	Transport, translation, events, enrichment, dog foster program assistance, animal bio writing, social media, adoption events, doggie day outings, grooming and bathing
AGE	18 and older. Ages 15 to 18 may volunteer in enrichment or foster roles only if volunteering together with an adult who also completes the training.
TIME	Minimum 50 hours over 6 months; most roles a 2-hour shift on the same day and time each week. A three-month minimum may be possible; ask the coordinator.
WEB	oaklandanimalservices.org/how-to-help/volunteer/how-to-volunteer/

Ohlone Humane Society

Fremont

ROLES	Pet therapy with your own certified animal, wildlife rehabilitation (seasonal, April to September), Pet Meals-On-Wheels driving, administrative support, foster and trap-neuter-return assistance, fundraising, event booths, social media
AGE	No minimum stated for adults. Youth: opportunities available to children of any age with parental supervision.
TIME	Not stated
WEB	ohlonehumanesociety.org/volunteer/

Rocket Dog Rescue

Oakland

ROLES	Sanctuary animal care, adoption counseling and advocacy, foster, vaccine clinic support, adoption event organizing, remote roles
AGE	Sanctuary 16+, under 18 need written parental permission. At adoption events, 15 to 17 need a parent signature and 14 and under need a signature and a parent present.
TIME	Not stated
WEB	rocketdogrescue.org/volunteer-2/about-volunteering/

Tri-City Animal Shelter

Fremont

ROLES	Socializing and caring for shelter animals; staff support including preparing the shelter for opening, answering phones, animal photography and office work
AGE	18 and older
TIME	Minimum two hours weekly for at least six months; weekdays and Saturdays, 9am to 4:30pm
WEB	fremont.gov/government/departments/animal-services/tri-city/animal-shelter/support-us/volunteer

Tri-Valley Animal Rescue

Pleasanton and Dublin

ROLES	Dog and puppy fostering, kitten fostering, bottle baby kittens, shelter socialization and Buddy Sessions at East County Animal Shelter, social media and photography, adoption and fundraising events, administration
AGE	Not stated
TIME	Not stated
WEB	tvar.org/volunteer

Valley Humane Society

Pleasanton

ROLES	Cat care, dog care, treatment room assistance, shelter cleaning and laundry, AniMeals pet food distribution, customer service, events, media and photography
AGE	At least 16; AniMeals, customer service and event roles require 18+
TIME	Six months to one year, working a weekly shift on a set schedule. No drop-in volunteering.
WEB	valleyhumane.org/volunteer/

CONTRA COSTA COUNTY

Antioch Animal Services

Antioch

ROLES	Walking dogs, socializing and cuddling cats, preparing animals for adoption, laundry, dishes, processing donations, customer service, mobile adoption events, community cat program, cleaning
AGE	At least 16, with parental or guardian consent if under 18
TIME	2 hours a week for six months
WEB	antiochca.gov/460/Volunteering

Community Concern for Cats

Walnut Creek

ROLES	Foster and socialization, trap-neuter-return trapping and transport, feral recovery care, Rescued Treasures thrift store
AGE	Not stated
TIME	Foster 1 to 4 months depending on age and socialization; feral mother recovery 2 to 3 weeks; feral female recovery 3 to 5 nights
WEB	communityconcernforcats.org/help-us/volunteer/

Contra Costa Animal Services

Martinez

ROLES	Shelter support (laundry, dishes), in-kennel enrichment, spay/neuter instrument sterilization, transport to medical appointments, marketing photo and video, admin projects, microchip events. Core roles after extra training: adoption counseling, dog walking and play yards, cat socializing, greeter, small mammals
AGE	18 and older
TIME	8 hours per month for 6 months
WEB	contracosta.ca.gov/7152/Getting-Started

Contra Costa Humane Society

Pleasant Hill

ROLES	Foster, Kitty Corner cat care, Sunday School support for at-risk shelter dogs, AniMeals pet food bagging and delivery, SNAP spay/neuter assistance, office support
AGE	Not stated
TIME	Kitty Corner 2-hour shifts (8-10am, 1-3pm, 6-8pm daily); Sunday School 2 to 3 hours Sundays; AniMeals 2 to 3 hour shifts; foster varies by animal
WEB	cchumane.org/volunteer/

House Rabbit Society

Richmond

ROLES	Rabbit care and pen cleaning, administrative support, Hop Shop retail assistance, community outreach, online class hosting by Zoom, rabbit socializing and foster
AGE	All volunteers must be 16 or older
TIME	4 hours per month for at least 4 months (fostering exempt)
WEB	houserabbit.org/volunteer/

Joybound People & Pets

Walnut Creek

ROLES	Animal care, adoptions, veterinary clinic, foster, thrift store, training classes, community events, photography and office support
AGE	16+ for most roles; some roles 18+
TIME	6 months, at least 8 hours per month
WEB	joybound.org/get-involved/volunteer/

PAWSitively S.A.F.E.

Brentwood

ROLES	Foster homes for kittens and shy cats, trap-neuter-return trapping, trapping assistance at spay/neuter clinics, fundraising
AGE	Not stated
TIME	Fostering typically 1 to 4 months depending on age and socialization
WEB	pawssafe.org/volunteering

The Milo Foundation

Point Richmond

ROLES	Daily animal care, dog walking, cat socialization, adoption support, foster, sanctuary volunteer weekends
AGE	Cat volunteers 12+ and must train and volunteer with a parent or guardian; dog volunteers 16+, under 18 need signed parental permission
TIME	Not stated. Weekly, daily and on-call shifts available.
WEB	milofoundation.org/volunteer-program/

MARIN COUNTY

Marin Cat Connection

Tiburon

ROLES	Socializing rescued cats, clerical and computer tasks, foster care, sponsorship and publicity
AGE	Not stated
TIME	Not stated
WEB	marincatconnection.org

Marin Friends of Ferals

San Rafael

ROLES	Feral cat feeding, trapping, foster parenting, transport for spay/neuter, grant writing and fundraising, relocation
AGE	Not stated
TIME	Not stated
WEB	marinferals.org

Marin Humane

Novato

ROLES	Adoption counselor, animal care, Dog Pet Pal walking and socializing, dog training assistant, education tour docent, feline intervention team, foster care, mobile adoption dog handler, shelter greeter, small companion animal pet pal, thrift shop, animal-assisted visiting with your own pet
AGE	Volunteers must be 18 or older. Under 18, ask about student service clubs and youth programs.
TIME	Most roles ask for 2 to 4 hours per week and a minimum one-year commitment. Animal-assisted program: 2 to 4 visits per month.
WEB	marinhumane.org/get-involved/volunteer/

NAPA COUNTY

Jameson Humane

Napa

ROLES	Listed in the organization's Volgistics portal
AGE	Not stated
TIME	Not stated
WEB	jamesonanimalrescueranch.org/volunteering

Napa County Animal Shelter

Napa

ROLES	Animal socialization and enrichment, foster program, outreach programs
AGE	Volunteers between 10 and 17 must be accompanied by a parent, and both the parent and child must complete a volunteer application
TIME	Not stated
WEB	napacounty.gov/1031/Volunteer-Program

Napa Humane

Napa

ROLES	Veterinary technician support (post-surgery monitoring, instrument sterilization, caging, laundry), vaccination and microchip clinic support, dog training support, wellness clinic roles including volunteer veterinarians and bilingual English/Spanish translators, registration and data entry, social media
AGE	16 years of age or older. Under 16, the site offers other ways to support companion animals.
TIME	Not stated
WEB	napahumane.org/get-involved/volunteer/volunteer/

We Care Animal Rescue

St. Helena

ROLES	Spending time with shelter residents, helping staff tidy their spaces, providing enrichment
AGE	Adult volunteers 18 and older; a youth program was referenced for summer
TIME	Commit to a weekly shift at the shelter
WEB	wecareanimalrescue.org/volunteer/

Wine Country Animal Lovers

Calistoga

ROLES	Dog walking, socialization, transportation, grooming, training, photography, foster care, adoption events, applicant screening, home visits, paperwork, website listings, social media, grant writing, fundraising
AGE	Not stated
TIME	Not stated
WEB	winecountryanimallovers.org/volunteer/

SAN FRANCISCO COUNTY

Family Dog Rescue

San Francisco

ROLES	Walking, grooming, playing with and training shelter dogs; shelter maintenance, administration, transportation and cleaning; adoption event support
AGE	Children under 18 must be accompanied by a parent, relative or legal guardian over 18. Teens 14 to 18 may participate independently through the Summer Teen Internship Program.
TIME	A minimum weekly commitment over the first 4 months for in-shelter roles; corporate shifts weekdays 2 to 4pm
WEB	ilovefamilydog.org/volunteer/

Friends of San Francisco Animal Care & Control

San Francisco

ROLES	Event planning and production, marketing and publicity, grant research
AGE	Not stated
TIME	Not stated
WEB	friendsofsfacc.org

Grateful Dogs Rescue

San Francisco

ROLES	Foster homes, case managers, foster coordinator, adoption event coordinator, newsletter editor
AGE	Not stated
TIME	Not stated
WEB	gratefuldogsrescue.org/volunteer/

Muttville Senior Dog Rescue

San Francisco

ROLES	Adoptions (in person and remote), deep cleaning, front desk, foster, headquarters support, intake, marketing and PR, outreach, transport, rescue clinic
AGE	Under 18 must volunteer with a parent or guardian during each shift
TIME	At least three hours a week for a minimum of six months. Transport is the most flexible; greatest need is weekday mornings 8 to 11am.
WEB	muttville.org/volunteer

San Francisco Animal Care & Control

San Francisco

ROLES	Cat, dog, fetch, small animal, mentor, foster, outreach, veterinary, social media, photography and administrative support
AGE	18 and older. Parents or legal guardians may volunteer with children 12 to 17 if the pair attends all orientations and classes together, stays together during service, and commits to the same two hours a week for six months.
TIME	At least six months, one shift per week, two hours
WEB	sfanimalcare.org/volunteer/

San Francisco SPCA

San Francisco

ROLES	Socializing dogs and cats, foster, community medicine clinic support across San Francisco and the Central Valley, photography, greeting, gardening, laundry
AGE	At least 18 years of age
TIME	Two hours per week, with a commitment of at least six months
WEB	sfspca.org/join-our-community/volunteer/

Saving Grace Rescue

San Francisco

ROLES	Fostering kittens under 8 weeks and special-needs cats, including bottle feeding, medications and vet trips; Senior Fospice program providing lifelong care for senior cats
AGE	Not stated
TIME	Not stated
WEB	savinggracerescue.com/foster

SAN MATEO COUNTY

Coastal Cats Rescue Group

Montara and Half Moon Bay

ROLES	Foster homes, feral colony maintenance, kitten care, adoption fair support
AGE	Not stated
TIME	Not stated
WEB	coastalcatsrescuegroup.org/volunteer

Homeless Cat Network

Countywide

ROLES	Fostering, colony feeding, socializing cats and kittens, rescuing, transport, cat recovery help; behind the scenes: volunteer coordination, events and fundraising, marketing and PR
AGE	Not stated
TIME	Flexible, from an hour or two a week upward
WEB	homelesscatnetwork.com/volunteer

Nine Lives Foundation

Redwood City

ROLES	Feeding resident cats, cat socialization and enrichment, adoption counseling, application processing, office and administration, sterilizing surgical instruments, cleaning, social media, photography, fundraising and donor outreach
AGE	Volunteers must be 18 years of age or older
TIME	Four to six hours a month on a weekly or biweekly schedule, for a minimum of six months
WEB	ninelives.org/get-involved/

Peninsula Humane Society & SPCA

Burlingame

ROLES	Animal care, cat socialization, dog walking and training, foster (general, medical and behavior), grooming, exotic animals, spay/neuter and vaccination clinic support, humane education, outreach, pet assisted therapy, photography and video, seasonal kitten nursery, clerical and development
AGE	18 to volunteer on your own. Ages 16 to 17 can volunteer alone in limited roles. Ages 13 to 15 must volunteer with a parent or guardian, one adult per junior volunteer. Volunteers under 13 are not accepted.
TIME	2 to 4 hours per week for one year. Junior volunteers: 2 hours for 6 months.
WEB	phs-sPCA.org/volunteer/

Pets In Need

Redwood City and Palo Alto

ROLES	Open now as drop-in roles: Doggy Day Out, Support and Welcome, Animal Ambulance transport, Clinic Flow. Weekly roles (paused): cat and dog caregiver, matchmaker and walker, rabbit matchmaker, surgery assistant, ringworm treatment team, spay/neuter check-in, low-cost vaccine clinic
AGE	Doggy Day Out 5 with an adult; Support and Welcome 12; Animal Ambulance and Clinic Flow 16; weekly roles 16+
TIME	Weekly positions 2 hours a week for 4 months; drop-in roles per listed shift
WEB	petsinneed.org/volunteer

SANTA CLARA COUNTY

County of Santa Clara Animal Services

San Martin

ROLES	Dog socializers, cat socializers, rabbits, laundry, pet photography, veterinary clinic support
AGE	Volunteers must be at least 18 years old. No youth program.
TIME	A weekly schedule with a shift of at least 2.5 hours; cat socializers commit to one day a week for three hours
WEB	animals.santacclaracounty.gov/support-us/volunteer

Friends of SVACA

Santa Clara

ROLES	Foster parents, animal volunteers, event ambassadors, education docents presenting to students and clubs, animal transport, grant writers
AGE	Not stated
TIME	Animal volunteers at least two hours a week for 6 months; event ambassadors and docents six months
WEB	friendsofsvaca.org/volunteer.html

Humane Society Silicon Valley

Milpitas

ROLES	Cat and dog matchmakers and adoption hosts, cat and dog socializers, ringworm volunteers, surgery assistance, Pet Pantry pickup and driving, mobile wellness, foster, Helpful Hands laundry shifts
AGE	Volunteers in regular on-site roles must be over 18. Under 18, see the student volunteer page.
TIME	Most roles ask for a weekly or biweekly commitment of six months. Helpful Hands has a 10-hour minimum.
WEB	hssv.org/volunteer/

Mini Cat Town

San Jose, Milpitas and Palo Alto

ROLES	Day-to-day care of kittens on the adoption floors, guest and adopter interaction, fundraisers and off-site adoption events
AGE	High school students in grades 9 to 12 who have completed at least one semester are welcomed; general minimum not stated
TIME	Not stated
WEB	minicattown.org/our-community/

PAWS for SJACS

San Jose

ROLES	Vaccine clinic check-in, drawing vaccines for the veterinarian, veterinary technician support, board service
AGE	Not stated
TIME	Only a few hours a month; most roles need little or no experience
WEB	paws4sjacs.org/volunteer

Silicon Valley Pet Project

San Jose

ROLES	Events and outreach, administrative support, marketing, community programs
AGE	Group volunteers must be at least 18
TIME	Not stated
WEB	svpetproject.org/volunteer

Town Cats of Morgan Hill

Morgan Hill

ROLES	Cat care (cleaning, scooping, feeding, bedding, free time), event support at fairs and pop-up adoptions, photography for the website and social media, feline transport between shelters, colonies and appointments
AGE	Minors under 18 must be directly supervised by an actively volunteering parent or legal guardian, with a parental consent form before the first shift. High school students needing community service hours are encouraged to apply.
TIME	Cat care shifts 1 to 2 hours; event shifts scheduled individually
WEB	towncats.org/volunteer/

SOLANO COUNTY

Humane Society of the North Bay

Vallejo

ROLES	Dog walkers and socializers, foster caregivers, positive dog trainers, enrichment specialists, transporters, cat team assistants, educators, facilities and grounds, fundraising, remote marketing, social media, graphic design and video
AGE	Minors 16 to 18 may volunteer with a waiver signed by a parent or guardian
TIME	Anywhere from 1 to 2 days per week to 2 to 3 hours per month
WEB	hsnb.org/volunteer/

SPCA of Solano County

Vacaville

ROLES	Animal enrichment, cleaning enclosures, facility maintenance, fundraising events and promotion, outreach
AGE	Anyone 16 years and older is eligible to apply
TIME	Not stated
WEB	solanospca.com/volunteer/

Solano County Animal Care Services

Fairfield

ROLES	Not stated on the volunteer page
AGE	18 years of age or older
TIME	Not stated
WEB	solanocounty.gov/government/sheriff-coroner/animal-care-services/volunteer-program

Solano County Friends of Animals

Benicia

ROLES	Fostering, bottle baby care, adoption events at Pet Food Express, donation pickup driving, transport to spay/neuter clinics, fundraising, social media, trap-neuter-return, feral colony care, Seniors for Seniors, making blankets, cat center cleaning and socialization
AGE	Not stated
TIME	Not stated
WEB	scfoarescue.org/volunteer-opportunities/

SONOMA COUNTY

Compassion Without Borders

Santa Rosa

ROLES	Administrative support, animal transport, clinic support (bilingual volunteers often needed), canine coaching, kennel technician, maintenance and landscaping, marketing
AGE	Cannot supervise volunteers under 18; parents or guardians must co-apply
TIME	Minimum 6 months of active service, at least one shift per week. Missing shifts for two consecutive months makes a volunteer inactive.
WEB	cwob.org/volunteer.html

Forgotten Felines of Sonoma County

Santa Rosa

ROLES	Trappers (priority need), fosters including forever fosters and hospice, Pick of the Litter thrift store, spay/neuter clinic assistance, Laundry Angels, colony caretakers
AGE	Options for volunteers under 18 are limited
TIME	Most roles require at least 6 months; some positions are on-call or as-needed
WEB	forgottenfelines.com/volunteer

Humane Society of Sonoma County

Santa Rosa and Healdsburg

ROLES	Positions posted in the Volgistics portal, including dog walking and shelter animal care
AGE	At least 18 and no longer in high school for the shelter volunteer program. Under 18, contact the Humane Education department.
TIME	A minimum of 2 hours a week for at least 6 months. Dog walkers commit to one scheduled shift per week for at least 6 months.
WEB	humanesocietysoco.org/get-involved/volunteer/

Pets Lifeline

Sonoma

ROLES	Dog walking, fetch in the dog yard, hiking at Bartholomew Park, Doggie Day Out, cat socialization and kennel cleaning including reading to cats, adoption events, Pet Food Pantry stocking, front desk, marketing, social media, fundraising, graphic design, photo and video, event planning, grant writing, admin
AGE	Opportunities for teens and adults; specific minimum not stated
TIME	Not stated
WEB	petslifeline.org/volunteer

Sonoma Community Animal Response Team

Countywide

ROLES	Disaster animal handling and care, sheltering during emergencies, training exercises
AGE	Not stated
TIME	Not stated
WEB	sonomacart.org/new-volunteers

Sonoma County Animal Services

Santa Rosa

ROLES	Fitness Coaches (on-leash walking, off-leash play), Social Directors (hands-on care and reward-based obedience), Dog Spa Attendants, Cat Attendants, rabbit and small animal helpers, Client Services Concierge, shelter support (laundry, dishes, enrichment items), on-call Animal Chauffeur transport
AGE	Ages 9 and up may work with cats, rabbits and small animals; 9 to 15 must be accompanied by a parent or legal guardian. Ages 16 to 18 may volunteer independently with guardian consent. Dogs require age 14+, and 14 to 15 must have a parent present.
TIME	A 6-month and 60-hour commitment. Shelter hours Tuesday to Saturday, 10am to 4:30pm.
WEB	sonomacounty.gov/health-and-human-services/health-services/divisions/public-health/animal-services/volunteer-program

Wildlife and marine rehabilitation

Hospitals and rehabilitation centers for injured and orphaned wild animals. Nearly all hands-on work is restricted to adults, and several programs are seasonal.

CONTRA COSTA COUNTY

Lindsay Wildlife Experience

Walnut Creek

ROLES	Wildlife hospital work including hand feeding baby birds and mammals, cleaning enclosures, washing dishes and laundry, setting up enclosures and releasing animals; wildlife educator leading school field trips and exhibit hall presentations; animal husbandry including diet prep, enrichment and record keeping
AGE	18 and older for the primary volunteer positions. Youth are directed to the separate Teen Programs.
TIME	Not stated
WEB	lindsaywildlife.org/become-volunteer-3/

MARIN COUNTY

The Marine Mammal Center

Sausalito

ROLES	Animal care and husbandry, marine animal rescue, community outreach, education, administrative support
AGE	Not stated for Sausalito. The Monterey and Santa Cruz program states adults 18+ who are no longer in high school, and 21+ with a valid license and clean motor vehicle report for rescue and transport.
TIME	Not stated for Sausalito. The Monterey program states the same shift every week for a minimum of six months.
WEB	marinemammalcenter.org/get-involved/volunteer/sausalito

WildCare

San Rafael

ROLES	Wildlife hospital volunteer caring for 200+ species, Terwilliger Nature Guide leading discovery hikes, Wildlife Ambassador caring for educational animals, Emergency Line volunteer, patient intake volunteer, support volunteer (cage building, maintenance, data entry), youth volunteer in supportive roles
AGE	18 and older for all hands-on animal roles. Teens under 18 are accepted for supportive, non-animal roles only.
TIME	Wildlife Ambassador one 4-hour shift per week; youth volunteers a minimum of 6 months on a weekly shift; patient intake 4 hours a week March through September; Emergency Line 5 to 9pm the same evening every week
WEB	discoverwildcare.org/volunteer/

NAPA COUNTY

Napa Wildlife Rescue

Napa

ROLES	Summer songbird clinic, summer raptor and mammal clinic, on-call rescue team, on-call transport team, home foster care for orphaned mammals, farmers market and fundraising booth, gardening and maintenance, junior volunteers
AGE	18 or older for clinic and bird feeding roles. Junior volunteers: 12 to 15 must be accompanied by a supervising adult; 16 and up may come alone.
TIME	Songbird clinic 4 hours per week April to September; raptor and mammal clinic one 4-hour shift per week April to September; farmers market one Tuesday or one Saturday a month April to October, 7am to 1pm; foster of young babies requires round-the-clock care
WEB	napawildliferescue.org/volunteer

SAN FRANCISCO COUNTY

Yggdrasil Urban Wildlife Rescue

San Francisco

ROLES	Eight teams: on-site animal care, infant care fostering at home, ReWild outdoor acclimation enclosures in your yard, transport driving the wildlife ambulance, emergency response to hotline dispatches, build team, outreach and education, fundraising and development
AGE	Not stated
TIME	Varies by team. On-site 3 to 4 hour shifts you choose; infant care needs 24-hour availability; ReWild requires daily feeding; build and outreach are project-based.
WEB	yuwr.org/volunteer/

SANTA CLARA COUNTY

Peninsula Humane Society Wildlife Care Center

Saratoga

ROLES	Cleaning cages, washing dishes, laundry, general housekeeping, feeding animals, providing enrichment, setting up enclosures and releasing rehabilitated animals
AGE	This position is open to those 16 and older
TIME	At least three hours per week for a minimum of one year. Shifts available 9am to 6pm daily, year-round.
WEB	phs-spca.org/wildlife-care/

Wildlife Education and Rehabilitation Center

Morgan Hill

ROLES	On-site animal care including feeding animals and cleaning enclosures, training to work with a range of wild animals and ambassador animals, off-site home care, general cleaning, social media content
AGE	At least 16 years of age
TIME	One morning a week from 9am to 12pm for at least four months
WEB	werc-ca.org/volunteeratwerc

SOLANO COUNTY

International Bird Rescue, San Francisco Bay-Delta Wildlife Center

Fairfield

ROLES	Direct animal care, answering phones, filing, cleaning, laundry, construction
AGE	You must be at least 18 years old
TIME	Not stated; a t-shirt is awarded at 40 hours of service
WEB	birdrescue.org/get-involved/volunteering-internships/

SONOMA COUNTY

Fawn Rescue

Sonoma County

ROLES	Community and educational outreach, fundraising and public relations, grant writing, assistant to the animal care manager and board, operations and maintenance including pen construction, research and data entry, multimedia and website, graphic arts
AGE	Not stated
TIME	Not stated
WEB	fawnrescue.org/pages/volunteer

Native Songbird Care & Conservation

Sebastopol

ROLES	Bird Care Volunteer across five progressive levels from hospital support to intake exams and medications; Hospital Support (diet prep, laundry, dishes, housing setup, mealworm care); on-call Transport; project-based Maintenance
AGE	Volunteers must be at least 18 years of age
TIME	Bird Care levels 1 and 2: one 3-hour shift weekly, mid-April through August. Levels 3 to 5: one 4-hour shift weekly, same season. Hospital Support: one 2 to 3 hour shift weekly. All positions require commitment through August during baby bird season.
WEB	nativesongbirdcare.org/volunteer-program

Sonoma County Wildlife Rescue

Petaluma

ROLES	Wildlife community animal care and education exhibit, wildlife kitchen diet prep, facility maintenance, predator exclusion education program, rescue team, administration, wildlife docent, wildlife hospital, gardening and laundry, plus one-time skilled roles (architect, carpenter, electrician, graphic artist, contractor, veterinarian). Release site volunteers provide habitat on their own property.
AGE	Volunteers must be at least 18 to work directly with wildlife. A Junior Volunteer Program is open to ages 13 and up.
TIME	A minimum of 4 hours a week for a 12-month period
WEB	scwildliferescue.org/adult-volunteer-program

The Bird Rescue Center of Sonoma County

Santa Rosa

ROLES	Hospital and rehabilitation work, answering phones, Field Rescue Team, off-site support
AGE	Not stated
TIME	Rehabilitation work carries a commitment the site does not quantify; people who cannot commit are pointed to the Field Rescue Team or off-site support
WEB	birdrescuecenter.org/volunteer

Service and assistance dogs

Organizations that breed, raise and train guide dogs, diabetes alert dogs and psychiatric service dogs. You work with the organization's dogs; you do not need a dog of your own.

CONTRA COSTA COUNTY

Dogs4Diabetics (National Institute of Canine Service and Training)

Concord

ROLES	Training room volunteer assisting trainers, puppy raiser, canine training partner fostering and training dogs through development, prison program volunteer, Thursday tour docent, grooming, dog walking, reception, events, marketing, social media and photography
AGE	Minors welcome with parent supervision; adults apply independently. No numeric minimum stated.
TIME	No experience necessary and no minimum hours required
WEB	ourdogssavelives.org/volunteer/

Early Alert Canines

Concord

ROLES	Dog grooming and walking, foster home and puppy raising, administrative support, facility maintenance, photography and videography, community ambassador and outreach, professional advisor, fund development committee. Some roles are virtual.
AGE	Not stated for general volunteering. Puppy raising applicants under 18 need a parent or legal guardian to complete the application.
TIME	Puppies are placed between 8 weeks and 18 months of age, and placements run 4 to 18 months. Raisers attend weekly training sessions plus monthly public outings.
WEB	earlyalertcanines.org/volunteer

Joybound Shelter to Service

Walnut Creek

ROLES	In-home training and fostering of a psychiatric service dog or facility dog candidate
AGE	Most Joybound roles 16+; some specialized positions 18+
TIME	A 15-week program
WEB	joybound.org/get-involved/foster/service-dog-fostering/

MARIN COUNTY

Guide Dogs for the Blind

San Rafael

ROLES	Puppy raiser (raise and socialize a guide dog puppy for about a year), campus volunteer (dog walker, kennel partner, veterinary clinic support, dog bathing, brood socializer, class driver, meal server, gift shop, tours, accounting), breeder dog custodian, foster care provider
AGE	Puppy raising volunteers can be any age, from 9 to 90, and families are welcome to participate together. Campus volunteer roles are open to people 18 and older.
TIME	Puppy raising runs about a year until the dog returns to GDB. Campus volunteers make a one-year commitment to a weekly shift. Breeder custodians make 8 to 10 round trips a year for females and up to 15 for stud dogs.
WEB	guidedogs.com/volunteering

SAN MATEO COUNTY

Paws for Purple Hearts

Menlo Park and Penngrove

ROLES	Puppy Parent fostering a puppy-in-training evenings and weekends with socialization outings; general volunteering including basic dog handling, office duties, cleaning and maintenance, gardening, construction, baking, plumbing, transportation and clerical work
AGE	Not stated
TIME	Puppy Parents pick up and drop off daily; general hours not stated
WEB	pawsforpurplehearts.org/volunteer

SANTA CLARA COUNTY

Operation Freedom Paws

San Martin

ROLES	Short-term assistance through ongoing support, events, yard work and administration
AGE	Not stated
TIME	From short-term assistance to ongoing support; no minimum stated
WEB	operationfreedompaws.org/support-us/volunteer/

Canine Companions, Northwest Training Center

Santa Rosa

ROLES	Campus docent, dog bather, dog walker, foster sitter, front desk reception, data entry and office support, facility and grounds maintenance, event and graduation day support, team training lunches, plus puppy raiser and breeder caretaker
AGE	16 and older to volunteer independently; younger volunteers may participate with adult supervision. Youth are otherwise directed to independent community service projects approved in advance by the volunteer coordinator.
TIME	Most campus opportunities run during business hours, Monday to Friday 9am to 5pm. Nationally the organization offers everything from one-time to ongoing commitments.
WEB	canine.org/location/northwest/volunteer/

Therapy animal teams

Programs where you and your own pet visit hospitals, schools, libraries and care facilities as a certified team. Every one requires you to own the animal and put it through an evaluation.

ALAMEDA COUNTY

Valley Humane Canine Comfort Pet-Assisted Therapy Teams

Pleasanton

ROLES	Visit hospitals, schools and libraries with your own dog, including Paws to Read sessions
AGE	Valley Humane's general minimum is 16, with 18+ for several roles; the Canine Comfort page does not state a separate handler minimum
TIME	Flexible daytime availability. Most visits are weekdays during the day, with some evening Paws to Read sessions 7 to 8pm.
WEB	valleyhumane.org/volunteer/canine-comfort-pet-assisted-therapy-teams/

CONTRA COSTA COUNTY

Joybound Pet Hug Pack

Walnut Creek

ROLES	Visit hospitals, care facilities, schools and community events with your own pet. Visits run 30 to 60 minutes and are free to the requesting facility.
AGE	Pet Hug Pack handlers must be at least 18
TIME	Joybound's standard 6-month, 8-hours-per-month commitment applies to its volunteer roles
WEB	joybound.org/get-involved/therapy-animals/

MARIN COUNTY

Marin Humane animal-assisted programs (SHARE)

Novato

ROLES	Visit seniors, hospitals and schools with your own animal companion
AGE	18 and older for every listed adult role, including animal-assisted programs
TIME	2 to 4 visits per month
WEB	marinhumane.org/get-involved/volunteer/adult-volunteer-opportunities/

SAN FRANCISCO COUNTY

San Francisco SPCA Animal-Assisted Therapy

San Francisco

ROLES	Visit community settings with your own certified pet, including a reading program and the Wag Brigade
AGE	18
TIME	One-year minimum commitment
WEB	sfspca.org/join-our-community/volunteer/animal-assisted-therapy/

SAN MATEO COUNTY

Peninsula Humane Society Pet Assisted Therapy

Burlingame

ROLES	Visit facilities as a certified pet assisted therapy team with your own animal
AGE	General program minimum of 18 applies; the PAT page does not state a separate handler age
TIME	The general PHS commitment of 2 to 4 hours weekly for one year applies
WEB	phs-sPCA.org/becoming-a-pet-assisted-therapy-team/

SANTA CLARA COUNTY

Furry Friends Pet Assisted Therapy Services

San Jose

ROLES	Visit facilities as a pet-assisted therapy team with your own animal. Teams are organized under team captains who schedule visits.
AGE	Minimum age 12. Volunteers aged 12 to 16 must be accompanied by an adult Furry Friends member.
TIME	Not stated
WEB	furryfriends.org/become-a-volunteer

REGIONAL, STATEWIDE AND NATIONAL

Pet Partners

National registry, local visiting

ROLES	Register as a therapy animal team with your own pet and visit hospitals, schools, libraries and care facilities. The handler reads the animal's body language and advocates for its safety throughout every visit.
AGE	Handlers must be at least 10 years old. U.S. handlers 18 and over pass a criminal background check. Each handler registers with a unique email address.
TIME	Set by the facilities you visit
WEB	petpartners.org/volunteer/requirements/

Equine, farm sanctuaries and veterinary support

Therapeutic riding centers, horse and farm animal sanctuaries, and programs that keep people and their pets together through veterinary care and pet food.

CONTRA COSTA COUNTY

Xenophon Therapeutic Riding Center

Orinda

ROLES	Leading horses and walking alongside riders as a sidewalker, grooming and tacking, herd care, fundraising, property maintenance and landscaping, administrative work, board service
AGE	Must be 14 years of age or older
TIME	A regular weekly schedule for a minimum of 6 weeks. Shifts run 2.75 to 3.75 hours: weekday afternoons 2:15 to 6pm, Saturday mornings 8:15 to 11:45am, Monday mornings 10am to 12:45pm.
WEB	xenophontrc.org/volunteers

MARIN COUNTY

Halleck Creek Ranch

Nicasio

ROLES	Facility volunteer maintaining the ranch; sidewalker and program volunteer supporting equine-assisted services and the adaptive riding program
AGE	Adaptive Riding Program 14 and older; facility volunteers 12 and older. Volunteers under 14 must have a parent or guardian volunteering alongside them.
TIME	Availability needed Tuesday through Saturday, with a minimum commitment of one full 8-week session
WEB	halleckcreekranch.org/volunteer/

Rancho Compasion

Nicasio

ROLES	Mucking stalls, cleaning facilities, gardening, feeding residents, breakfast and dinner animal care shifts, building and maintenance, emergency squad, and professional services including graphic design, PR and event planning
AGE	Open to those 16 and up. Ages 12 and up may volunteer with a guardian. Under 15, contact the education address.
TIME	Weekly chore shifts; project parties every Saturday and Sunday; a larger monthly work party with a potluck. Typical team days run 3 to 3.5 hours.
WEB	ranchocompasion.org/volunteer

SAN FRANCISCO COUNTY

Shanti Project PAWS (Pets Are Wonderful Support)

San Francisco

ROLES	Dog walking, in-home cat care, foster care, veterinary transports, specialized animal care such as nail clipping and subcutaneous fluids, pet food bank stocking and delivery, and volunteer veterinary technician work assisting licensed veterinarians with exams and nail trims
AGE	18
TIME	Not stated for PAWS roles
WEB	shanti.org/volunteer/

SAN MATEO COUNTY

National Center for Equine Facilitated Therapy (NCEFT)

Woodside

ROLES	Side-walker walking beside the horse for a full 30-minute session, barn helper (feeding, grooming, tack cleaning), mental health and resilience program support, special education school group support, facilities and grounds, special events and office help including photography, graphic design and grant writing
AGE	Side-walkers 16 and older; barn helpers 14 and older
TIME	Side-walkers 1 to 2 hours weekly on a consistent schedule, or flexible shifts; barn helpers 1 to 2 hours weekly
WEB	nceft.org/giving/volunteer/

SANTA CLARA COUNTY

One Step Closer Therapeutic Horsemanship

Morgan Hill

ROLES	Sidewalking to assist riding participants, cleaning, fundraising, clerical assistance, building and repair projects, PATH support activities
AGE	Not stated for adults. Students doing community service must commit to a minimum of 20 hours to join the volunteer team.
TIME	Not stated beyond the 20-hour student minimum
WEB	osctr.org/volunteer/

SONOMA COUNTY

Charlie's Acres Farm Animal Sanctuary

Sonoma

ROLES	Animal care (cleaning, feeding, socializing, enrichment), tour assistance on weekends, special events, garden work, and skills-based help including web design, landscaping, veterinary services, catering, grant writing and artwork
AGE	At least 14 with parental supervision, or 16 and over to volunteer independently
TIME	Animal care requires at least twice a month for a minimum of three months because of the training involved. Garden and event volunteering are more flexible.
WEB	charliesacres.org/volunteer/

Giant Steps Therapeutic Equestrian Center

Petaluma

ROLES	Helping riders during weekly lessons, grooming horses, maintaining the facility, supporting special events
AGE	14
TIME	At least one consistent class per week is requested so volunteers build relationships with clients. Substitute positions and single-day projects are available for people who cannot commit weekly.
WEB	giantstepsriding.org/volunteer

Goatlandia Farm Animal Sanctuary

Santa Rosa

ROLES	Feeding and caring for the animals, helping with events, running errands, and donation intake, sorting and customer service at the Thrifty Goat shop
AGE	Not stated
TIME	Community Volunteer Days run the first Saturday of every month from 12 to 2pm with no application required. Regular sanctuary shifts follow orientation.
WEB	goatlandia.org/volunteer

Queens Lane Horse Sanctuary

Petaluma

ROLES	Daily horse care including feeding, grooming and maintaining living spaces; equine education programs; facilitating visitor interactions with the horses; community engagement at events and workshops
AGE	Not stated
TIME	Not stated
WEB	queenslanesanctuary.org/volunteer

Food security

Regional food banks, neighborhood pantries, meal programs, food rescue and gleaning. The most flexible category in this guide: many take one-time volunteers and most take groups.

ALAMEDA COUNTY

Alameda County Community Food Bank

Oakland

ROLES	Helping agency partners load vehicles at the warehouse, sorting and packing fresh produce, preparing emergency food boxes, distribution at neighborhood locations, bilingual CalFresh outreach
AGE	Not stated
TIME	Not stated. Warehouse shifts begin at 7:30am; volunteer shifts run Monday to Friday, 8am to 3pm.
WEB	accfb.org/volunteer/

Alameda Food Bank

Alameda

ROLES	Warehouse operations; shift assignments are given on arrival
AGE	Volunteers must be at least 16 years old
TIME	Shifts run 2 to 3 hours, Monday, Tuesday, Wednesday and Friday. A weekly commitment is encouraged after three shifts.
WEB	alamedafoodbank.org/volunteer/

Berkeley Food Network

Berkeley

ROLES	Pantry stocking and member check-in, warehouse packing for home delivery, sorting food off pallets, warehouse cleanup, cargo van driving for neighborhood pantry deliveries and food recovery, home-delivery drop-offs in your own vehicle
AGE	Ages 16 to 17 may volunteer independently with a guardian signature on the waiver, on weekday shifts or one chaperoned evening shift. Ages 12 to 15 must volunteer with an adult on the same shift. Under 12 cannot be accommodated.
TIME	Varies by role. Evening shifts Tuesdays and Thursdays 4:30 to 7:30pm; weekend and event shifts occasional.
WEB	berkeleyfoodnetwork.org/volunteer

CityTeam

Oakland and San Jose

ROLES	Oakland: kitchen and meal service, mobile food pantries, warehouse food box packing, hygiene kit assembly, clothing sorting, Serve on Saturdays. San Jose: kitchen support, food pantries, grocery drop-off for women's programs, food driver, childcare, career mentoring
AGE	Most opportunities are open to ages 14 and up, with limited opportunities for ages 7 and up. Parental supervision required for under 18.
TIME	Not stated
WEB	cityteam.org/volunteer/

Daily Bowl

Union City

ROLES	Sorting, weighing, bagging and tagging produce and groceries; loading and unloading vans; driving vans when needed
AGE	Volunteers must be over 17 years of age
TIME	About 3.5 hours per session. Weekdays 9am to noon; Sundays 12:30 to 3:30pm.
WEB	dailybowl.org/volunteer

Dorothy Day House Berkeley

Berkeley

ROLES	Preparing, cooking and serving meals (745+ a day), sorting the community closet, Saturday breakfast at encampments, the Wednesday pop-up pantry, and donation processing at Dorothy's Closet thrift shop
AGE	Not stated. High school students are invited to a summer teen program.
TIME	Meal prep in 2-hour shifts within a 7am to 6pm window
WEB	dorothydayhouse.org/volunteer

Open Heart Kitchen

Livermore

ROLES	Serving meals, organizing food donations, greeting guests at the Open Heart Refuge overnight shelter
AGE	Ages 16 and up. Weekend volunteering at the overnight shelter is adults only, 18 and over.
TIME	No minimum time commitment. Weekly, monthly or occasional.
WEB	openheartkitchen.org/volunteer

Project Open Hand

San Francisco and Oakland

ROLES	Kitchen meal assembly and packaging, grocery center sorting and packing, delivering meals alone or in pairs on foot or by car, meal site hospitality for seniors and adults with disabilities, special events
AGE	15 years old
TIME	A 3-month commitment to a weekly shift, or 40 hours per semester for students
WEB	openhand.org/volunteer

TCV Food Bank (Tri-City Volunteers)

Fremont

ROLES	Not stated on the volunteer page
AGE	Minimum 14. Volunteers 14 to 15 must be accompanied by an adult who also volunteers. Volunteers under 14 are not accepted.
TIME	Not stated
WEB	tcvfoodbank.org/volunteer/

Tri-Valley Haven Food Pantry

Livermore

ROLES	Food pantry and thrift store sorting, labeling, bagging and display; customer interaction; crisis line; survivor advocacy; childcare; sexual assault response team support; legal clinic assistance
AGE	General volunteers 16 and older. The Summer Teen Program takes volunteers 15 and older in June and July.
TIME	Not stated
WEB	trivalleyhaven.org/volunteer/

CONTRA COSTA COUNTY

Food Bank of Contra Costa and Solano

Concord and Fairfield

ROLES	Warehouse food sorting and produce bagging at Concord and Fairfield, community distribution sites, agency distribution, philanthropy support, family food sorts
AGE	Ages 5 to 10 may only volunteer at Family Food Sorts. Ages 11 to 15 are welcome with an adult supervisor through team registration. Ages 16 and up may register and schedule shifts independently. Under 5 not permitted.
TIME	Not stated
WEB	volunteer.foodbankccs.org

Loaves and Fishes of Contra Costa

Martinez plus five dining rooms

ROLES	Dining room service including light food prep, serving into to-go containers and cleanup; central kitchen work including cleaning and chopping produce, meat preparation, bread slicing, salad assembly and roasting vegetables
AGE	Children under 12 are not allowed to volunteer. Volunteers 12 to 18 must have a parent or guardian present.
TIME	Shifts 2 to 3 hours. Dining rooms: Antioch 10am-1pm weekdays; Martinez 9:30am-1pm daily; Oakley 10:15am-1pm weekdays; Pittsburg 9:30am-1pm daily; Walnut Creek 11am-1:30pm weekdays. Central kitchen weekdays 9am-12pm, weekends 7:30-10:30am.
WEB	loavesfishescc.org/volunteer/

Monument Crisis Center

Concord

ROLES	Central County food distribution (bagging, sorting, distributing, restocking fridges and freezers), East County food distribution (site setup, client check-in, distribution, breakdown), Senior Moments hospitality and bilingual bingo, English language tutoring for adults, hosting a food drive
AGE	Not stated
TIME	Central County food distribution 4 hours monthly, Monday to Wednesday 8:30am to 12:30pm; East County 2 hours on the first and third Thursdays, 12 to 2pm; Senior Moments 2 hours on the first and third Thursdays, 8:30 to 10:30am; tutoring flexible. Volunteers are expected to work a full shift, and booking runs 1 to 2 months ahead.
WEB	monumentcrisiscenter.org/volunteer

White Pony Express

Concord

ROLES	Sorting fresh groceries for quality before distribution, coordinating group volunteer events, serving as an ambassador at events and public meetings, and picking up and delivering surplus food through the Food Rescue Hero app
AGE	Not stated
TIME	Not stated
WEB	whiteponyexpress.org/volunteer/

MARIN COUNTY

Ceres Community Project

Santa Rosa, Sebastopol, Petaluma, Novato

ROLES	Garden work growing organic produce, meal prep and production, meal packaging of medically tailored meals, Delivery Angel driving meals to clients in Sonoma or Marin, bagging by dietary restriction, adult mentor guiding youth volunteers
AGE	Most roles not stated. Delivery Angels must be at least 18; under 18 may deliver with a parent or guardian.
TIME	Shifts 1.5 to 3 hours: garden 2 hours, meal prep up to 3, packaging up to 2.5, bagging up to 1.5, delivery up to 2
WEB	ceresproject.org/volunteer/adults

ExtraFood

Kentfield

ROLES	Picking up surplus food from businesses and schools and delivering it to local nonprofits
AGE	You need to be 18 or over, or children can volunteer with their parents
TIME	A minimum of 2 food rescues per month
WEB	extrafood.org/volunteer/

San Francisco-Marin Food Bank

San Francisco and San Rafael

ROLES	Warehouse repacking, produce sorting, filling senior food boxes, pantry setup and distribution, home-delivered groceries in your own vehicle, supplemental food program sorting, Community Markets roles (greeter, inventory, stocker, co-shopper, loading assistant, floater), Peer Navigator resource referrals
AGE	Pennsylvania warehouse 10 on weekdays and 8 on Saturdays; Illinois and Marin warehouses 11; home delivery drivers 18+ with riders of any age; supplemental food program and peer navigators 18+; Community Markets 11+ with minors accompanied by an adult
TIME	Home delivery routes about 3 hours. Peer Navigator: a 6-month commitment including 5 hours of training, minimum 10 hours a week.
WEB	sfmfoodbank.org/volunteer/

St. Vincent de Paul Society of Marin County

San Rafael

ROLES	Free Dining Room bag lunch preparation; Conference volunteer responding to community requests for food, bill and rent help and referrals
AGE	Conference volunteer positions are limited to adults; no age restriction stated for dining room work
TIME	The dining room operates 6:30am to 1:30pm seven days a week. The Conference role is an ongoing commitment with a negotiable duration.
WEB	vinnies.org/volunteer

NAPA COUNTY

Community Action of Napa Valley Food Bank

Napa

ROLES	Not stated on the volunteer page
AGE	Not stated
TIME	Not stated
WEB	canv.org/volunteer

SAN FRANCISCO COUNTY

Catholic Charities San Francisco

San Francisco

ROLES	OMI Senior Center food pantry organizing and distribution, greeter and registrar, program activities assistant setting up tables and serving meals and leading activities
AGE	Not stated
TIME	Long-term positions require a 3-month minimum. One-time and corporate group options are available.
WEB	catholiccharitiessf.org/volunteer

GLIDE

San Francisco

ROLES	Meal service and bussing trays, food preparation including chopping vegetables and making sandwiches and lunch bags, Community Ambassador street cleaning and safety, HEAT program support, care item drives
AGE	Student groups of up to 25 are accepted for youth ages 10 and above. All minors require a parent or guardian waiver signature.
TIME	Individual shifts; the Youth Volunteer Program runs one hour longer than a typical shift
WEB	glide.org/volunteer/

St. Anthony Foundation

San Francisco

ROLES	Preparing and serving meals in the Dining Room, sorting clothes and assisting shoppers in the Free Clothing Program, basic computer assistance in the Tech Lab, patient outreach at the Medical Clinic, mock interviews through the STEPS employment program
AGE	Not stated
TIME	Not stated
WEB	stanthonysf.org/volunteer/

SAN MATEO COUNTY

CALL Primrose

Burlingame

ROLES	Food pantry volunteering; specific roles not stated
AGE	Adults only; specific age not stated
TIME	A weekly three-hour shift, weekdays 9am to noon or noon to 3pm
WEB	callprimrose.org

Coastside Hope

Half Moon Bay

ROLES	Restocking the food pantry daily, Senior Brown Bag farmers-market-style distribution, the Adopt-A-Family holiday program
AGE	Not stated
TIME	Not stated. Brown Bag distribution runs 1 to 3:30pm at 1 Bloom Lane, Half Moon Bay.
WEB	coastsidehope.org/volunteer/

Puente de la Costa Sur

Pescadero

ROLES	Not stated on the volunteer page
AGE	Not stated
TIME	Not stated
WEB	mypuente.org/volunteer/

Samaritan House

San Mateo

ROLES	Food services support in the kitchen and pantry, Mobile Meals driving hot meals to seniors and shelter programs, administrative support, translation, healthcare clinic support for people with a medical or dental background
AGE	Ages 12 to 15 must work alongside a parent; 16 and over may volunteer independently in some programs with a signed waiver. Medical clinics, the Safe Harbor Shelter and Client Services require 18+. For Mobile Meals, licensed drivers may bring youth of any age, and permit holders may drive with a parent in the passenger seat.
TIME	Food services: a weekly commitment for at least 4 consecutive weeks, with ad-hoc weekend shifts. Shifts 9am-12pm, 11am-1pm or 1-4pm weekdays; Mobile Meals weekdays about 3 to 5pm.
WEB	samaritanhousesanmateo.org/volunteer/

Second Harvest of Silicon Valley

San Jose and San Carlos

ROLES	Warehouse sorting and quality control, assembly line work, lifting boxes onto pallets, unloading produce, preparing and cleaning distribution sites, assisting clients, home delivery of groceries to homebound and senior clients, nutrition education and outreach
AGE	The minimum age is 12. All volunteers under 18 need a signed electronic permission slip filed at least 48 hours ahead. Chaperone ratio is 1 adult per 5 youth for ages 12 to 15; ages 16 to 17 may volunteer individually, or in groups at 1 adult per 10 youth.
TIME	No minimum. Volunteers can come once a year or regularly. Warehouse shifts are typically three hours.
WEB	shfb.org/volunteer/

SANTA CLARA COUNTY

Loaves & Fishes Family Kitchen

San Jose

ROLES	Prepping and serving meals, cleaning, sorting donated food, preparing groceries for clients
AGE	Most activities welcome volunteers age 14 and older. Kitchen shifts require at least 16. Volunteers under 18 at community serving sites must be accompanied by an adult.
TIME	Shifts typically run 2 to 3 hours
WEB	loavesfishes.org/volunteer

Sacred Heart Community Service

San Jose

ROLES	Warehouse customer service, accepting and sorting donations, bagging produce for 600 to 800 households daily; Energy Team supporting the Home Energy Assistance Program
AGE	Warehouse minimum is 7th and 8th grade with an adult chaperone 18 or over
TIME	The warehouse operates Monday through Saturday with flexible shifts; no minimum hours stated
WEB	sacredheartcs.org/volunteer/

Village Harvest

San Jose

ROLES	Picking and sorting fruit at harvest events, organizing or leading harvests, making preserves, sharing gardening expertise, website and technology work
AGE	Not stated
TIME	Not stated
WEB	villageharvest.org/volunteer

West Valley Community Services

Cupertino

ROLES	Sorting food and serving clients in the food market, front desk client check-in, food donation pickups from partner grocery stores, administrative or IT support, interpreting during case management, RYDE senior transportation driving, fundraising and community events, seasonal programs
AGE	Not stated
TIME	Flexible; give as little or as much time as you want
WEB	wvcommunityservices.org/volunteer/

SOLANO COUNTY

Faith Food Fridays

Vallejo

ROLES	Food distribution and warehouse work; assignments are made on the day based on need
AGE	Not stated
TIME	Flexible. Open hours Monday, Tuesday and Thursday 9am to 2pm, Friday 9am to 5pm, Saturday 9am to 1pm.
WEB	faithfoodfridays.com/volunteer/

SONOMA COUNTY

Farm to Pantry

Healdsburg and countywide glean sites

ROLES	Gleaning produce from properties across Sonoma County, delivery driving, market gleaning of surplus produce from farmers markets
AGE	Not stated
TIME	Gleaning shifts run up to 3 hours outdoors, typically 8:30am to 12pm Tuesday through Friday. One-time and recurring volunteers both welcome.
WEB	farmtopantry.org/volunteer-hub

Petaluma People Services Center

Petaluma

ROLES	Delivering meals to homebound seniors, collecting individually wrapped snacks for the SAFE Team, creating comfort and menstrual kits, iRide driving, mentoring, board service, seasonal drives
AGE	Not stated
TIME	Not stated
WEB	petalumapeople.org/volunteer/

Redwood Empire Food Bank

Santa Rosa

ROLES	Warehouse gleaning and produce packaging, assembling grocery boxes, sorting pantry items, Kitchen Collective snack prep, Food Connections Market stocking, community distribution, seasonal Farm to Fight Hunger harvesting
AGE	Not stated
TIME	Not stated
WEB	refb.org/volunteer/

Redwood Gospel Mission

Santa Rosa

ROLES	Food and meal preparation, breakfast cooking and service, dinner service, food donation pickup, coffee cart, driver roles across several program areas
AGE	Not stated
TIME	Not stated
WEB	rgm.org/volunteer

Parks, open space and environment

Park districts, land trusts, habitat restoration, creek and shoreline cleanups, native plant nurseries and urban forestry. Most work is outdoors, episodic and open to all ages.

ALAMEDA COUNTY

East Bay Regional Park District

Oakland (district headquarters)

ROLES	Habitat restoration, shoreline cleanup, trail maintenance, garden maintenance (weeding, pruning, mulching), bird box prepping, docent work with naturalists, Volunteer Trail Safety Patrol, Regional Parks Ambassadors, Botanic Garden, wildlife volunteers
AGE	Not stated. The district describes opportunities for people of all ages and family participation.
TIME	Not stated
WEB	ebparks.org/volunteer

Friends of Five Creeks

Berkeley

ROLES	Removing invasives, picking up trash, digging out invasive giant cane, citizen-science data collection
AGE	All ages welcome
TIME	Weekday Weed Warriors gather Tuesday mornings 10am to noon, plus one-off Saturday events
WEB	fivecreeks.org

Friends of Sausal Creek

Oakland

ROLES	Plant propagation at the native plant nursery, invasive removal along the creek and in parks, trail stewardship, school field trips and service programs, Eagle Scout and Gold Award projects
AGE	Not stated
TIME	Not stated
WEB	sausalcreek.org/volunteer

Golden Gate Bird Alliance

Berkeley

ROLES	Habitat restoration (removing invasives, planting natives, shoreline cleanup), youth education field trips with 3rd to 5th graders, docent work at Lake Merritt in Oakland or Dotson Family Marsh in Richmond, event support, office support, field trip leadership
AGE	Waivers for volunteers under 18 must be signed by a parent or guardian. No minimum age stated.
TIME	Flexible. The docent program runs November through February.
WEB	goldengatebirdalliance.org/volunteer/

Planting Justice

Oakland and El Sobrante

ROLES	Nursery and farm work; tasks vary a great deal by season and site
AGE	Not stated
TIME	East Oakland nursery Monday to Saturday 10am to 3:30pm. Mother Farm in El Sobrante Tuesdays 9:30am to noon or 1 to 3:30pm, and second Saturdays at the same times. Second Saturday sessions are cancelled if fewer than 5 people sign up a week ahead.
WEB	plantingjustice.org/pages/what-we-do/volunteer

San Francisco Baykeeper

Oakland

ROLES	Individual shoreline, street and park cleanups in your own community; company volunteer events; program volunteering supporting research for students in environmental careers
AGE	Not stated
TIME	Not stated
WEB	baykeeper.org/volunteer

Save The Bay

Oakland

ROLES	Transplanting native seedlings along the shoreline, removing invasive species from critical habitat, native plant nursery propagation across four nursery facilities, trash cleanup events, restoring former industrial salt ponds to salt marsh
AGE	Youth under 18 must be signed in by a parent or guardian. Youth under 13 must be signed in and accompanied by a parent or guardian throughout the event.
TIME	Events run about 3 hours
WEB	savesfbay.org/calendar/

CONTRA COSTA COUNTY

John Muir Land Trust

Martinez

ROLES	Stewardship volunteer on construction and conservation projects, trail monitor, Family Harvest Farm organic farming, farm lunch food prep, office support, special events, media support
AGE	Most volunteer roles require the applicant be 18 years of age
TIME	Not stated
WEB	jmlt.org/get-involved/volunteer/

Save Mount Diablo

Walnut Creek

ROLES	Diablo Restoration Team (DiRT) workdays weeding, watering, planting, building and cleaning; hike leaders and sweeps; public outreach, tabling and docent work; land use planning and advocacy; communications and media including graphic design and social media; events and fundraising; office and administrative work
AGE	Volunteers under 18 must have a waiver signed by a parent or guardian and must either be accompanied by their adult guardian throughout the workday or participate as part of a recognized organization with an authorized chaperone present. Stewardship workdays are not drop-off programs.
TIME	No minimum hours mandated. Stewardship need is heavier in the later three quarters of the year. The organization coordinates 36 outings annually.
WEB	savemountdiablo.org/get-involved/volunteer/

The Watershed Project

Richmond

ROLES	Community science including creek and storm water quality monitoring, water temperature monitoring, native oyster monitoring and benthic macroinvertebrate monitoring; restoration of native plant gardens, rain gardens, bioswales and creek projects across Richmond and Contra Costa County
AGE	Not stated
TIME	One-time events or regular opportunities; the organization emails volunteer opportunities twice a month
WEB	thewatershedproject.org/volunteer/

MARIN COUNTY

Golden Gate National Parks Conservancy

San Francisco

ROLES	Restoring historic landscapes at Fort Mason, gardening on Alcatraz, Habitat Steward work restoring San Francisco coastal habitat, caring for the landscaped areas at Presidio Tunnel Tops
AGE	Not stated
TIME	Shift-based, listed on the events calendar, typically 9am to noon
WEB	parksconservancy.org/volunteer

Marin County Parks

San Rafael

ROLES	Community Volunteer Days doing park and preserve maintenance; Volunteer Patrol touring open space preserves on foot, horseback or mountain bike and educating visitors about stewardship
AGE	Kids must be accompanied by an adult. No minimum age stated.
TIME	Community events take a few hours
WEB	parks.marincounty.gov/discover/learn/volunteer

Marin Water

Corte Madera

ROLES	Improving trails, restoring habitat and protecting endangered species on watershed lands
AGE	Not stated
TIME	Not stated
WEB	marinwater.org/volunteer

One Tam (Tamalpais Lands Collaborative)

San Francisco (administration)

ROLES	Community science including wildlife research, a native bee study and motion-activated camera monitoring; habitat restoration; trail restoration and maintenance; Tam Van mobile trailhead outreach; naturalist outings; rare plant and wildlife monitoring; litter abatement; native plant nursery
AGE	Not stated
TIME	Long-term and short-term opportunities
WEB	onetam.org/volunteer

Point Reyes National Seashore Association

Point Reyes Station

ROLES	Removing ice plant at North Beach, restoring habitat at the Giacomini Wetlands, Thursday Weeders coastal dune restoration at Abbotts Lagoon, wildlife docent work, Morgan horse care, visitor center assistance
AGE	Not stated
TIME	Thursday Weeders runs every other Thursday; a monthly volunteer calendar is published
WEB	ptreyes.org/about/jobs/

NAPA COUNTY

Land Trust of Napa County

Napa

ROLES	Preserve stewardship removing invasive species, restoring native habitats and maintaining trails; property monitoring; committee service; field trip leadership
AGE	Not stated
TIME	Over 100 volunteers contribute more than 2,000 hours a year; individual commitment not stated
WEB	napalandtrust.org/volunteer/

Napa County Resource Conservation District

Napa

ROLES	Preparing for fall acorn plantings and caring for plantings from previous years
AGE	All ages are welcome
TIME	Event-based; space is limited and RSVP is required
WEB	naparcd.org/volunteer/

SAN FRANCISCO COUNTY

Nature in the City

San Francisco

ROLES	Habitat stewardship workdays, community workdays, corporate and group volunteering, Keystone Volunteers serving as regular site stewards and advisors, internships, Youth in Action Council
AGE	Not stated
TIME	Corporate events run 2 to 4 hours; Keystone Volunteers serve regularly
WEB	natureinthecity.org/volunteer/

Presidio Trust

San Francisco

ROLES	Restoring natural areas, tending young trees through the reforestation program, caring for Presidio Tunnel Tops through planting and weeding, nursery work caring for more than 100,000 native plants, welcoming and orienting park visitors, landscape maintenance on National Park Service lands
AGE	Not stated
TIME	Drop-in opportunities as well as programs for a more consistent commitment
WEB	presidio.gov/volunteer

SAN MATEO COUNTY

Midpeninsula Regional Open Space District

Regional

ROLES	Educating and inspiring visitors, maintaining trails, removing invasive vegetation, docent-led hikes and rides, nature center hosting, school field trips, habitat restoration, fence construction and repair, trail brushing, community science
AGE	Not stated
TIME	From one-day stewardship projects to long-term commitments. Nearly 1,000 volunteers give over 20,000 hours a year.
WEB	openspace.org/get-involved/volunteer

Pacific Beach Coalition

Pacifica and the coast

ROLES	Beach, creek and city cleanups, habitat restoration at four locations focused on native plants, water warrior roles maintaining new plantings, cigarette-butt collection, site captain positions leading monthly cleanups
AGE	Not stated. A Pelican Squad teen site captain training program is available and student community service hours are offered.
TIME	Litter cleanups every weekend across Pacifica, Half Moon Bay, Montara, Daly City and Foster City; monthly habitat restoration events
WEB	pacificbeachcoalition.org/take-action/monthly-adopt-a-beach-cleanups/

Peninsula Open Space Trust

Palo Alto

ROLES	Ambassador Program spreading the word at community events and hikes; Land Volunteer Program including an Adopt-a-Highway crew and Land Stewards; monthly public volunteer events
AGE	Be at least 18 years of age
TIME	Monthly public volunteer events
WEB	openspacetrust.org/volunteer/

San Bruno Mountain Watch

Brisbane and South San Francisco

ROLES	Stewardship Mountaineers protecting sensitive habitats across the mountain, removing invasive species and planting natives on grass prairies and wetlands, growing locally native plants at the nursery, South San Francisco Weed Warriors restoring butterfly habitat
AGE	Not stated
TIME	Stewardship Mountaineers Saturdays 10am to 1pm. Mission Blue Nursery Wednesdays 10am to 12:30pm. Guadalupe Valley Stewards Tuesdays 10am to noon. South SF Weed Warriors the 4th Friday and Saturday of each month, 9am to noon.
WEB	mountainwatch.org/volunteer

SANTA CLARA COUNTY

Acterra

Palo Alto

ROLES	Green@Home Tour support including greeting attendees and directing guests, school taste surveys with Ravenswood City School District, and program volunteering in food sustainability, electrification and EVs, advocacy, youth education, operations and marketing
AGE	Not stated. The organization works with middle school, high school and college students, working professionals and retirees.
TIME	Green@Home Tours 11am to 3pm; school taste surveys monthly on the third Thursday during the 2026-27 school year
WEB	acterra.org/volunteer

Canopy

Palo Alto

ROLES	Planting and caring for community trees, education and outreach, committee service, skills-based support
AGE	Not stated
TIME	The 30 for 30 Pledge invites volunteers to complete 30 hours by June 2027
WEB	canopy.org/volunteer/

Grassroots Ecology

Palo Alto

ROLES	Planting, weeding, mulching, sheet mulching, bucket watering, litter removal, pruning, seed collecting, willow staking, gopher cage construction; Youth Stewards program
AGE	Not stated. Youth Stewards serves middle and high school students.
TIME	Community workdays; frequency not stated
WEB	grassrootsecology.org/volunteer

Green Foothills

Palo Alto

ROLES	Community Ambassadors Program at local events, office assistance, event setup, nature photography, other roles based on special skills
AGE	18 years or older
TIME	Not stated
WEB	greenfoothills.org/volunteer/

Hidden Villa

Los Altos Hills

ROLES	Education Guide, Weekend Ambassador, Animal Chore Volunteer, Farm Team Volunteer, Garden Keeper, Trail Maintenance, Property and Construction, Administration
AGE	Education Guide 18+; Weekend Ambassador 16+; Farm Team youths 12+ with an adult; Garden Keeper kids 9+ with an adult. Trail Maintenance, Property and Admin not stated.
TIME	Weekday Education Guide one shift weekly of 3 to 7 hours, Tuesday to Friday. Weekend Education Guide and Ambassador 1 to 2 shifts monthly. Animal Chore minimum one 2-hour shift weekly September to May. Farm Team Wednesdays and Saturdays 9am to noon. Garden Keeper and Trail Maintenance flexible and ongoing.
WEB	hiddenvilla.org/volunteer/

Our City Forest

San Jose

ROLES	Community tree plantings, nursery workdays growing young trees and shrubs, Tree Amigos representing the organization at community events
AGE	Not stated
TIME	Community plantings almost every Saturday during planting season; nursery workdays almost every Thursday, Friday and Saturday; Tree Amigos train through 5-week classes offered throughout the year
WEB	ourcityforest.org/volunteer

Santa Clara Valley Bird Alliance

Cupertino

ROLES	Habitat work, outreach and tabling, bioblitz documentation using iNaturalist, field trip reviews, committee work, office support, technology, education planning, event support, newsletter, community science
AGE	The McClellan Work Day is listed as family friendly, ages 10 and up. Other roles not stated.
TIME	Volunteers do not need to attend an entire event
WEB	scvbirdalliance.org/volunteer

Santa Clara Valley Open Space Authority

Regional

ROLES	Community outreach, interpretive docents leading hikes, land stewards on trail maintenance and habitat restoration, preserve stewards greeting and orienting visitors, trail masters doing maintenance and field work, trail patrol
AGE	Not stated
TIME	Land Stewards: projects occur regularly on Saturdays nearly year-round. Interpretive Docents: at least one program per quarter. Trail Masters: at least one event per month, with events on Wednesdays, Thursdays and Saturdays.
WEB	openspaceauthority.org/volunteer

Valley Water

Countywide

ROLES	Adopt-A-Creek year-round, National River Cleanup Day, California Coastal Cleanup Day, the Great American Litter Pick Up, Creek Connections Action Group
AGE	Not stated
TIME	Adopt-A-Creek participants pledge a minimum of two creek cleanup days per year for their adopted area
WEB	valleywater.org/learning-center/volunteer-program

SOLANO COUNTY

Solano Land Trust

Vacaville

ROLES	Community science, trail crew, event support, discovery table, Rush Ranch Outfitters shop, volunteer docent and field trip docent, astronomy night assistant, GIS mapper, land easement monitor, landscaping, office assistance, photography, Rush Ranch steward, social media, videography, tabling, transcription, website calendar assistance
AGE	Not stated
TIME	Get The Rush events run the third Saturday of the month at Rush Ranch, 9:30am to 12:30pm
WEB	solanolandtrust.org/get-involved/volunteer-docent.html

SONOMA COUNTY

LandPaths

Santa Rosa

ROLES	Wildlife Corridor Project monitoring cameras at preserves, retrieving SD cards, replacing batteries, classifying wildlife photos and organizing data; fire recovery and land stewardship at preserves such as Rancho Mark West
AGE	Not stated
TIME	Camera monitoring about every six weeks at Ocean Song Preserve; photo classification sessions at the downtown office
WEB	landpaths.org/volunteer/

Russian Riverkeeper

Healdsburg

ROLES	Picking up litter, removing invasive species, leading cleanups and restoration efforts, supporting advocacy and education, administrative tasks, leading citizen science projects
AGE	Not stated
TIME	Events run 2 to 3 hours
WEB	russianriverkeeper.org/volunteer/

Sonoma Ecology Center

Sonoma

ROLES	Sonoma Garden Park general volunteering, native plant nursery, Sugarloaf Ridge State Park restoration and maintenance, photography and videography, bilingual Spanish-English co-led hikes and outings, chicken team, Harvest Market team
AGE	Not stated
TIME	Sonoma Garden Park drop-in Mondays, Wednesdays, Fridays and Saturdays 9am to noon, with a third-Friday volunteer workday and social. Sugarloaf Ridge asks a minimum of 4 hours per month.
WEB	sonomaecologycenter.org/volunteer/

Sonoma Land Trust

Countywide

ROLES	Habitat restoration, community outreach, conservation research, educational outings
AGE	Not stated
TIME	Not stated
WEB	sonomalandtrust.org/internships-volunteering/

REGIONAL, STATEWIDE AND NATIONAL

Bay Area Ridge Trail Council

Berkeley

ROLES	Ridge Trail Service Day projects around the Bay Area, Trail Advocacy Groups leading outings and maintenance, event and outing support
AGE	Not stated
TIME	Not stated. Ridge Trail Service Day is November 7, 2026.
WEB	ridgetrail.org/volunteer/

California Coastal Cleanup Day

Statewide

ROLES	Removing trash from beaches and inland waterways across the state
AGE	If you are under 18 you need a parent or guardian to sign your waiver
TIME	One morning a year. The 2026 event was September 19, 9am to noon, the third Saturday of September.
WEB	coastal.ca.gov/publiced/ccd/ccd.html

California State Parks Volunteers in Parks

Individual parks run their own programs

ROLES	Interpretation and docent work, campground and park hosting, visitor center staffing, park maintenance (painting, fencing, signage, repairs), natural resource management including habitat restoration, invasive species removal and wildlife surveys, public safety patrols on horseback, mountain bike, foot, boat or ATV, cultural resource management, administrative support and student internships
AGE	Persons under 18 may volunteer with written permission from a parent or guardian
TIME	Most positions flexible. Camp and park hosts typically 25 to 30 hours per week with a 1 to 3 month minimum and 6-month maximum per park. Single-day opportunities also exist.
WEB	parks.ca.gov/volunteers

Housing, homelessness and shelter

Home construction and repair, emergency shelters, day centers and homelessness prevention.

ALAMEDA COUNTY

Abode Services

Fremont

ROLES	Meal preparation and service, tutoring, children's activities, sorting donations, facilitating workshops, garden care, cleaning and maintenance, event support, administrative work
AGE	Volunteers must be at least 15 years of age. Under 18, a parental consent form must be completed.
TIME	Not stated
WEB	abode.org/get-involved/volunteer

Catholic Charities East Bay

Oakland

ROLES	Community event team, development office support, immigration legal services administrative support, pro bono attorney, legal intern focused on unaccompanied minors, facilities
AGE	Not stated
TIME	Community event team once or twice a year; development office support 6 hours a week; immigration legal admin at least 4 hours a week for at least 3 months, or 14 to 20 hours a week for 3 to 6 months; legal intern 10 to 20 hours a week for 3 to 6 months; facilities 6 to 8 hours a week for 4 months
WEB	cceb.org/volunteer/

Dorothy Day House Berkeley

Berkeley

ROLES	Meal preparation, community closet organization, Saturday grassroots outreach at encampments, the Wednesday pop-up pantry, Dorothy's Closet thrift shop, a summer teen program
AGE	Not stated beyond the high school summer teen program
TIME	Meal prep in 2-hour shifts
WEB	dorothydayhouse.org/volunteer

Habitat for Humanity East Bay/Silicon Valley

Oakland

ROLES	Home build construction, ReStore retail, company and corporate group builds, faith and community group projects, AmeriCorps positions, Global Village trips
AGE	All volunteers must be at least 16, even with a parent or guardian. Volunteers 16 to 18 must bring a signed minor waiver to the site. Ages 15 and under may help with fundraising, handing out flyers or preparing lunch.
TIME	Volunteers commit to the full time span of any event; some opportunities have half-day options
WEB	habitatebsv.org/volunteer/

Rebuilding Together East Bay Network

Berkeley and Emeryville

ROLES	Home repair for low-income homeowners; the volunteer page does not itemize roles
AGE	Not stated
TIME	Not stated
WEB	rtebn.org/volunteer

St. Vincent de Paul of Alameda County

Oakland

ROLES	Dining room meal service, help desk assistance, community center support with donations and events, facilities maintenance, thrift store merchandising
AGE	Students 14 and older are welcome to complete service hours at the Downtown Oakland campus. Youth under 18 need a parental liability waiver, and under 16 need an accompanying adult for the entire service day.
TIME	West Oakland campus shifts 9am to noon or 12:30 to 3pm for the community center, and 8:30am to 1pm for the dining room. No minimum hours stated.
WEB	svdp-alameda.org/volunteer/

CONTRA COSTA COUNTY

Bay Area Rescue Mission

Richmond

ROLES	One-time and regular service, personal development class instruction, graduation transition team, fundraising committee, special events, skills-based professional volunteering
AGE	Not stated
TIME	One-time, regular, or group options
WEB	bayarearescue.org/get-involved/volunteer/

SHELTER, Inc.

Concord

ROLES	Donation drives, office assistance, building improvement and landscaping projects, group meal preparation and service, children's activity chaperoning
AGE	Young volunteers 12 and under may participate with an adult or guardian supervising. No hard minimum stated.
TIME	Office assistance is flexible, 8:30am to 5pm weekdays. Other roles vary; applicants state their available days and hours.
WEB	shelterinc.org/get-involved/volunteer/

Trinity Center

Walnut Creek

ROLES	Clothing room attendant, breakfast host, reception desk, member mail clerk, shower and laundry assistant, life skills workshop leader, arts and crafts workshop leader, fund development team, host and safety team
AGE	Not stated
TIME	Not stated
WEB	trinitycenterwc.org/volunteer-opportunities/

Winter Nights Family Shelter

Rotating host congregations

ROLES	Host or co-host congregation roles including meal preparation, activity coordination, laundry and overnight supervision
AGE	Not stated
TIME	Not stated
WEB	cccwinternights.org/volunteer/

MARIN COUNTY

Homeward Bound of Marin

Novato and San Rafael

ROLES	Meal server at Jonathan's Place, meal provider supplying dinners for 50 to 55 people, produce garden upkeep across 26 rows, kids' activities and childcare at Oma Village, stylists and barbers offering haircuts, painting teams
AGE	Not stated
TIME	Varies. Stylists and barbers give two hours on a regular basis; meal providers cook one evening or recurring.
WEB	hbofm.org/volunteer/

SAN FRANCISCO COUNTY

Compass Family Services

San Francisco

ROLES	Not itemized on the page; individual and group tracks are offered
AGE	Not stated
TIME	Not stated
WEB	compass-sf.org/volunteer/

Habitat for Humanity Greater San Francisco

San Francisco

ROLES	Playhouse Program prep, Playhouse team builds, new construction, and special projects including research, entertainment and photography that can be done remotely or in the office
AGE	Must be 16 years old or older. Power tool training is available for those 18 and over.
TIME	Playhouse prep shifts 3 hours; Playhouse team builds 5 hours
WEB	habitatgsf.org/volunteer/

Hamilton Families

San Francisco

ROLES	Office and residential program support, teaching cultural activities and tutoring, children and youth enrichment in art, sports, technology and music, group service projects including clothing closet organization and gardening, virtual volunteering including kit assembly and hosting Lunch-n-Learn sessions, skills-based roles
AGE	Not stated
TIME	Children and Youth Services requires a minimum of two hours weekly for three to six months. Other roles range from one-time projects to weekly.
WEB	hamiltonfamilies.org/volunteer

Raphael House

San Francisco

ROLES	Cleaning common areas of the shelter, organizing donations, wrapping birthday gifts, pro bono professional services, creating short video presentations, organizing donation drives, fundraising coordination
AGE	Not stated
TIME	Not stated
WEB	raphaelhouse.org/volunteer/

Rebuilding Together San Francisco

San Francisco

ROLES	Skilled trades volunteering (carpenters, plumbers, electricians, landscapers, laborers), Community Build Day general volunteering, She Builds, Associate Board membership
AGE	Not stated
TIME	General volunteers vary by opportunity. Associate Board members give 2 to 4 hours a month with a two-year term.
WEB	rebuildingtogethersf.org/get-involved/

St. Vincent de Paul Society of San Francisco

San Francisco

ROLES	Direct service at MSC-South Shelter and Division Circle Navigation Center; Riley Center support line calls, co-facilitating support groups, written and verbal translation, and community outreach; Ready-to-Eat Meal Program coordination
AGE	Not stated
TIME	Even a single hour is welcomed for some roles
WEB	svdp-sf.org/volunteer/

SAN MATEO COUNTY

LifeMoves

Regional

ROLES	Providing nutritious food for clients across Santa Clara and San Mateo counties, hosting donation drives, student volunteering with the Summer Adventure Camp
AGE	Not stated
TIME	Not stated
WEB	lifemoves.org/volunteer/

Rebuilding Together Peninsula

Redwood City

ROLES	Skilled volunteers doing basic carpentry, painting and minor handyman work; Site Captains leading teams on Rebuilding Days; general volunteers doing office admin, warehouse organization, fundraising events and photography; bilingual Spanish translation
AGE	Not stated
TIME	Varies by project. Rebuilding Days generally occur in April and October.
WEB	rebuildingtogetherpeninsula.org/volunteer/

SANTA CLARA COUNTY

Family Supportive Housing

San Jose

ROLES	Homework enrichment with preschool through school-aged children, serving dinner to families, Food Passport produce tasting, Meal Teams planning and providing hot meals, preparing lunch bags, facilitating evening workshops for parents or children, special projects such as gardening and supply sorting, donation drives
AGE	Not stated
TIME	Not stated
WEB	familysupportivehousing.org/volunteer

HomeFirst

San Jose

ROLES	Serve a meal, lead a workshop, sort donations, host a donation drive, host a celebration, greening and cleaning
AGE	You must be over 18 for most opportunities
TIME	Not stated
WEB	homefirstservices.org/get-involved/volunteer

SONOMA COUNTY

Catholic Charities of Northwest California

Santa Rosa

ROLES	Current openings include hair stylist or barber, food delivery driver, Caritas front desk, The Palms front desk, Caring Rides driver for seniors, kitchen volunteer
AGE	Not stated
TIME	Whether you can offer a few hours a month or several days a week
WEB	ccnwc.org/how-to-help/volunteer.html

Habitat for Humanity of Sonoma County

Santa Rosa

ROLES	Construction building and repairing homes, ReStore retail, translation services, office support including data entry and mailings, advocacy tabling and outreach, committee and board service
AGE	Not stated
TIME	Not stated. Office roles are listed as flexible hours.
WEB	habitatsoco.org/volunteer/

Seniors, hospice and homebound support

Meal delivery, friendly visiting and calling, transportation, hospice companionship and long-term care advocacy.

Several of these roles can be done entirely by phone.

ALAMEDA COUNTY

Spectrum Community Services (Meals on Wheels of Alameda County)

Hayward

ROLES	Meals on Wheels delivery driving, van driving, meal staging, senior meal packing and site distribution, fall prevention exercise class assistance, Connect Program friendly visits and telephone reassurance, office and event support
AGE	Must be at least 18 years old, with limited exceptions for younger volunteers accompanied by an adult
TIME	Meals on Wheels 1 to 2 hours per weekday shift with a commitment to one regular weekly shift. Senior meals 11am to 1pm weekdays. Fall prevention runs 12 weeks. Connect weekly 1-hour visits or 30-minute phone calls. Office support 2 to 4 flexible hours.
WEB	spectrumcs.org/ways-to-give/volunteer

CONTRA COSTA COUNTY

Hospice East Bay

Pleasant Hill

ROLES	Currently accepting applications for armed forces veterans, certified pet therapy volunteers, licensed massage therapists and licensed hair stylists. Also listed: patient and family support, bereavement support, administrative, fundraising and events, thrift shop, bilingual support, and vigil end-of-life bedside volunteering.
AGE	Not stated
TIME	A few hours a month for massage and hair care volunteers; other roles not stated
WEB	hospiceeastbay.org/volunteers/

Meals on Wheels Diablo Region

Walnut Creek

ROLES	Meal delivery drivers who pick up coolers at a designated site and add a wellness check and conversation, Friendly Visitors, Friendly Callers, Friendly Helpers providing practical support and transportation, Fall-Prevention Coaches, Adopt-A-Route teams, cafe volunteers
AGE	18 and over for most roles; 21 and over for drivers
TIME	Meal delivery usually one weekday per week, about 1 to 3 hours. Friendly Visitor, Caller and Helper roles about 1 to 3 hours a week. Adopt-A-Route teams one lunch hour per month, or every eight weeks solo. Fall-Prevention Coach requires a 6-month commitment.
WEB	mowdiablloreion.org/volunteer/

MARIN COUNTY

By the Bay Health

Regional

ROLES	Patient care volunteer offering companionship, emotional support and caregiver respite; complementary care volunteer providing massage therapy, music or pet companionship; organization support volunteer doing administration, fundraising, community outreach, thrift stores and the Comfort Bears program
AGE	Not stated
TIME	Not stated
WEB	bythebayhealth.org/ways-to-help/volunteer/

Vivalon (Meals on Wheels Marin)

San Rafael

ROLES	Nourish meal delivery driver Monday, Wednesday and Friday; CarePool driver taking clients to medical appointments, the pharmacy and groceries; A Matter of Balance fall prevention instructor; Brown Bag Pantry grocery distribution; Vivalon Cafe cashier or server; cooking class assistant
AGE	At least 18 years old for driver roles; other roles not stated
TIME	Nourish shifts 9am to noon or 1 to 4pm. A Matter of Balance runs 8 weeks, 2 hours weekly. Brown Bag Fridays 9:30am to noon. Cafe weekdays 10:30am to 2pm. Cooking class the third Thursday monthly, 2 to 5pm.
WEB	vivalon.org/volunteer/

SAN FRANCISCO COUNTY

Curry Senior Center

San Francisco

ROLES	Serving meals to seniors, hosting bingo, assisting with the grocery program, Fiesta Karaoke, planning and hosting parties
AGE	Volunteers must be at least 18 years of age
TIME	Meal service 8:15 to 9:30am or 10:15am to noon weekdays; bingo Monday, Wednesday and Saturday 10 to 11am; grocery program Thursdays 9:30am to 12:15pm; karaoke the third Friday 1 to 4pm
WEB	curryseniorcenter.org/volunteer/

Institute on Aging

San Francisco

ROLES	Friendship Line volunteer on the 24/7 phone line, musical performers, artists, Enrichment Center in the Presidio, office support, data entry, student volunteers, corporate groups
AGE	Not stated
TIME	Not stated
WEB	ioaging.org/volunteer/

Little Brothers - Friends of the Elderly

San Francisco

ROLES	Birthday calls, weekly phone calls, visiting volunteer, Saturday in-home visits, Stroll Buddies, medical escort, Tech Allies, Creativity Connects, Muttville Cuddle Club, social gatherings, holiday programs
AGE	All volunteers must be 18 years or older
TIME	Stroll Buddies weekly for a minimum of 3 months. Visiting Volunteer twice monthly for a minimum of 6 months. Tech Allies is a 12-session curriculum. Weekly phone calls take about 8 minutes. Saturday visits typically 10:30am to noon.
WEB	littlebrotherssf.org/volunteer

Meals on Wheels San Francisco

San Francisco

ROLES	Weekly driver delivering groceries on a set route, back-up driver filling in when weekly volunteers are away, card making for seniors from home
AGE	Not stated
TIME	Weekly drivers keep a set schedule; back-up drivers volunteer when available; card making is flexible
WEB	volunteer.mowsf.org

Openhouse (Bob Ross LGBT Senior Center)

San Francisco

ROLES	Friendly Caller, Friendly Visitor, tech support, peer support, front desk reception, deliveries with a car, regular errand runs, handyperson help, program facilitation, data entry, event support
AGE	Not stated
TIME	Not stated
WEB	openhousesf.org/volunteer

SAN MATEO COUNTY

AgeUp (Ombudsman Services of San Mateo County)

Redwood City

ROLES	Visit assigned long-term care facilities regularly to check in with residents, listen to concerns and help resolve problems, and advocate for residents who need someone in their corner
AGE	18 or older
TIME	10 to 20 hours per month for 2 years
WEB	age-up.org/ombudsman-volunteers/

Mission Hospice & Home Care

Redwood City

ROLES	Companionship and caregiver support, Mission House resident support, vigil and end-of-life support
AGE	Not stated
TIME	Not stated
WEB	missionhospice.org/ways-to-help/volunteer/

SANTA CLARA COUNTY

Avenidas

Palo Alto and Mountain View

ROLES	Friendly Voices weekly phone conversations, Door to Door driving, Rose Kleiner Center activities assistance, teaching classes and administrative support, Avenidas Village errands, odd jobs and technology help, event support and bilingual assistance
AGE	Not stated
TIME	Friendly Voices 1 to 2 hours a week; Door to Door weekdays 8am to 4pm and flexible; Avenidas Village not on a regular schedule
WEB	avenidas.org/programs/volunteering/

Pathways Home Health, Hospice & Private Duty

Regional

ROLES	Patient and family support, veteran volunteer, office volunteer, therapy volunteer, special projects, corporate volunteer, bereavement intern, foundation volunteer
AGE	Not stated
TIME	Pathways volunteers typically give four hours a week; special projects have flexible commitment lengths
WEB	pathwayshealth.org/about-us/volunteers

Sourcewise

Countywide

ROLES	Digital literacy tutoring, gift bag creation, home beautification, administrative support, seasonal card decoration, social activities, Ambassador Program wellness calls, home visits, internships, HICAP health insurance counseling
AGE	Volunteers of all ages including high school and college students and retirees. Digital literacy is high school age or older. Home visits and internships require 18 or older; minors may join home visits with a parent or guardian.
TIME	Varies by role, from 2 to 3 hours for digital literacy up to 6 to 12 hours a month for HICAP counseling
WEB	mysourcewise.com/volunteer/

SONOMA COUNTY

Vintage House

Sonoma

ROLES	Food distribution, delivery driving, chef's assistant, coffee server and greeter, dining room server, shopper, gardening, myRide driving, TechSquad help, special events
AGE	Not stated
TIME	Flexible, from a few hours to a larger role
WEB	vintagehouse.org/volunteer

Veterans and military families

VA medical centers, veteran service organizations, remembrance programs and mentoring. VA onboarding is heavier than a typical nonprofit; plan for fingerprinting and a TB test.

ALAMEDA COUNTY

Operation Dignity

Oakland

ROLES	Not itemized on the volunteer page
AGE	The minimum age for in-person volunteering is 18
TIME	Not stated
WEB	operationdignity.org/how-you-can-help/volunteer/

Swords to Plowshares

San Francisco and Oakland

ROLES	Breakfast service, beautification and minor rehabilitation projects, hygiene kit assembly, special event assistance. Separately, a Pro Bono Program runs legal clinics and represents veterans in military discharge upgrade applications.
AGE	Not stated
TIME	Not stated
WEB	swords-to-plowshares.org/partner

Veterans Yoga Project

Alameda

ROLES	The organization describes volunteers from marketing, project management, psychology and engineering backgrounds; open positions are listed in its volunteer portal, and teaching yoga classes is one path
AGE	Not stated
TIME	Not stated
WEB	veteransyogaproject.org/volunteers/

CONTRA COSTA COUNTY

Blue Star Moms Chapter 101 (East Bay)

San Ramon and Danville

ROLES	Care packages, veterans outreach, Operation Postcard, Gold Star Parents support, speaker program
AGE	Not stated
TIME	Monthly general meetings plus optional neighborhood group meetings in the Tri-Valley and Lamorinda areas
WEB	bluestarmoms.org/contact

VA Northern California Health Care System

Martinez

ROLES	Not itemized on the volunteer page
AGE	Volunteers must be at least 15 years old, which is higher than the Palo Alto and San Francisco systems
TIME	Not stated
WEB	va.gov/northern-california-health-care/work-with-us/volunteer-or-donate/

SAN FRANCISCO COUNTY

San Francisco VA Health Care System

San Francisco

ROLES	Patient escort, parking lot golf cart driver, Community Living Center assistant, environmental services, gardener, linen handler, ICU companion, mail room, Red Coat concierge, Compassionate Contact Corps virtual companionship, nursing unit support
AGE	At least 14 years old
TIME	A minimum of 100 hours of service
WEB	va.gov/san-francisco-health-care/work-with-us/volunteer-or-donate/

VA National Cemetery Administration

San Francisco and San Bruno

ROLES	Serving in military funeral honors details, performing live Taps at funerals, greeting visitors and staffing information centers, grounds beautification, tree pruning, flag mending, flower bed sponsorship, researching cemetery history, serving as an educational guide, cataloguing monuments, organizing holiday wreath-laying and Memorial Day flag placement
AGE	Not stated
TIME	Not stated
WEB	cem.va.gov/volunteer/

Wreaths Across America

Participating national cemeteries

ROLES	Placing remembrance wreaths on veterans' graves and reading each name aloud
AGE	All ages and backgrounds are welcome at the San Francisco location; no numeric minimum stated
TIME	One morning. National Wreaths Across America Day 2026 is Saturday, December 19, 2026. The San Francisco National Cemetery ceremony is listed for 9:00am, with wreath placement immediately after.
WEB	wreathscrossamerica.org

SANTA CLARA COUNTY

Honor Flight Bay Area

Mountain View

ROLES	Volunteer roles include airport send-offs, welcoming veterans home, office support, data entry, mailing materials and contacting participants. Guardians accompany a veteran for the full trip to Washington, D.C.
AGE	Not stated
TIME	Guardians commit to a full-day trip; volunteer hours not stated
WEB	honorflightbayarea.org/get-involved/

VA Palo Alto Health Care System

Palo Alto

ROLES	Assignments across the Palo Alto, Menlo Park and Livermore divisions plus the Fremont, San Jose and Marina clinics, supporting care across a wide range of services
AGE	14 years old
TIME	Variable. The Summer Youth Program requires at least 100 hours over the summer.
WEB	va.gov/palo-alto-health-care/work-with-us/volunteer-or-donate/

REGIONAL, STATEWIDE AND NATIONAL

American Legion, Department of California

Find your local post

ROLES	Community service initiatives and event support, organized post by post
AGE	Not stated
TIME	Not stated
WEB	calegion.org/find-a-post/

Service to School

Remote

ROLES	Ambassador (peer mentor) guiding a veteran one-on-one through college or graduate admissions, giving feedback on applications and sharing your own transition experience, within an Undergraduate, MBA, JD, Graduate or Healthcare track
AGE	Not stated
TIME	From 1 hour a week upward; you are matched based on your time and experience
WEB	service2school.org/volunteer-sign-up

Travis Manion Foundation

Regional

ROLES	Character Does Matter mentorship, Operation Legacy service projects, chapter activities, physical events. Volunteer interest areas include general, accounting, HR, legal, fundraising, event planning, administrative, speaking and programmatic.
AGE	Not stated
TIME	Not stated
WEB	travismanion.org/getinvolved

VFW, Department of California

Find your local post

ROLES	Buddy Poppy distribution, community service activities, veteran hospital visits, youth programs including scouting and the Patriot Pen competition
AGE	Not stated
TIME	Not stated
WEB	vfwca.org

Youth, education and mentoring

Tutoring, literacy, mentoring and court-appointed advocacy. These programs screen carefully and ask for the longest commitments, because consistency is the whole point.

ALAMEDA COUNTY

Boys & Girls Clubs of Oakland

Oakland

ROLES	Referee, head coach, group lead, station volunteer, greeter, tutoring and reading support, study skills, workshop leader, chaperone, painting, construction
AGE	Must be 14 years or older
TIME	2 to 3 hours a week for homework help; flexible for workshops; as needed for special events
WEB	bgcoakland.org/volunteer

Girls Inc. of Alameda County

Oakland

ROLES	Classroom literacy volunteer with elementary students, middle school volunteer for grades 6 to 8, essay mentoring, field trip hosting, mock interviewing
AGE	Not stated
TIME	Weekday sessions Monday to Friday 3 to 6pm during the school year; summer several days a week 9:30am to 2pm
WEB	girlsinc-alameda.org/volunteer

Oakland Literacy Coalition

Oakland

ROLES	Not itemized on the volunteer page
AGE	Not stated
TIME	Not stated
WEB	oaklandliteracycoalition.org/volunteer/

SAN FRANCISCO COUNTY

826 Valencia

San Francisco

ROLES	After-school tutoring, in-school program tutoring, field trip group support, creative services for illustrators and designers, audio editing, photography
AGE	18 years or older. A separate youth track exists for high school juniors and seniors.
TIME	Sign up for shifts that fit your schedule; there is no minimum time commitment. Once or twice weekly is encouraged for after-school, weekly for in-school.
WEB	826valencia.org/volunteer

First Graduate

San Francisco

ROLES	College essay coaching, career exploration, college mentoring, academic volunteering, family engagement, skills-based volunteering
AGE	Not stated
TIME	Not stated
WEB	firstgraduate.org/volunteer/

SF CASA (Court Appointed Special Advocates)

San Francisco

ROLES	Advocate for one child in foster care: build trust, speak up for their wellbeing in court, school and life, support education and career goals, healthcare access, placement and housing, independent living skills for youth 16 and older, and community connections
AGE	Not stated
TIME	Not stated
WEB	sfcasa.org/volunteer/

SAN MATEO COUNTY

CASA of San Mateo County

Redwood City

ROLES	Court-appointed advocacy for children in foster care
AGE	Not stated
TIME	Not stated
WEB	casaofsanmateo.org/volunteer

SANTA CLARA COUNTY

Breakthrough Silicon Valley

San Jose

ROLES	Subject tutoring in math, science and history, resume review, mock interviews, Career Exploration Day hosting, FAFSA support sessions
AGE	Background checks are required for volunteers 18 and older; no other age wording published
TIME	At least an hour a week for a minimum of three months for tutoring
WEB	breakthroughsv.org/volunteer

SONOMA COUNTY

CASA of Sonoma County

Santa Rosa

ROLES	Establish and maintain contact with a child, interview parents, social workers and teachers, and submit a written recommendation to the court. Event and office volunteer roles also exist.
AGE	Volunteers must be at least 21 years of age
TIME	About 10 hours a month, with a minimum commitment of two years
WEB	sonomacasa.org/volunteer/

REGIONAL, STATEWIDE AND NATIONAL

Big Brothers Big Sisters of the Bay Area

Multiple

ROLES	Mentor, called a Big, matched one-to-one with a young person, called a Little
AGE	Must be at least 21 years of age
TIME	Meet your Little 2 to 4 times per month, every month, for a minimum of one year
WEB	bbbsba.org/volunteer/

Reading Partners SF Bay Area

Multiple school sites

ROLES	One-on-one literacy tutoring with an elementary student, in person or online through Reading Partners Connects
AGE	You must be at least 14 years old to tutor in person and 18 years old to tutor online
TIME	A little over one hour per week, at the same time each week
WEB	readingpartners.org/volunteer-in-the-sf-bay-area/

Health, crisis and survivor support

Crisis lines, free clinics, domestic violence and survivor services, and family crisis programs. Training here runs from a weekend to 54 hours.

ALAMEDA COUNTY

Crisis Support Services of Alameda County

Oakland

ROLES	988 crisis line counselor taking calls and texts, event support, administrative tasks, skilled remote work
AGE	18 years or older
TIME	A minimum of 60 total shifts, working one 4-hour shift per week
WEB	crisissupport.org/volunteer/

Project Open Hand

San Francisco and Oakland

ROLES	Meal preparation, packaging and delivery, and grocery distribution to people who are sick and to older neighbors
AGE	15 years old
TIME	A 3-month commitment to a weekly shift, or 40 hours per semester for students
WEB	openhand.org/volunteer

Stanford Blood Center

Campbell, Dublin, Menlo Park, Mountain View

ROLES	Post-donation canteen host monitoring donors for medical reactions, serving snacks and making sure donors take in fluids
AGE	Minimum age for volunteering is 16
TIME	Not stated
WEB	stanfordbloodcenter.org/volunteer/

CONTRA COSTA COUNTY

Bay Area Crisis Nursery

Concord

ROLES	Childcare volunteer, food pickup and delivery, food pantry volunteer, Crab Feed committee, board service
AGE	All volunteers must be at least 18 years old
TIME	Childcare: one 3-hour shift, at least once a week, for a minimum of one year
WEB	bayareacrisisnursery.org/volunteer

Contra Costa Crisis Center

Countywide

ROLES	Crisis line volunteer, grief group facilitator, mobile grief response team, outreach ambassador, administrative duties and special projects
AGE	21 and over for call center and grief volunteers; no age stated for administrative roles
TIME	Crisis line: a 4-hour shift once a week for a year. Administrative: 4 hours a month up to 20 hours a week. Grief groups: two hours once a week.
WEB	crisis-center.org/volunteer/

MARIN COUNTY

Center for Domestic Peace

San Rafael

ROLES	Mother's Day Luncheon event support, fundraising committees and task forces, pro bono marketing assistance, pro bono legal services, MAYA Advisory Committee for youth peer resource leaders
AGE	Not stated
TIME	Not stated
WEB	centerfordomesticpeace.org/volunteer/

NAPA COUNTY

Cope Family Center

Napa

ROLES	Parking lot maintenance, outreach squad assistance
AGE	Not stated
TIME	Not stated
WEB	copefamilycenter.org/volunteer/

SAN FRANCISCO COUNTY

Clinic by the Bay

San Francisco

ROLES	Patient care provider volunteers, clinical support volunteers, non-clinical volunteers, unlicensed dental volunteers
AGE	Be at least 18 years old or older
TIME	Six consecutive months, with two 4-hour shifts per month during the first six months and at least one shift per month after training. Three in-person training shifts are mandatory.
WEB	clinicbythebay.org/volunteer/

Shanti Project

San Francisco

ROLES	Peer Support Volunteer providing emotional support and practical assistance to clients in the HIV, LGBTQ+ Aging and Cancer programs; PAWS pet assistance and pet food bank volunteering; client wellness workshop facilitation; administrative support; internships
AGE	18 and over
TIME	Peer Support requires a minimum of six months of weekly visits
WEB	shanti.org/volunteer/

SAN MATEO COUNTY

CORA (Community Overcoming Relationship Abuse)

San Mateo

ROLES	Outreach volunteer at the Kaiser Farmers' Market, court accompaniment support, survivor group support, 5K event roles including setup, parking, course marshalling and cleanup, youth volunteers, college interns, board service
AGE	Youth volunteers must be at least 16 and currently enrolled in high school, grades 9 to 12. General volunteers not stated.
TIME	Three hours per shift at the Farmers' Market; other roles not stated
WEB	corasupport.org/volunteer

REGIONAL, STATEWIDE AND NATIONAL

RotaCare Bay Area

Multiple clinic locations

ROLES	Physicians, nurse practitioners and physician assistants, plus Spanish interpreters, registrars and on-site administrators
AGE	You must be at least 18 years of age to apply
TIME	A minimum of six months volunteering one shift per week for students, and one shift per month for providers
WEB	rotacarebayarea.org/volunteer/

Disability and inclusion

Adaptive sports, independent living, and services for people who are blind or have low vision or intellectual disabilities.

ALAMEDA COUNTY

BORP (Bay Area Outreach and Recreation Program)

Berkeley

ROLES	Adaptive sports and recreation support; roles are not itemized on the site
AGE	Not stated
TIME	Not stated
WEB	borp.org/volunteer/

Center for Independent Living

Berkeley

ROLES	Event planning and community support, community outreach, media team, travel training support, residential access, assistive technology, blog content research and writing, hospitality and front desk, youth social club activity leader
AGE	Not stated
TIME	Not stated
WEB	thecil.org/volunteer/

SAN FRANCISCO COUNTY

LightHouse for the Blind and Visually Impaired

San Francisco

ROLES	Personal Service Volunteer providing sighted task support and friendly visits, administrative support, Fitness Partners, program and event volunteers, Enchanted Hills Camp support
AGE	Not stated
TIME	Meet with people weekly, biweekly or monthly
WEB	lighthouse-sf.org/volunteer/

SANTA CLARA COUNTY

Hope Services

Regional

ROLES	Support in programs and services, and at HopeTHRIFT stores
AGE	The volunteer form offers 16 to 17 and over 18 as options
TIME	Not stated
WEB	hopeservices.org/volunteer/

SONOMA COUNTY

Earle Baum Center

Santa Rosa

ROLES	General office work, newsletter help, special events, guiding tours of the facility, working in the garden and orchards
AGE	Not stated
TIME	Not stated
WEB	earlebaum.org/volunteer/

REGIONAL, STATEWIDE AND NATIONAL

Special Olympics Northern California

Pleasant Hill (headquarters)

ROLES	Coaches, Unified Partners competing alongside athletes with intellectual disabilities, Games Management Team members, medical volunteers, health and wellness volunteers, office volunteers, event support, fundraising
AGE	Single-day volunteers 10 and older. Ongoing volunteers 14 and older for direct athlete work. 18 and older is required for background check eligibility.
TIME	Single-day volunteers 4 or more hours; ongoing volunteers 8 or more weeks
WEB	sonc.org/be-a-volunteer/

Museums, libraries and civic life

Library tutoring and branch support, museum docent programs, legal aid and thrift retail that funds nonprofit work.

ALAMEDA COUNTY

Bay Area Legal Aid

Oakland, Richmond, Napa, San Francisco, Redwood City, San Jose

ROLES	Law clerk, pro bono attorney, legal clinic volunteer, office-based volunteer, mentor
AGE	Not stated
TIME	Semester clerkships are typically 10 to 20 hours a week; the summer program is full time at 37.5 hours a week
WEB	baylegal.org/volunteer/

Oakland Museum of California

Oakland

ROLES	Visitor welcoming, gardening, public programs, gallery chats facilitation, school group greeting, gallery host, school programs facilitation, small group facilitation
AGE	Not stated
TIME	Not stated
WEB	museumca.org/volunteer/

Oakland Public Library

Oakland

ROLES	Computer tutor, Community Sew and Serge, community beautification, Bookmark Bookstore volunteer, Friends monthly e-news editor
AGE	At least 17 years old for Bookmark Bookstore volunteers; other roles not stated
TIME	Computer tutor a regular 2-hour weekly commitment for at least six months; Bookmark a 3-hour weekly commitment for at least six months; Sew and Serge 2-hour sessions
WEB	oaklandlibrary.org/volunteer/

CONTRA COSTA COUNTY

Contra Costa County Library

Countywide branches

ROLES	Home delivery program for adults, community service and short-term placements, computer docent, ESL conversation group volunteer, Friends of the Library, homework help, in-library public services support, Project Second Chance adult literacy tutoring, social media ambassador, Summer Read teen volunteer
AGE	Home delivery minimum 18; computer docent teens 16 or older; homework help minimum 16; Summer Read teens entering eighth grade or above
TIME	Computer docent at least two hours a week; Summer Read teen one to two hours per week
WEB	ccclib.org/volunteer/

Lindsay Wildlife Experience

Walnut Creek

ROLES	Wildlife hospital, wildlife educator for school field trips and exhibit hall interpretation, animal husbandry
AGE	Ages 18 and up for primary positions; youth are directed to Teen Programs
TIME	Not stated
WEB	lindsaywildlife.org/become-volunteer-3/

MARIN COUNTY

Goodwill San Francisco Bay

Multiple

ROLES	Job-a-thon (resume guidance, mock interviews, job application help), Sort-a-Thon (donation sorting and goods valuation), retail activities including merchandising and product processing, facilities projects including painting and maintenance
AGE	Not stated
TIME	Not stated
WEB	sfgoodwill.org/volunteer/

SAN FRANCISCO COUNTY

California Academy of Sciences

San Francisco

ROLES	More than 20 roles including docent, orienteer, Naturalist Center engagement, aquarium husbandry, aquarium diver, animal health, research collections, school programs, marine mammal field response, NightLife ambassador, public programs and guest experience
AGE	Applications are accepted from anyone 18 years of age and over. NightLife Ambassadors must be at least 21.
TIME	Varies by role
WEB	calacademy.org/volunteer

SANTA CLARA COUNTY

San Jose Public Library

San Jose

ROLES	Reading tutor for grades K through 4, academic assistance tutor, adult literacy and ESL tutor, Friends of the Library organizer, Teens Reach, teen book reviewer
AGE	Not stated
TIME	Not stated
WEB	sjpl.org/volunteer

SOLANO COUNTY

Solano County Library

Countywide branches

ROLES	Reading and writing tutor for adult learners, bilingual storytime reader, library ambassador, programming volunteer, technology docent
AGE	Adults 18 and over; teens at least 12 years old
TIME	Teens work shifts of 1 to 2 hours per week for at least 3 to 6 months
WEB	solanolibrary.gov/services/volunteer-2/

Disaster and emergency response

Organizations that mobilize when something goes wrong. Nearly all require training and a background check before you can be deployed.

ALAMEDA COUNTY

American Red Cross Northern California Coastal Region

San Francisco, Santa Rosa, San Jose

ROLES	Blood collection support at blood drives, Disaster Action Team responding to people displaced by fires, storms and other disasters
AGE	Adults 18 and older. A separate youth program serves ages 13 to 18.
TIME	Not stated
WEB	redcross.org/local/california/northern-california-coastal/volunteer.html

SONOMA COUNTY

Sonoma Community Animal Response Team

Countywide

ROLES	Animal handling and care during disasters, emergency sheltering, training exercises
AGE	Not stated
TIME	Not stated
WEB	sonomacart.org/new-volunteers

REGIONAL, STATEWIDE AND NATIONAL

Medical Reserve Corps

Find your unit through the national locator

ROLES	Respond to community health and safety needs during emergencies using skills in medicine, public health, safety, logistics, communications and other areas
AGE	Not stated
TIME	Not stated
WEB	aspr.gov/readiness-response/response-operations/join-train-respond/mrc

Team Rubicon

No Bay Area office published

ROLES	Greyshirts respond to disasters. Roles are deployment-based and matched from a profile of your skills, certifications, licenses and language fluency. Remote volunteer roles also exist.
AGE	Not stated on any page
TIME	Flexible; the organization states anyone can serve no matter how much time they have
WEB	teamrubiconusa.org/volunteer/

The Salvation Army

Find your corps by ZIP code

ROLES	Packing food boxes, organizing pantry items, serving meals, shelter meal programs and reception, disaster response through food service, emotional and spiritual care, donation management and cleanup, Red Kettle bell ringing, holiday toy and food distribution, youth mentoring, senior companionship, thrift store donation sorting
AGE	Not stated nationally; age verification may apply by location
TIME	Not stated
WEB	salvationarmyusa.org/usn/volunteer/

Where to search next

Platforms and clearinghouses that list opportunities from organizations too small or too numerous to include individually.

NAPA COUNTY

Napa Valley CanDo

Napa

ROLES	Food Rescue Team, Gleaning Team, Napa Food Project, Garden for the Food Bank, Pro-Inclusion Napa, Neighborhood Reads restoring books for little free libraries
AGE	Not stated
TIME	No mandatory commitment. The organization states there are no dues, no sign-up forms and no mandatory anything; you show up when something moves you.
WEB	nvcando.org/get-involved

REGIONAL, STATEWIDE AND NATIONAL

AmeriCorps Seniors (RSVP, Foster Grandparent, Senior Companion)

Find a local program

ROLES	Foster Grandparent Program mentoring students with exceptional needs, RSVP using existing skills or developing new ones in your community, Senior Companion Program offering friendship and assistance to other seniors and supporting caregivers
AGE	Open to individuals 55 and older
TIME	Not stated
WEB	americorps.gov/serve/americorps-seniors

California Volunteers (Office of the Governor)

Sacramento

ROLES	Statewide volunteer opportunity search and events calendar, plus programs: CaliforniansForAll, California Service Corps, AmeriCorps California, California Climate Action Corps, College Corps and Youth Service Corps
AGE	Set per program
TIME	Set per program
WEB	californiavolunteers.ca.gov/volunteer-opportunities/

Idealist (which now includes VolunteerMatch)

Search by location

ROLES	A searchable platform connecting more than 200,000 organizations with volunteers. Filter by keyword, skill or interest, by location radius from 5 to 100 miles, by virtual or onsite, and by Done in a Day for short-term opportunities.
AGE	Not stated; set by each listing organization
TIME	Set by each listing organization
WEB	idealist.org/en/volunteer

National VOAD

Directory only

ROLES	National VOAD does not take volunteers itself. It maintains a member directory and a state VOAD map that route you to organizations active in disaster response.
AGE	Not applicable
TIME	Not applicable
WEB	nvoad.org/current-members/

Points of Light

Find an affiliate

ROLES	Connects individuals to volunteer opportunities and provides service recognition, through a global network of affiliate organizations
AGE	Not stated
TIME	Not stated
WEB	pointsoflight.org/for-volunteers/