

How to apply

Registration steps, contacts, screening requirements and training for every organization in the Bay Area volunteer directory.

For each of the 270 organizations: where it is, how to reach it, the exact application steps it publishes, what screening and training it requires, its minimum age, the commitment it asks for, and whether it takes groups.

The quick-reference tables that open this document answer the questions that decide most placements: who takes young volunteers, what costs money, what requires fingerprinting, what you can start this weekend, and what can be done from home.

Six things worth knowing before you apply

1. Lead time is the thing people underestimate. A food bank shift can be booked this week. A shelter placement takes two to four weeks between orientation and your first shift. Anything involving fingerprinting, a TB test or federal onboarding takes one to three months. Court-appointed advocacy and crisis line work take longer still, because the training runs 40 to 54 hours before you are placed at all. Apply for the slow ones now and do the fast ones while you wait.

2. A six-month commitment is not a formality. Organizations that train you are spending real money doing it, and several say plainly that they cannot accommodate short-term or court-ordered hours. If you cannot hold a weekly shift for six months, the honest move is to pick from the low-commitment list on the next page rather than starting something you will drop.

3. Some volunteering costs money. Fees run from a \$10 apron to \$150 for a family wildlife rehabilitation enrollment, and several therapy animal programs require you to pay for testing and veterinary screening on top. Scholarships and waivers exist at some organizations and are listed where they are published. None of this is hidden, but almost none of it is mentioned until you apply.

4. Age rules are set organization by organization, not by law. They range from any age with a parent to a hard 21. Two organizations in the same category two towns apart will differ. The age table on the next page is sorted from youngest to oldest for exactly this reason.

5. Screening is proportional to who you will be near. Sorting food needs a waiver. Working with children, patients, elders or people in crisis needs fingerprinting, references and a TB test. This is not bureaucracy for its own sake, and organizations that skip it with vulnerable people are the ones to be wary of.

6. Call before you plan a group. Group capacity is the first thing that fills and the most commonly capped. Published maximums are collected on a table below, but most organizations want several weeks of notice, and a few take no groups at all.

Where a young volunteer can start

Sorted from the youngest minimum upward. The rule as the organization states it, not as summarized.

ORGANIZATION	AGE RULE AS PUBLISHED
Ohlone Humane Society, Fremont	Children of any age with parental supervision
Guide Dogs for the Blind puppy raising	Any age; families raise a puppy together
Food Bank of Contra Costa and Solano	5 to 10 at Family Food Sorts; 11 to 15 with an adult; 16+ alone
Pets In Need, Doggy Day Out	5 with an adult
Sacred Heart Community Service, San Jose	7th and 8th grade with an adult chaperone
Hidden Villa, Los Altos Hills	9 with an adult in the garden; 12+ on the farm team
Sonoma County Animal Services	9+ with a parent for cats and small animals; 14+ for dogs
SF-Marin Food Bank warehouse	10 on weekdays, 8 on Saturdays at the Pennsylvania site
East Bay SPCA	10 to 15 as a one-adult-one-child team
Special Olympics Northern California	10 for single-day events; 14 for ongoing athlete work
Napa County Animal Shelter	10 to 17 accompanied by a parent, both of whom apply
GLIDE, San Francisco	10 and above in student groups of up to 25
Pet Partners therapy teams	10 for handlers
Berkeley Humane	12, with a parent at a 1:1 ratio through age 15
Second Harvest of Silicon Valley	12, with chaperone ratios by age band
Furry Friends Pet Assisted Therapy	12, accompanied by an adult member through age 16
Loaves and Fishes of Contra Costa	12, with a parent or guardian present through 18
Samaritan House, San Mateo	12 to 15 alongside a parent; 16+ independently
Halleck Creek Ranch, Nicasio	12 for facility work; 14 for adaptive riding
Sonoma County Wildlife Rescue	13 for the Junior Volunteer Program; 18 for hands-on wildlife
Boys & Girls Clubs of Oakland	14
Reading Partners	14 in person; 18 online
Xenophon Therapeutic Riding Center, Orinda	14

ORGANIZATION	AGE RULE AS PUBLISHED
Giant Steps, Petaluma	14
Berkeley Animal Care Services	14 to 15 with a parent at trainings; 16 to 17 independently
VA Palo Alto and San Francisco VA	14
VA Northern California, Martinez	15
Abode Services, Fremont	15
Project Open Hand	15
Habitat for Humanity East Bay/Silicon Valley	16, even with a parent present
Stanford Blood Center	16
Most animal shelters	16 or 18; see the individual entry
Peninsula Humane Society & SPCA	13 to 15 with a parent; 16 to 17 limited roles; 18 standard

What you can start this month

Low barrier to entry: no long commitment, minimal screening, and in several cases no application at all.

ORGANIZATION	WHAT MAKES IT EASY TO START
Goatlandia, Santa Rosa	First Saturday of every month, 12 to 2pm. No application, no orientation.
Faith Food Fridays, Vallejo	No pre-registration. Show up during open hours, sign the agreement, get assigned.
Friends of Five Creeks, Berkeley	Tuesday mornings 10am to noon. All ages. No reservation required.
California Coastal Cleanup Day	One morning a year, the third Saturday of September. Sign a waiver online.
Second Harvest of Silicon Valley	No minimum. Volunteer once a year or regularly. Age 12 and up.
Berkeley Humane	No minimum hours. Age 12 with a parent.
Berkeley Animal Care Services	One hour a week, any business hours, no set shift.
Cat Town, Oakland	Four hours a month for the first three months.
BADRAP, Oakland	Skills-based roles as little as a few hours a year; work parties for groups.
Special Olympics Northern California	Single-day events, four hours, age 10 and up.
Habitat for Humanity build days	One build day at a time, age 16 and up, no experience needed.
Napa Valley CanDo	No dues, no forms. Subscribe to the newsletter and show up for a project.
Pets In Need drop-in roles	Doggy Day Out and Clinic Flow, booked shift by shift.
Food Bank of Contra Costa and Solano	Book a single warehouse shift online. Ages 16 and up self-schedule.

What can be done from home

Phone, video and mail roles for people who cannot travel to a site, cannot drive, or need to volunteer around a schedule that does not hold still.

ORGANIZATION	REMOTE ROLE
Meals on Wheels Diablo Region	Friendly Caller, entirely by phone
Little Brothers, San Francisco	Birthday calls and weekly phone calls, about 8 minutes each
Institute on Aging	Friendship Line, a 24/7 phone line
Openhouse, San Francisco	Friendly Caller and tech support, both remote
Avenidas, Palo Alto	Friendly Voices weekly phone conversations
Spectrum Community Services, Hayward	Connect Program telephone reassurance, 30-minute calls

ORGANIZATION	REMOTE ROLE
Meals on Wheels San Francisco	Card making for seniors, from home
Service to School	Admissions mentoring for veterans, fully remote, from one hour a week
San Francisco VA	Compassionate Contact Corps virtual companionship
Reading Partners	Online tutoring, one hour a week, age 18 and up
Island Cat Resources and Adoption	Work-from-home administration
Oakland Animal Services	Animal bio writing and social media
House Rabbit Society	Hosting online classes by Zoom
Crisis Support Services of Alameda County	Remote crisis line shifts for Bay Area residents with a private space
Humane Society of the North Bay	Marketing, social media, graphic design and video
Hamilton Families	Kit assembly, shopping and hosting Lunch-n-Learn sessions
826 Valencia	Audio editing
LightHouse for the Blind	Administrative support, one hundred percent virtual
Fostering, nearly every animal rescue	The animal lives with you; the work happens at home

Volunteering that costs money

Fees as published. Ask about waivers; several organizations grant them quietly and do not advertise it.

ORGANIZATION	PUBLISHED COST
Furry Friends Pet Assisted Therapy	\$50 application fee plus a \$50 etiquette class fee
Sonoma County Wildlife Rescue	\$150 per family, \$95 per single volunteer, \$10 per additional member. Scholarships available.
International Bird Rescue, Fairfield	\$50 suggested membership donation covering training materials and a t-shirt at 40 hours
Halleck Creek Ranch, Nicasio	\$40 enrollment fee
Peninsula Humane Society & SPCA	\$30 volunteer pack. Therapy teams also pay for CGC testing, veterinary screening and a background check.
Marin Humane	\$30 materials fee, waivable on request
Valley Humane Society, Pleasanton	\$30 Volunteer Starter Kit
Oakland Animal Services	\$10 apron and t-shirt, plus \$10 for a leash for dog volunteers
Pet Partners	Initial registration fee, then \$70 every two years
CORA, San Mateo	\$100 for CORA volunteers to take the domestic violence training (\$300 public rate)
Open Heart Kitchen, Livermore	Background check fee for volunteers 18 and over
Spectrum Community Services, Hayward	Background check paid by the volunteer
Big Brothers Big Sisters of the Bay Area	Background check processing fee

Background checks, fingerprinting and heavy training

Budget weeks, not days. Where a cost is covered by the organization, that is noted.

ORGANIZATION	WHAT IS REQUIRED
San Francisco VA Health Care System	Fingerprinting, federal background check, health screening and a TB blood test
VA Palo Alto Health Care System	Negative TB blood test presented at an in-person interview
Bay Area Crisis Nursery, Concord	Background check, fingerprinting, TB test, health statement, 15 hours of online training, First Aid and CPR
826 Valencia, San Francisco	LiveScan, TB test results and proof of COVID-19 vaccination
Girls Inc. of Alameda County	Background fingerprint check and a TB test for ongoing work with children
CASA of Sonoma County	LiveScan fingerprinting, background check, three references, a license held three years, 40 hours of training plus 10 hours of field visits

ORGANIZATION	WHAT IS REQUIRED
SF CASA	Background check, interview, 40-hour hybrid training and a court swearing-in
Contra Costa Crisis Center	Background screening and a 54-hour crisis line training plus mentored shifts
Crisis Support Services of Alameda County	Roughly two months of training before taking calls
St. Vincent de Paul San Francisco, Riley Center	Background check and a mandatory 40-hour domestic violence training
AgeUp ombudsman program, San Mateo	36 hours of certification training, then mentorship and state certification
Meals on Wheels Diablo Region	Background check for every role, orientation, DMV check and a ride-along for drivers
Team Rubicon	Background check and TR101 training before any deployment
Tri-City Animal Shelter, Fremont	Records check and fingerprinting
Hayward Animal Shelter	Interview and background check; the shelter is a police department division
Joybound Pet Hug Pack	Live scan fingerprinting for the handler, plus AKC Canine Good Citizen for the dog
NCEFT, Woodside	Background check for volunteers 18 and over, paid by NCEFT, plus COVID-19 vaccination
Catholic Charities East Bay	LiveScan paid by the organization, plus abuse recognition training for some roles
Ceres Community Project	Background check, food safety certificate and, for mentors, fingerprinting and mandated reporter training, all paid by Ceres
Contra Costa County Library	LiveScan fingerprinting for home delivery and homework help volunteers
Native Songbird Care, Sebastopol	Current tetanus and COVID-19 vaccination; 16 hours of hands-on training
Clinic by the Bay, San Francisco	TB test within the last year and proof of COVID-19 vaccination

Group volunteering, with published limits

Where an organization publishes a minimum or maximum group size, it is here. Everywhere else, assume you need to call and ask.

ORGANIZATION	GROUP POLICY
Monument Crisis Center, Concord	Up to 15 for Central County distribution; up to 6 for East County and Senior Moments
Second Harvest of Silicon Valley	Minimum 5; up to 25 at Cypress Center; 10 or fewer at distribution sites
GLIDE, San Francisco	Maximum 25 per shift; student groups age 10 and up
Loaves and Fishes of Contra Costa	Minimum 6 to 8 people, which makes it a group-first option
Alameda Food Bank	Groups of 4 or more; 15 or more are split across shifts
Open Heart Kitchen, Livermore	Maximum 10 volunteers per shift
Muttville, San Francisco	Groups of 4 to 12 on Thursdays; corporate groups asked for a \$1,500 donation
Family Dog Rescue, San Francisco	Groups of up to 5, weekdays 2 to 4pm
Raphael House, San Francisco	Groups of 5 to 10
Samaritan House, San Mateo	Adult groups of 10 or fewer; up to 25 for the December Toy Shop
Goodwill San Francisco Bay	Job-a-thon 10 to 12; Sort-a-Thon 15 to 18; retail 1 to 5; facilities 12 to 15
Midpeninsula Regional Open Space District	Most projects limited to 8 to 15 due to site constraints
Girls Inc. of Alameda County	Groups of 10 to 40; 15 or more need extra planning
East Bay SPCA	Groups must be 18 and over, Tuesday to Thursday 9am to 5pm
Habitat for Humanity East Bay/Silicon Valley	Groups of 5 or more through the faith and community track
Valley Humane Society, Pleasanton	No group volunteering, and no parent-child pairs
St. Vincent de Paul of Alameda County	Contact the volunteer team at least one month ahead
Planting Justice, Oakland	Groups over 4 must email; for-profit groups asked for \$250 to \$2,500 sliding scale

HOW TO READ THE ENTRIES THAT FOLLOW

Entries are grouped exactly as they are in the directory: by the kind of work, then by county. Each one carries the address, phone and email the organization publishes, the page where you actually apply, the application steps in the order the organization gives them, and what screening or training stands between you and a first shift.

“Not stated” appears often, and it is deliberate. It means the organization does not publish that detail, so nothing has been invented to fill the space. Those are the questions to lead with when you call. Web addresses are printed without the https prefix; type them as shown.

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 · Alameda

CONTACT	Rescue Barn on a half acre in the Oakland hills; street address not published contact@badrap.org
APPLY AT	badrap.org/how-help/volunteering-with-badrap/
STEPS	1. Complete the Application for Volunteering form linked on the page.
SCREENING	Foster applicants may observe a Pit Ed class, handle a BADRAP dog through class once or twice, or complete one to two Rescue Barn shifts.
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
GROUPS	Yes. Work parties for clubs and companies, 4 to 8 hours for special projects.
NOTES	Has an explicit language translation role on the outreach team and a very low-commitment skills-based path.

Berkeley Animal Care Services / Friends of BACS

Berkeley · Alameda

CONTACT	(510) 981-6601
APPLY AT	friendsofbacs.org/volunteer
STEPS	1. Click the application link on the website. 2. Complete orientation (new orientations start twice monthly). 3. Attend training sessions over several weeks. 4. Begin volunteering.
SCREENING	Orientation twice monthly plus 6 to 8 hours of training.
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.
GROUPS	Not stated
NOTES	The most flexible scheduling of any shelter in the East Bay. Friends of BACS is a separate nonprofit supporting the city shelter.

Berkeley Humane

Berkeley · Alameda

CONTACT	Adoption Center at 2700 9th St is noted as closed for construction during the Bay Area Animal Resource Center build; confirm the current site (510) 845-7735 volunteer@berkeleyhumane.org
APPLY AT	berkeleyhumane.org/volunteer/
STEPS	1. Sign up for a General Volunteer Orientation. 2. Read the Volunteer Manual. 3. Attend the orientation. 4. Start volunteering.
SCREENING	Orientation required for all volunteers, plus role-specific training.
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.
GROUPS	Yes. Email the volunteer team with details.
NOTES	The lowest age floor and the only no-minimum-hours policy among East Bay shelters, which makes it the easiest starting point for families and irregular schedules. Also runs a free pet food pantry.

Cat Town

Oakland · Alameda

CONTACT	P.O. Box 18675, Oakland 94619 (street address not published) volunteer@cattownoakland.org; foster@cattownoakland.org
APPLY AT	cattownoakland.org/volunteer
STEPS	1. Open the BetterImpact volunteer portal linked on the page. 2. Complete the application. 3. Email the volunteer team with questions.
SCREENING	Online training; remote work access required.
AGE	18 years of age or older
TIME	4 hours per month for the first 3 months
GROUPS	Not stated
NOTES	The lightest commitment of any adult-only animal organization here. Currently recruiting for transport, experienced fosters, facilities and weekday adoption center hosts; not every position is open at all times.

East Bay SPCA

Oakland and Dublin · Alameda

CONTACT	Oakland Adoption Center 8323 Baldwin Street 94621; Dublin Adoption Center 4651 Gleason Drive 94568; Oakland Spay/Neuter Surgery Center 410 Hegenberger Road (510) 569-0702 Oakland; (925) 479-9670 Dublin volunteer@eastbayspca.org
APPLY AT	eastbayspca.org/how-to-help/become-volunteer-foster/volunteer
STEPS	1. Review available positions. 2. Complete the volunteer application. 3. Finish the online New Volunteer Info Session (2 hours). 4. Attend the in-person Volunteer Orientation (2 hours). 5. Complete position-specific training.
SCREENING	Two-hour online info session, two-hour in-person orientation, then role training.
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
GROUPS	Yes. Group volunteers must be 18+, scheduled Tuesday through Thursday between 9am and 5pm.
NOTES	Dublin serves the Tri-Valley. Pet food pantry and enrichment-making roles suit people who cannot handle animals directly.

Friends of the Alameda Animal Shelter

Alameda · Alameda

CONTACT	1590 Fortmann Way, Alameda 94501 510-337-8565 info@alamedaanimalshelter.org
APPLY AT	alamedaanimalshelter.org/volunteer/
STEPS	1. Apply through the application linked on the volunteer page.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Does not accommodate court-ordered community service hours. Most program detail sits behind the application link rather than on the public page.

Furry Friends Rescue

Fremont · Alameda

CONTACT	P.O. Box 7270, Fremont 94537 (no street address) 510-794-4703 volunteer@furryfriendsrescue.org; jrvolunteer@furryfriendsrescue.org for junior volunteers
APPLY AT	furryfriendsrescue.org/volunteering
STEPS	1. Email the position you want to volunteer@furryfriendsrescue.org. 2. Junior and college applicants receive an orientation date. 3. Attend the Dog Adoption Showcase Safety Orientation. 4. Foster applicants instead read the Foster Home Network page and complete the online application.
SCREENING	Mandatory safety orientation class, limited to 10 new volunteers per class. Junior volunteers attend with a parent.
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
GROUPS	Orientation class is capped at 10 new volunteers.
NOTES	The Junior and College Showcase Volunteer program is currently listed as unavailable until regular showcases resume. Foster supplies and veterinary expenses are covered and backup pet-sitting is provided.

Hayward Animal Shelter

Hayward · Alameda

CONTACT	16 Barnes Court, Hayward 94544 (off Soto Road) (510) 293-7200 volunteer office; (510) 881-7927 RSVP line shelter.volunteers@hayward-ca.gov
APPLY AT	hayward-ca.gov/services/city-services/volunteer-animal-shelter
STEPS	1. Attend or view an information session (the orientation video contains a password). 2. Complete the application. 3. Interview with animal services staff. 4. Pass a background check. 5. Attend new volunteer orientation and shelter tour.
SCREENING	Background check required; this shelter is a Police Department division. New volunteers do a minimum of 8 hours across four support shifts before specialized training. Background checks and scheduling can take several weeks.
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
GROUPS	Not stated
NOTES	Foster and trap-neuter-return programs are accepting applications.

Hopalong Animal Rescue

Oakland · Alameda

CONTACT	Oakland office; street address not stated. Parent organization Marin Humane, 171 Bel Marin Keys Blvd, Novato 415-883-4621
APPLY AT	marinhumane.org/get-involved/hopalong-foster-program/
STEPS	1. Use the Become a Volunteer form; foster applicants use the Marin Humane foster program page.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Hopalong became part of Marin Humane in 2021 and serves Oakland, Berkeley, Richmond and nearby communities.

Island Cat Resources and Adoption

Alameda · Alameda

CONTACT	P.O. Box 1093, Alameda 94501 (no street address) 510-869-2584 info@icraeastbay.org
APPLY AT	icraeastbay.org/get-involved/volunteer/
STEPS	1. Complete the volunteer application form. 2. Answer the experience and interest questions. 3. Select your preferences. 4. Provide an emergency contact. 5. Submit.
SCREENING	Training and support provided. ICRA supplies humane traps, trap-neuter-return training, spay/neuter appointments and transport help.
AGE	The application asks whether you are over 21 as a required field
TIME	At least once a month for 6 months
GROUPS	Not stated
NOTES	Explicit work-from-home options for administrative roles. Indoor-only foster homes.

Oakland Animal Services

Oakland · Alameda

CONTACT	volunteerprogram@oaklandca.gov
APPLY AT	oaklandanimalservices.org/how-to-help/volunteer/how-to-volunteer/
STEPS	1. Watch the 6-minute Introduction to OAS video. 2. Review the volunteering FAQ. 3. Complete the volunteer interest form. 4. Optional information session. 5. Complete the additional volunteer information form. 6. Attend the Volunteering at OAS 101 orientation class. 7. Complete online and in-person training.
SCREENING	Orientation class plus role training. Fees: \$10 for apron and t-shirt, plus \$10 for a leash for dog volunteers.
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.
GROUPS	Youth 15 to 18 with a trained adult. Maximum size not stated.
NOTES	Oakland's only open-admission shelter. Has an explicit translation volunteer role, and remote bio-writing and social media roles.

Ohlone Humane Society

Fremont · Alameda

CONTACT	39120 Argonaut Way, PMB 108, Fremont 94538 (mailing). Wildlife Rehabilitation: 37175 Hickory St, Newark 94560 (510) 792-4587; wildlife (510) 797-9449 volunteering@ohlonehumaneociety.org; youth@ohlonehumaneociety.org
APPLY AT	ohlonehumaneociety.org/volunteer/
STEPS	1. Fill out the volunteer application form. 2. The organization contacts you. 3. Pet therapy applicants are evaluated by staff and must hold Pet Partners certification.
SCREENING	Pet therapy requires Pet Partners training and certification.
AGE	No minimum stated for adults. Youth: opportunities available to children of any age with parental supervision.
TIME	Not stated
GROUPS	Not stated
NOTES	The only animal organization in the East Bay that states it takes children of any age with parental supervision. Pet Meals-On-Wheels requires a car; the social media role is remote.

Rocket Dog Rescue

Oakland · Alameda

CONTACT	Sanctuary 3561 Foothill Blvd, Oakland 94601 (by appointment unless an event is scheduled). Mail: P.O. Box 460826, San Francisco 94146 Text 415-756-8188 for urgent matters volunteer@rocketdogrescue.org
APPLY AT	rocketdogrescue.org/volunteer-2/about-volunteering/
STEPS	1. Review the volunteer opportunities list. 2. Complete the application form. 3. Submit through the ShelterLuv platform.
SCREENING	Training mentioned for adoption events; details not stated.
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
GROUPS	Not stated
NOTES	Remote roles explicitly offered. Mailing address is in San Francisco but the hands-on sanctuary is in Oakland.

Tri-City Animal Shelter

Fremont · Alameda

CONTACT	No address, phone or email published. Use the page below.
APPLY AT	fremont.gov/government/departments/animal-services/tri-city/animal-shelter/support-us/volunteer
STEPS	1. Fill out the application. 2. Provide an email address for confirmation. 3. Complete captcha verification.
SCREENING	Must pass a background check that includes a records check and fingerprinting.
AGE	18 and older
TIME	Minimum two hours weekly for at least six months; weekdays and Saturdays, 9am to 4:30pm
GROUPS	Not stated
NOTES	Fingerprinting adds meaningful lead time; apply well before you want to start.

Tri-Valley Animal Rescue

Pleasanton and Dublin · Alameda

CONTACT	P.O. Box 11143, Pleasanton 94588. Volunteer office at East County Animal Shelter, 4595 Gleason Dr, Dublin 94568
APPLY AT	tvar.org/volunteer
STEPS	1. Watch the orientation video. 2. Register to volunteer through the volunteer portal. 3. TVAR contacts you to discuss your interests.
SCREENING	Required video orientation.
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	This is the volunteer route into East County Animal Shelter, serving Dublin, Livermore and Pleasanton. The site's contact page currently displays placeholder phone and email values; use the volunteer portal instead.

Valley Humane Society

Pleasanton · Alameda

CONTACT	3670 Nevada Street, Pleasanton 94566 (925) 426-8656 sreed@valleyhumane.org
APPLY AT	valleyhumane.org/volunteer/
STEPS	1. Review open shifts. 2. Submit an application. 3. The coordinator schedules your orientation. 4. Complete New Volunteer Orientation. 5. Attend role-specific workshops. 6. Complete one or two shadow shifts. 7. Begin regular shifts.
SCREENING	Orientation, role workshops and shadow shifts. \$30 Volunteer Starter Kit (t-shirt, badge, manuals). Volunteers must be fully vaccinated.
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.
GROUPS	No. The organization states it does not offer team volunteering, and parent-child volunteering is not permitted.
NOTES	Note the \$30 fee and the no-groups policy before planning a family or team visit.

CONTRA COSTA COUNTY

Antioch Animal Services

Antioch · Contra Costa

CONTACT	No address, phone or email published. Use the page below.
APPLY AT	antiochca.gov/460/Volunteering
STEPS	Attend a Volunteer Orientation before volunteering; further steps not detailed on the site.
SCREENING	Volunteer Orientation required.
AGE	At least 16, with parental or guardian consent if under 18
TIME	2 hours a week for six months
GROUPS	Not stated
NOTES	One of the few shelters that will consider short-term community service arrangements case by case.

Community Concern for Cats

Walnut Creek · Contra Costa

CONTACT	1270-I Newell Avenue, Walnut Creek 94596 (925) 937-3201
APPLY AT	communityconcernforcats.org/help-us/volunteer/
STEPS	The organization does not publish an application process. Contact it directly.
SCREENING	A CC4C member teaches the basics of trapping.
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
GROUPS	Not stated
NOTES	At-home foster and feral recovery roles. The thrift store is an option for people who cannot handle animals.

Contra Costa Animal Services

Martinez · Contra Costa

CONTACT	4800 Imhoff Place, Martinez 94553 (second location in Pinole) (925) 608-8430 volunteer line; (925) 608-8400 main
APPLY AT	contracosta.ca.gov/7152/Getting-Started
STEPS	1. Submit the online volunteer application and select a training date. 2. Review the CCAS Volunteer Manual. 3. Attend the 2-hour Day One classroom training. 4. Complete assignment-specific training; Core roles add online modules and shadow shifts with a mentor.
SCREENING	Day One Training required for all positions. Bring the signed acknowledgement form, County Volunteer Registration, County Auto Insurance Declaration, Internet Usage Agreement, and a copy of your California license or ID and vehicle insurance.
AGE	18 and older
TIME	8 hours per month for 6 months
GROUPS	Not stated
NOTES	Separate foster program for dogs needing a break from the shelter and for kittens.

Contra Costa Humane Society

Pleasant Hill · Contra Costa

CONTACT	3341 Vincent Road, Pleasant Hill 94523 (925) 279-2247 info@cchumane.org
APPLY AT	cchumane.org/volunteer/
STEPS	1. Complete the volunteer application at volgistics.com/appform/838627480 .
SCREENING	Not stated
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
GROUPS	Not stated
NOTES	Does not accept court-ordered community service hours. Some SNAP phone and admin work can be done from home.

House Rabbit Society

Richmond · Contra Costa

CONTACT	148 Broadway, Richmond 94804 (510) 970-7575 rabbit-center@houserabbit.org
APPLY AT	houserabbit.org/volunteer/
STEPS	1. Complete a volunteer questionnaire. 2. Watch the video orientation they send you. 3. Attend Shelter Safety training on site.
SCREENING	Video orientation plus on-site Shelter Safety training.
AGE	All volunteers must be 16 or older
TIME	4 hours per month for at least 4 months (fostering exempt)
GROUPS	Not stated
NOTES	Remote roles available: online class host and fostering. Volunteer portal runs on Volgistics.

Joybound People & Pets

Walnut Creek · Contra Costa

CONTACT	2890 Mitchell Drive, Walnut Creek 94598 (thrift store & cat lounge: 1950 Market St, Suite I, Concord) (925) 256-1273
APPLY AT	joybound.org/get-involved/volunteer/
STEPS	1. Complete the free online orientation at joybound.learnworlds.com . 2. Complete role-specific training. 3. Begin volunteering, typically 2 to 4 weeks after orientation.
SCREENING	Online orientation required, then role-specific training. No fee stated.
AGE	16+ for most roles; some roles 18+
TIME	6 months, at least 8 hours per month
GROUPS	Yes. One-time group sessions through the Group Volunteering page.
NOTES	Formerly Tony La Russa's Animal Rescue Foundation (ARF); the organization ended that affiliation in March 2023. Short-term court-ordered community service cannot be accommodated.

PAWSitively S.A.F.E.

Brentwood · Contra Costa

CONTACT	P.O. Box 2032, Brentwood 94513 (no street address) PawsSafe@gmail.com
APPLY AT	pawssafe.org/volunteering
STEPS	Contact by email or the site contact form.
SCREENING	Not stated
AGE	Not stated
TIME	Fostering typically 1 to 4 months depending on age and socialization
GROUPS	Not stated
NOTES	All-foster, at-home model. The organization supplies medical care and vaccinations; the volunteer supplies food, litter and daily care.

The Milo Foundation

Point Richmond · Contra Costa

CONTACT	220 S Garrard Blvd, Point Richmond 94801 510-900-2275
APPLY AT	milofoundation.org/volunteer-program/
STEPS	1. Complete the online volunteer application. 2. Milo follows up within two weeks to schedule orientation. 3. Attend orientation at Point Richmond. 4. Dog volunteers complete an additional dog-walking training session.
SCREENING	Orientation at Point Richmond required; dog walkers add a session.
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.
GROUPS	Not stated
NOTES	Milo covers foster veterinary care at approved vets. The organization's sanctuary is in Mendocino County, about three hours north, and hosts volunteer weekends.

MARIN COUNTY

Marin Cat Connection

Tiburon · Marin

CONTACT	1 Blackfield Drive, Box 110, Tiburon 94920 (415) 381-1440 webmaster@marincatconnection.org
APPLY AT	marincatconnection.org
STEPS	Call 415-381-1440.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Runs an early spay/neuter program and supports foster homes, particularly for senior cats. Clerical work can be done remotely.

Marin Friends of Ferals

San Rafael · Marin

CONTACT	P.O. Box 6282, San Rafael 94903 (no street address) 415-246-9162 marinferals@yahoo.com
APPLY AT	marinferals.org
STEPS	Contact by phone or email; no formal application stated.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	All-volunteer 501(c)(3). Grant writing is a remote role; trapping and transport need a car.

Marin Humane

Novato · Marin

CONTACT	171 Bel Marin Keys Blvd, Novato 94949 (thrift shop in San Anselmo; East Bay operations in Oakland) 415-883-4621
APPLY AT	marinhumane.org/get-involved/volunteer/
STEPS	1. Review the volunteer roles and FAQs. 2. Register for an orientation. 3. Attend orientation and complete role training.
SCREENING	Orientation lasts about 2 to 2.5 hours at the Novato campus; pre-registration required. A \$30 volunteer materials fee is requested and can be waived on request. Animal-assisted dogs must complete the Your Dog to Share class, six Mondays plus one Saturday.
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.
GROUPS	Not stated
NOTES	Dog Pet Pal requires the ability to handle 60-pound dogs. Available roles change monthly. Also runs feral cat partnerships and the Hopalong program in the East Bay.

NAPA COUNTY

Jameson Humane

Napa · Napa

CONTACT	Napa 94559; street address not published jennifer@jamesonhumane.org ; helpinganimals@jamesonrescueranch.org
APPLY AT	jamesonanimalrescueranch.org/volunteering
STEPS	1. Fill out the online volunteer application. 2. Complete a background check. 3. Attend orientation.
SCREENING	Background check and orientation required.
AGE	Not stated
TIME	Not stated
GROUPS	Not stated

Napa County Animal Shelter

Napa · Napa

CONTACT	942 Hartle Court, Napa 94558 707-253-4382 Foster email listed separately on the page
APPLY AT	napacounty.gov/1031/Volunteer-Program
STEPS	1. Read the Volunteer Manual (PDF). 2. Complete the Volunteer Application (PDF). 3. Submit in person or by mail. 4. Attend volunteer orientation, held monthly.
SCREENING	Monthly orientation required.
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
GROUPS	Not stated
NOTES	One of the few shelters in the region that takes volunteers as young as 10 with a parent.

Napa Humane

Napa · Napa

CONTACT	Clinic at 3265 California Boulevard, Napa 94558; mailing PO Box 695, Napa 94559 707.255.8118 x202 lalexander@napahumane.org
APPLY AT	napahumane.org/get-involved/volunteer/volunteer/
STEPS	1. Review the volunteer job descriptions. 2. Complete an application.
SCREENING	Not stated. Volunteer veterinarians must hold a valid U.S. DVM license; lead vet techs need at least one year of experience.
AGE	16 years of age or older. Under 16, the site offers other ways to support companion animals.
TIME	Not stated
GROUPS	Not stated
NOTES	Bilingual English and Spanish translators are explicitly sought for wellness clinics.

We Care Animal Rescue

St. Helena · Napa

CONTACT	(707) 963-7044
APPLY AT	wecareanimalrescue.org/volunteer/
STEPS	1. Visit the volunteer website. 2. Call or email with questions.
SCREENING	Not stated
AGE	Adult volunteers 18 and older; a youth program was referenced for summer
TIME	Commit to a weekly shift at the shelter
GROUPS	Not stated
NOTES	Shelter open Wednesday through Sunday 11am to 3pm and by appointment during the week.

Wine Country Animal Lovers

Calistoga · Napa

CONTACT	707.800.5058
APPLY AT	winecountryanimallovers.org/volunteer/
STEPS	1. Submit the volunteer application form. 2. The organization contacts you. 3. Set up a time to discuss. 4. Determine the best fit.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated

SAN FRANCISCO COUNTY

Family Dog Rescue

San Francisco · San Francisco

CONTACT	volunteer@ilovefamilydog.org
APPLY AT	ilovefamilydog.org/volunteer/
STEPS	1. Submit an application through the volunteer portal. 2. Wait for confirmation before visiting the shelter. 3. Attend an orientation and supervised walk.
SCREENING	Orientation and supervised walk required. Guardians accompanying minors must be trained volunteers or attend orientation alongside the child.
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
GROUPS	Yes. Groups of up to 5 volunteers, weekday 2 to 4pm shifts.
NOTES	The website and volunteer application are live. Confirm the physical location before a first visit.

Friends of San Francisco Animal Care & Control

San Francisco · San Francisco

CONTACT	info@friendsofsfacc.org
APPLY AT	friendsofsfacc.org
STEPS	1. Email info@friendsofsfacc.org expressing interest.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	An all-volunteer nonprofit supporting the city shelter. Skills-based and largely remote friendly, with no animal handling.

Grateful Dogs Rescue

San Francisco · San Francisco

CONTACT	No address, phone or email published. Use the page below.
APPLY AT	gratefuldogsrescue.org/volunteer/
STEPS	1. Fill out the application on the volunteer page.
SCREENING	New case managers co-manage cases with an experienced case manager.
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Entirely volunteer run with no staff. Remote and administrative roles available.

Muttville Senior Dog Rescue

San Francisco · San Francisco

CONTACT	750 Florida Street, San Francisco 94110 (415) 272-4172 info@muttville.org
APPLY AT	muttville.org/volunteer
STEPS	1. Watch the required videos on volunteering and dog body language. 2. Fill out the Volunteer Questionnaire. 3. Muttville contacts you to schedule a shift.
SCREENING	Required videos before applying.
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.
GROUPS	Yes. Groups of 4 to 12 on Thursdays 10am to 12:30pm. Corporate groups are asked to donate \$1,500 toward their volunteer day.
NOTES	Remote roles available in adoptions, foster and marketing. Transport requires a car.

San Francisco Animal Care & Control

San Francisco · San Francisco

CONTACT	1200 15th Street at Harrison Street, San Francisco (415) 554-9414
APPLY AT	sfanimalcare.org/volunteer/
STEPS	1. Sign up for New Volunteer Orientation by phone or email. 2. Train with staff and volunteer mentors to work with the animal of your choice.
SCREENING	Orientation runs about 90 minutes, held in the 2nd floor lobby at 1200 15th St.
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
GROUPS	Yes, on a limited first-come basis for corporations, schools and youth organizations. Group opportunities often do not include working with the animals.
NOTES	The volunteer page displays old orientation dates, but the site's events calendar lists current orientations, so the program is active. Children of any age can earn credit by fostering kittens with a parent.

San Francisco SPCA

San Francisco · San Francisco

CONTACT	Mission Campus; street address not published on the volunteer page. Community Cats trap rental at 201 Alabama Street, 2nd floor fosterhelp@sfpca.org for foster; communitycats@sfpca.org for community cats
APPLY AT	sfpca.org/join-our-community/volunteer/
STEPS	1. Review the information session slides. 2. Apply through the BetterImpact portal.
SCREENING	Information session slides; no fee or background check stated.
AGE	At least 18 years of age
TIME	Two hours per week, with a commitment of at least six months
GROUPS	Yes. Team volunteering at the Mission Campus through a form on the site.
NOTES	The Animal-Assisted Therapy program is currently not accepting new volunteers. Foster volunteers must be 18+ and able to give at least two hours daily; the SPCA supplies basic supplies and veterinary care.

Saving Grace Rescue

San Francisco · San Francisco

CONTACT	No address, phone or email published. Use the page below.
APPLY AT	savinggracerescue.com/foster
STEPS	1. Click Become a Foster and complete the foster application form.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Home-based, so no car needed. The rescue supplies all medicine and veterinary care and, when funds allow, some supplies.

SAN MATEO COUNTY

Coastal Cats Rescue Group

Montara and Half Moon Bay · San Mateo

CONTACT	PO Box 370188, Montara 94037 (no street address) CCRG94037@gmail.com
APPLY AT	coastalcatsrescuegroup.org/volunteer
STEPS	1. Email the organization with your information and what you can help with.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Currently seeking foster families for kitten season, including foster-to-adopt.

Homeless Cat Network

Countywide · San Mateo

CONTACT	No address, phone or email published. Use the page below.
APPLY AT	homelesscatnetwork.com/volunteer
STEPS	1. Foster applicants complete the Fostering Application; all others complete the Volunteer Application.
SCREENING	Not stated
AGE	Not stated
TIME	Flexible, from an hour or two a week upward
GROUPS	Not stated
NOTES	Remote and skills-based roles available. Transport and colony feeding need a car.

Nine Lives Foundation

Redwood City · San Mateo

CONTACT	749 Brewster Avenue, Redwood City 94063 (650) 368-1365 volunteer@ninelivesfoundation.org
APPLY AT	ninelives.org/get-involved/
STEPS	1. Submit the online volunteer application through the Volgistics portal. 2. The volunteer coordinator arranges an informational meeting and training.
SCREENING	Informational meeting and training arranged by the coordinator.
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
GROUPS	Not stated
NOTES	Remote-friendly roles in social media, fundraising and donor outreach.

Peninsula Humane Society & SPCA

Burlingame · San Mateo

CONTACT	1450 Rollins Rd, Burlingame 94010; second site at 12 Airport Blvd, San Mateo 650-340-7022 volunteers@phs-spca.org
APPLY AT	phs-spca.org/volunteer/
STEPS	1. Review the volunteer positions. 2. Fill out an application. 3. Wait for recruitment emails. 4. Purchase the volunteer pack. 5. Begin volunteering.
SCREENING	Volunteer Pack costs \$30 including tax (t-shirt, lanyard, access keycard and ID badge). Some positions require supplemental training.
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.
GROUPS	Not stated
NOTES	Also runs a pet food bank and the Wildlife Care Center in Saratoga, which has its own volunteer track. Remote-friendly roles under Community Relations.

Pets In Need

Redwood City and Palo Alto · San Mateo

CONTACT	871 5th Avenue, Redwood City 94063; 3281 E. Bayshore Road, Palo Alto 94303 (650) 367-1405 Redwood City; (650) 496-5971 Palo Alto info@petsinneed.org
APPLY AT	petsinneed.org/volunteer
STEPS	1. Use the role-specific form or drop-in signup link on the volunteer page.
SCREENING	Training provided on site; no experience required.
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
GROUPS	Not stated
NOTES	Weekly volunteer recruitment is paused and resumes Spring 2027. Drop-in roles are open now. Pets In Need operates the Palo Alto Animal Shelter and a low-cost community veterinary clinic.

SANTA CLARA COUNTY

County of Santa Clara Animal Services

San Martin · Santa Clara

CONTACT	12425 Monterey Road, San Martin 95046 (408) 686-3900 Listed on the volunteer page
APPLY AT	animals.santacclaracounty.gov/support-us/volunteer
STEPS	1. Submit the Volunteer Interest Form online. 2. Attend volunteer orientation.
SCREENING	Volunteer orientation required.
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
GROUPS	Not stated

Friends of SVACA

Santa Clara · Santa Clara

CONTACT	Listed on the volunteer page
APPLY AT	friendsofsvaca.org/volunteer.html
STEPS	The organization does not publish an application process. Contact it directly.
SCREENING	Not stated
AGE	Not stated
TIME	Animal volunteers at least two hours a week for 6 months; event ambassadors and docents six months
GROUPS	Not stated
NOTES	The support nonprofit for the Silicon Valley Animal Control Authority shelter in Santa Clara.

Humane Society Silicon Valley

Milpitas · Santa Clara

CONTACT	901 Ames Ave, Milpitas 95035 volunteer@hssv.org ; community.engagement@hssv.org
APPLY AT	hssv.org/volunteer/
STEPS	1. Join the waitlist or register directly, depending on the role. 2. HSSV reaches out to people on the waitlist. 3. Helpful Hands volunteers register online through Volgistics.
SCREENING	All hands-on training provided.
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.
GROUPS	Yes, contact required. Maximum size not stated.
NOTES	Most roles are waitlist-driven, so apply well ahead of when you want to start.

Mini Cat Town

San Jose, Milpitas and Palo Alto · Santa Clara

CONTACT	Eastridge: 2200 Eastridge Loop Ste 1076, San Jose 95122; Great Mall: 447 Great Mall Dr Spc 121, Milpitas 95035; 429 California Ave, Palo Alto 94306 Eastridge@MiniCatTown.org; GreatMall@MiniCatTown.org; PaloAlto@MiniCatTown.org
APPLY AT	minicattown.org/our-community/
STEPS	1. Apply online through the location-specific ShelterLuv links.
SCREENING	Not stated
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
GROUPS	Not stated
NOTES	Volunteer programs at several locations are on hold at capacity. Check the site before applying.

PAWS for SJACS

San Jose · Santa Clara

CONTACT	info@paws4sjacs.org
APPLY AT	paws4sjacs.org/volunteer
STEPS	1. Email info@paws4sjacs.org to express interest.
SCREENING	Not stated
AGE	Not stated
TIME	Only a few hours a month; most roles need little or no experience
GROUPS	Not stated
NOTES	Support nonprofit for the San Jose Animal Care Center, which serves Cupertino, Los Gatos, Milpitas, San Jose and Saratoga.

Silicon Valley Pet Project

San Jose · Santa Clara

CONTACT	PO Box 6145, San Jose 95150 (mailing) (408) 641-8745 volunteer@svpetproject.org ; events@svpetproject.org for groups
APPLY AT	svpetproject.org/volunteer
STEPS	1. Submit the volunteer application. 2. The organization contacts you to explore fit.
SCREENING	Not stated
AGE	Group volunteers must be at least 18
TIME	Not stated
GROUPS	Very limited, and requires a \$500 donation per group.

Town Cats of Morgan Hill

Morgan Hill · Santa Clara

CONTACT	volunteers@towncats.org
APPLY AT	towncats.org/volunteer/
STEPS	1. Register an account on GivePulse.com and join the Town Cats group. 2. Watch the online orientation video and take the quiz. 3. Schedule in-person training through GivePulse by messaging the group admin.
SCREENING	Online video and quiz, then mandatory in-person training for cage care.
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
GROUPS	Not stated
NOTES	Younger volunteers can do at-home projects.

SOLANO COUNTY

Humane Society of the North Bay

Vallejo · Solano

CONTACT	1121 Sonoma Blvd, Vallejo 94590 (707) 645-7905 volunteer@hsnb.org
APPLY AT	hsnb.org/volunteer/
STEPS	1. Fill out the volunteer application form. 2. Submit it.
SCREENING	All volunteers sign a waiver of liability and code of conduct and complete the appropriate training.
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
GROUPS	Not stated
NOTES	Has explicitly remote roles in marketing, social media, graphic design and video.

SPCA of Solano County

Vacaville · Solano

CONTACT	volunteer@solanospca.com
APPLY AT	solanospca.com/volunteer/
STEPS	1. Complete the application through the Volgistics portal. 2. Wait to be contacted about orientation. 3. Attend the required orientation and training classes.
SCREENING	Orientation and training classes required.
AGE	Anyone 16 years and older is eligible to apply
TIME	Not stated
GROUPS	Not stated
NOTES	Returning volunteers must submit a new application and attend orientation and training again.

Solano County Animal Care Services

Fairfield · Solano

CONTACT	ANFerro@SolanoCounty.gov
APPLY AT	solanocounty.gov/government/sheriff-coroner/animal-care-services/volunteer-program
STEPS	1. Complete the Volunteer Application. 2. Complete the Volunteer Agreement. 3. Submit both to the Volunteer Coordinator.
SCREENING	Background check required.
AGE	18 years of age or older
TIME	Not stated
GROUPS	Not stated
NOTES	Community service hours are not offered through this division.

Solano County Friends of Animals

Benicia · Solano

CONTACT	PO Box 235, Benicia 94510 (mailing)
APPLY AT	scfoarescue.org/volunteer-opportunities/
STEPS	1. Complete the online Foster Form for fostering, or the Volunteer Form for everything else.
SCREENING	Training provided for the Pet Food Express cat center role and for fostering.
AGE	Not stated
TIME	Not stated
GROUPS	Not stated

SONOMA COUNTY

Compassion Without Borders

Santa Rosa · Sonoma

CONTACT	1130 Butler Avenue, Santa Rosa 95407 (707) 474-3345 info@cwob.org
APPLY AT	cwob.org/volunteer.html
STEPS	1. Complete the application form on the volunteer page.
SCREENING	Dog-interaction roles require a site tour, procedures overview and one-on-one training with a specialist.
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.
GROUPS	Not stated
NOTES	Bilingual Spanish volunteers are explicitly needed at clinics.

Forgotten Felines of Sonoma County

Santa Rosa · Sonoma

CONTACT	1820 Empire Industrial Court, Suite E, Santa Rosa 95403 (707) 576-7999 info@forgottenfelines.com
APPLY AT	forgottenfelines.com/volunteer
STEPS	1. Complete the volunteer application through VolunteerHub, or email with questions.
SCREENING	Training provided for the trapper role.
AGE	Options for volunteers under 18 are limited
TIME	Most roles require at least 6 months; some positions are on-call or as-needed
GROUPS	Trappers can work as a family or friend team, or solo.

Humane Society of Sonoma County

Santa Rosa and Healdsburg · Sonoma

CONTACT	5345 Highway 12 W, Santa Rosa 95407; 555 Westside Rd, Healdsburg 95448 (707) 542-0882 x201; groups (707) 577-1914 volunteer@humanesocietysoco.org; under 18 contact kpecsar@humanesocietysoco.org
APPLY AT	humanesocietysoco.org/get-involved/volunteer/
STEPS	1. Submit an application through Volgistics. 2. Attend a General Volunteer Orientation, held about monthly. 3. Complete required training for your positions. 4. Submit a waiver. 5. Get placed on the schedule.
SCREENING	Monthly orientation plus role training. The organization states it does not charge a volunteer fee.
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.
GROUPS	Yes. Corporate group opportunities are project-based; contact the Community Engagement Coordinator.
NOTES	Orientations fill up. As of late September 2026 the site states the next New Volunteer Orientation is full and asks people to check back at the beginning of the new year for upcoming dates.

Pets Lifeline

Sonoma · Sonoma

CONTACT	19686 Eighth Street East, Sonoma 95476 707.996.4577 volunteer@petslifeline.org
APPLY AT	petslifeline.org/volunteer
STEPS	1. Sign up through the BetterImpact volunteer portal links on the page.
SCREENING	Not stated
AGE	Opportunities for teens and adults; specific minimum not stated
TIME	Not stated
GROUPS	Not stated

Sonoma Community Animal Response Team

Countywide · Sonoma

CONTACT	707-861-0699 info@sonomacart.org
APPLY AT	sonomacart.org/new-volunteers
STEPS	1. Sign up for a MyImpact page on BetterImpact. 2. Upload your training certificates under MyProfile. 3. Sign up for trainings or disaster shifts. 4. Sign up for the mobile app.
SCREENING	Required training certificates must be uploaded to qualify, including FEMA ICS courses and the Fear Free Shelter Program.
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Experience handling animals in a disaster is welcome but the team also trains newcomers.

Sonoma County Animal Services

Santa Rosa · Sonoma

CONTACT	1247 Century Court, Santa Rosa 95403 (707) 565-7100 scasvolunteers@sonomacounty.gov
APPLY AT	sonomacounty.gov/health-and-human-services/health-services/divisions/public-health/animal-services/volunteer-program
STEPS	1. Fill out the online volunteer application. 2. Receive an email if approved. 3. Attend new volunteer orientation. 4. Complete required trainings. 5. Sign the volunteer contract.
SCREENING	Fear Free Shelter Training required for all volunteers; Harassment Prevention Training required for anyone 18 or older; shadowing sign-up for dog roles.
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.
GROUPS	Not stated
NOTES	One of the few shelters in the region that accepts volunteers as young as 9 with a parent.

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 · Contra Costa

CONTACT	1931 First Avenue, Walnut Creek 94597 (925) 935-1978 hotline@lindsaywildlife.org (hospital hotline)
APPLY AT	lindsaywildlife.org/become-volunteer-3/
STEPS	1. Fill out the volunteer interest form. 2. Review the detailed opportunity information on their volunteer site. 3. Complete hands-on training before assignment.
SCREENING	Hands-on and applied training required before assignment.
AGE	18 and older for the primary volunteer positions. Youth are directed to the separate Teen Programs.
TIME	Not stated
GROUPS	Not stated

MARIN COUNTY

The Marine Mammal Center

Sausalito · Marin

CONTACT	Not published on the volunteer pages
APPLY AT	marinemammalcenter.org/get-involved/volunteer/sausalito
STEPS	1. Select your location on the volunteer page and submit the interest form.
SCREENING	Not stated for Sausalito. The Monterey program describes an interest list, application, interview and background check, then onboarding training, with a wait of several months.
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.
GROUPS	Not stated
NOTES	Recruitment is confirmed and the Center reports over 1,400 volunteers, but the Sausalito role pages do not render readable detail. Call before relying on any specific age, commitment or screening requirement. There is a separate high school Youth Crew service-learning program for Bay Area students.

WildCare

San Rafael · Marin

CONTACT	37 Schmidt Lane, San Rafael 94901 (USPS mail: 76 Albert Park Lane, San Rafael 94901) 415-456-7283 discover@discoverwildcare.org
APPLY AT	discoverwildcare.org/volunteer/
STEPS	1. Apply to the specific role through the volunteer page.
SCREENING	All training provided. A volunteer policy is posted online.
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
GROUPS	Not stated
NOTES	WildCare cannot sign off on community service forms and has no one-time volunteer opportunities. Hospital internships are available April to September, 3 to 6 months, with a \$40 per day stipend for the full-time track.

NAPA COUNTY

Napa Wildlife Rescue

Napa · Napa

CONTACT	4001 Middle Avenue, Napa 94559; mailing PO Box 2571, Napa 94558 wildlifeadmin@napawildliferescue.org
APPLY AT	napawildliferescue.org/volunteer
STEPS	1. Fill out the online form.
SCREENING	Volunteer orientation and training session required. Rescue and transport volunteers attend online training on rescue protocol. Foster training and ongoing assistance provided.
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
GROUPS	Farmers market shifts always run with two people.

SAN FRANCISCO COUNTY

Yggdrasil Urban Wildlife Rescue

San Francisco · San Francisco

CONTACT	2200 25th Street, San Francisco 94107; hotline monitored 8am to midnight (510) 421-9897 Listed on the volunteer page
APPLY AT	yuwr.org/volunteer/
STEPS	1. Complete a short form in the volunteer portal. 2. Meet the team coordinator, usually online. 3. Receive training on state-approved protocols. 4. Shadow an experienced volunteer before working independently.
SCREENING	Every team trains you to state-approved protocols. No prior experience needed for most roles.
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.
GROUPS	Not stated
NOTES	Several roles are home-based, which suits people who cannot travel to a facility.

SANTA CLARA COUNTY

Peninsula Humane Society Wildlife Care Center

Saratoga · Santa Clara

CONTACT	24103 Congress Springs Road, Saratoga 95070. South Bay intake also at 3027 Penitencia Creek Road, San Jose 650-340-7022 volunteers@phs-sPCA.org
APPLY AT	phs-sPCA.org/wildlife-care/
STEPS	1. Apply through the BetterImpact system linked from the page (the general PHS application comes first).
SCREENING	Completion of Volunteer Orientation and the Intro to Wildlife class, then on-the-job training from wildlife staff. The \$30 PHS volunteer pack applies program-wide.
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.
GROUPS	Not stated
NOTES	The former Wildlife Center of Silicon Valley is now part of Peninsula Humane Society & SPCA; volunteering routes through this center.

Wildlife Education and Rehabilitation Center

Morgan Hill · Santa Clara

CONTACT	P.O. Box 1105, Morgan Hill 95038. The site is on private property off Watsonville Road and is not open to the public. (408) 779-9372 werc@werc-ca.org
APPLY AT	werc-ca.org/volunteeratwerc
STEPS	1. Fill out the application form. 2. WERC notifies you of orientation dates. 3. Attend orientation.
SCREENING	Orientation required.
AGE	At least 16 years of age
TIME	One morning a week from 9am to 12pm for at least four months
GROUPS	Not stated
NOTES	The organization is acquiring a larger site off Roop Road in Gilroy.

SOLANO COUNTY

International Bird Rescue, San Francisco Bay-Delta Wildlife Center

Fairfield · Solano

CONTACT	4369 Cordelia Road, Fairfield 94534, open daily 8am to 5pm 707-207-0380; injured aquatic bird hotline 1-866-SOS-BIRD volunteer.sfbay@bird-rescue.org
APPLY AT	birdrescue.org/get-involved/volunteering-internships/
STEPS	1. Fill out the online application for the San Francisco Bay Center. 2. Attend the mandatory orientation before starting.
SCREENING	Orientation required, usually offered monthly. A \$50 membership donation covers training materials and a volunteer t-shirt at 40 hours.
AGE	You must be at least 18 years old
TIME	Not stated; a t-shirt is awarded at 40 hours of service
GROUPS	Not stated
NOTES	This is the Bay Area's oiled wildlife response organization. Also runs a 3 to 6 month rehabilitation internship with expense reimbursement up to \$500 per month.

SONOMA COUNTY

Fawn Rescue

Sonoma County · Sonoma

CONTACT	info@fawnrescue.org
APPLY AT	fawnrescue.org/pages/volunteer
STEPS	1. Email info@fawnrescue.org. 2. Describe your background, talents, skills and experience. 3. Answer why Fawn Rescue. 4. Complete the contact form on the page.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	The roles published are support and administrative; hands-on fawn care is not described on the volunteer page.

Native Songbird Care & Conservation

Sebastopol · Sonoma

CONTACT	707-484-6502 (spring and summer, 8am to 4:30pm) Contact form on the site
APPLY AT	nativesongbirdcare.org/volunteer-program
STEPS	1. Complete the NSCC Volunteer Application (PDF). 2. Complete the Adult Liability Waiver. 3. Complete the Volunteer Emergency Form. 4. Email the forms through the contact form. 5. Wait for a response with next steps.
SCREENING	All volunteers attend a New Volunteer Orientation. New Bird Care volunteers receive 16 hours of introductory hands-on training over their first four shifts. Current tetanus and COVID-19 vaccination required. Pregnant individuals cannot volunteer with animals, and volunteering is discouraged for people who are immunocompromised.
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.
GROUPS	Not stated
NOTES	Seasonal program. Physical requirements include lifting 25 pounds, reaching overhead, bending and standing 3 to 4 hours on concrete.

Sonoma County Wildlife Rescue

Petaluma · Sonoma

CONTACT	support@scwildliferescue.org
APPLY AT	scwildliferescue.org/adult-volunteer-program
STEPS	1. Read all volunteer information. 2. Complete the volunteer application. 3. Plan to attend one of four annual orientations. 4. Attend the 6-hour orientation, 10am to 4pm. 5. Complete paperwork and pay administrative costs. 6. Schedule your first shift.
SCREENING	Six-hour orientation block covering policies and Introduction to Wildlife; 2026 dates were January 17, April 4, July 11 and October 10. Fees: \$150 for families (2 shirts, 2 badges), \$95 for single volunteers, \$10 per additional member. Scholarships available for financial need.
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
GROUPS	Not stated
NOTES	One of the few Bay Area wildlife organizations with a formal 13+ youth track. Accepts court-referred community service with approved hours.

The Bird Rescue Center of Sonoma County

Santa Rosa · Sonoma

CONTACT	3430 Chanate Road, Santa Rosa 95404, open 9am to 4pm daily 707-523-2473
APPLY AT	birdrescuecenter.org/volunteer
STEPS	1. Click Sign Up, which opens the Bloomerang volunteer portal.
SCREENING	Volunteers work under the supervision of a small professional staff.
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
GROUPS	Not stated
NOTES	Volunteers provide over 20,000 hours a year at this center.

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 · Contra Costa

CONTACT	1300 Willow Pass Court, Suite B, Concord 94520 925-246-5785 programs@dogs4diabetics.com
APPLY AT	ourdogssavelives.org/volunteer/
STEPS	1. Complete the online volunteer application. 2. Staff contacts you. 3. Download, read and sign the three-form volunteer package. 4. Attend the mandatory Volunteer Orientation and Training.
SCREENING	Orientation includes a facility tour, scent-work overview, trainer demonstrations and Q&A. You can begin the same week.
AGE	Minors welcome with parent supervision; adults apply independently. No numeric minimum stated.
TIME	No experience necessary and no minimum hours required
GROUPS	Not stated
NOTES	Diabetes alert dogs. You work with the organization's dogs.

Early Alert Canines

Concord · Contra Costa

CONTACT	Concord training facility; street address not published. Hours Monday to Thursday 10am to 3pm. 925-349-5190
APPLY AT	earlyalertcanines.org/volunteer
STEPS	1. Complete the volunteer application. 2. The volunteer coordinator contacts you; allow 48 business hours.
SCREENING	Puppy raisers attend weekly on-site training and monthly public outings. The organization provides supplies, veterinary care and training through its sponsorship program.
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.
GROUPS	Not stated
NOTES	Diabetes alert dogs. You work with the organization's dogs and EAC arranges alternate care for breaks and vacations.

Joybound Shelter to Service

Walnut Creek · Contra Costa

CONTACT	2890 Mitchell Drive, Walnut Creek 94598 (925) 256-1273
APPLY AT	joybound.org/get-involved/foster/service-dog-fostering/
STEPS	1. Complete the online volunteer orientation at joybound.learnworlds.com . 2. Complete the role-specific prerequisites for service dog fostering.
SCREENING	Online orientation plus role-specific training.
AGE	Most Joybound roles 16+; some specialized positions 18+
TIME	A 15-week program
GROUPS	Not stated
NOTES	Launched in 2011 serving U.S. military veterans and now also serves people with diagnosed mental health conditions and facilities needing facility animals.

MARIN COUNTY

Guide Dogs for the Blind

San Rafael · Marin

CONTACT	350 Los Ranchitos Road, San Rafael 94903 (mail: P.O. Box 151200, San Rafael 94915) 415-499-4000 campus; 800-295-4050 national support center Web contact form
APPLY AT	guidedogs.com/volunteering
STEPS	Puppy raising: 1. Complete the Puppy Raising Interest Form. 2. GDB connects you to your nearest puppy club. Campus: 1. Complete a Campus Volunteer Interest Form for your role category. 2. The Volunteer Engagement Team follows up. Breeder custodian: 1. Written application. 2. Telephone interview. 3. Group orientation at the San Rafael campus. 4. Home visit with a yard and fence evaluation. 5. On-campus dog management class.
SCREENING	Puppy raisers are supported by a local club and staff and receive a guidebook; GDB covers veterinary care, equipment and learning materials. Breeder custodians complete a dog management class covering handling, behavior, health and grooming.
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.
GROUPS	Not stated
NOTES	You raise GDB's dog, so you do not need to own a pet. Breeder custodians must live within 50 miles of the San Rafael campus and the dog sleeps indoors as part of the family. Puppy raising spans nine western states.

SAN MATEO COUNTY

Paws for Purple Hearts

Menlo Park and Penngrove · San Mateo and Sonoma

CONTACT	795 Willow Road, Building 400, Menlo Park 94025; 10201 Old Redwood Highway, Penngrove 94951. Both Monday to Friday 9am to 5pm. 650-684-7244 both Bay Area sites; 844-700-7297 national
APPLY AT	pawsforpurplehearts.org/volunteer
STEPS	1. Complete the online application for your role. 2. The organization reviews it. 3. They contact you if approved. 4. Complete the required training.
SCREENING	Puppy Parents attend introductory and bimonthly classes including training and field trips to public settings.
AGE	Not stated
TIME	Puppy Parents pick up and drop off daily; general hours not stated
GROUPS	Not stated
NOTES	Call before applying. The Bay Area page describes volunteers, but the national volunteer page's only California site-specific application form is for San Diego, so Bay Area intake could not be confirmed online. Serves service members with PTSD and TBI in partnership with VA Palo Alto.

SANTA CLARA COUNTY

Operation Freedom Paws

San Martin · Santa Clara

CONTACT	Listed on the volunteer page
APPLY AT	operationfreedompaws.org/support-us/volunteer/
STEPS	1. Complete the volunteer application form. 2. Email the completed form to the address on the page.
SCREENING	Not stated
AGE	Not stated
TIME	From short-term assistance to ongoing support; no minimum stated
GROUPS	Not stated
NOTES	Clients are veterans, first responders, other adults and children, who train their own paired dog over a 48-week program. Volunteers do not need to be veterans.

Canine Companions, Northwest Training Center

Santa Rosa · Sonoma

CONTACT	2965 Dutton Avenue, Santa Rosa 95407 (Jean and Charles Schulz Campus) 707-577-1700 Web contact form
APPLY AT	canine.org/location/northwest/volunteer/
STEPS	1. Submit the regional online volunteer application at canine.tfaforms.net/f/BVII and choose your region. 2. The volunteer manager schedules orientation and training. 3. Attend the required orientation before starting.
SCREENING	Orientation is mandatory and currently virtual for the Northwest region, with live and recorded webinars and ongoing role-specific training.
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.
GROUPS	Service club and FFA chapter partnerships exist.
NOTES	You work with Canine Companions' dogs; no pet of your own is required.

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 · Alameda

CONTACT	3670 Nevada Street, Pleasanton 94566 (925) 426-8656 sreed@valleyhumane.org
APPLY AT	valleyhumane.org/volunteer/canine-comfort-pet-assisted-therapy-teams/
STEPS	1. Submit the handler application. 2. Submit the dog application. 3. Attend the handler-only orientation. 4. Participate in the behavioral evaluation with your dog.
SCREENING	A \$30 Volunteer Starter Kit applies. Volunteers must be fully vaccinated and dogs must be spayed or neutered.
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.
GROUPS	Not stated
NOTES	You must own the dog. The next published cycle had applications due October 5, 2026, orientation October 19 and evaluations October 25 and 26; confirm current dates. Teams visit Alameda Hospital, Highland Hospital, the Livermore VA, San Leandro Hospital, Stanford Children's Health, and East Bay schools and libraries.

CONTRA COSTA COUNTY

Joybound Pet Hug Pack

Walnut Creek · Contra Costa

CONTACT	2890 Mitchell Drive, Walnut Creek 94598 (925) 256-1273
APPLY AT	joybound.org/get-involved/therapy-animals/
STEPS	1. Submit the application through the therapy animals page. 2. Complete live scan fingerprinting. 3. Your pet completes the required screening and testing.
SCREENING	Handler passes live scan fingerprinting. The pet must have lived in your home at least six months, be at least a year old, be spayed or neutered, have no indoor elimination issues and no aggression history, and travel comfortably. Vaccinations must be current: DAPP and rabies for dogs, FVRCP and rabies for cats. Dogs must pass the AKC Canine Good Citizen test within two years and walk on a loose leash with non-aversive equipment. Cats must be harness and leash trained.
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
GROUPS	Not stated
NOTES	You must own and certify your own pet. Working service dogs are not eligible. Animals must genuinely welcome strangers rather than tolerate them.

MARIN COUNTY

Marin Humane animal-assisted programs (SHARE)

Novato · Marin

CONTACT	171 Bel Marin Keys Blvd, Novato 94949 415-883-4621 Contact form on the site
APPLY AT	marinhumane.org/get-involved/volunteer/adult-volunteer-opportunities/
STEPS	1. Sign up for a volunteer orientation. 2. Attend orientation. 3. Complete the Your Dog to Share class.
SCREENING	Animal-assisted dogs must complete the Your Dog to Share class: six Mondays plus one Saturday. A \$30 volunteer materials fee is requested and can be waived on request.
AGE	18 and older for every listed adult role, including animal-assisted programs
TIME	2 to 4 visits per month
GROUPS	Not stated
NOTES	You must own the animal for this program. Every other Marin Humane role works with the organization's animals.

SAN FRANCISCO COUNTY

San Francisco SPCA Animal-Assisted Therapy

San Francisco · San Francisco

CONTACT	Mission Campus AAT@sfspca.org
APPLY AT	sfspca.org/join-our-community/volunteer/animal-assisted-therapy/
STEPS	1. Watch the page for reopening. 2. Apply through the Better Impact portal when the program reopens.
SCREENING	The pet must be at least one year old and in your home at least six months, be spayed or neutered, be calm and approachable with no signs of aggression, and complete a positive-reinforcement obedience course. Flat collar or harness only, no aversive collars. Raw protein diets are prohibited. Vaccinations current with recent negative fecal results and annual veterinary certification. The reading program additionally requires AKC Canine Good Citizen certification and a handler workshop; Wag Brigade requires six months in the general program first.
AGE	18
TIME	One-year minimum commitment
GROUPS	Not stated
NOTES	This program is currently not accepting new volunteers. General SF SPCA volunteering is open. You must own the animal.

SAN MATEO COUNTY

Peninsula Humane Society Pet Assisted Therapy

Burlingame · San Mateo

CONTACT	1450 Rollins Rd, Burlingame 94010 650-340-7022 volunteers@phs-sPCA.org
APPLY AT	phs-sPCA.org/becoming-a-pet-assisted-therapy-team/
STEPS	1. Pass the AKC Canine Good Citizen test. 2. Complete a brief phone interview. 3. Pass a temperament evaluation. 4. Complete veterinary screening for parasites, overall health and chronic illness. 5. Complete orientation, training and shadowing sessions.
SCREENING	Costs include CGC training and evaluation, veterinary screening, a volunteer shirt and a Sterling Volunteers background check fee. The \$30 volunteer pack applies.
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
GROUPS	Not stated
NOTES	You must own the animal. It must have been your companion for at least six months, be at least one year old, be current on all vaccinations, and dogs, cats and rabbits must be spayed or neutered.

SANTA CLARA COUNTY

Furry Friends Pet Assisted Therapy Services

San Jose · Santa Clara

CONTACT	P.O. Box 5099, San Jose 95150 (mailing) admin@furryfriends.org
APPLY AT	furryfriends.org/become-a-volunteer
STEPS	1. Complete the volunteer application, liability release, pet behavior screen and vaccination and veterinary evaluation forms. 2. Submit online or by email or mail. 3. Pay the fees. 4. Attend the mandatory etiquette class with your pet. 5. A team captain contacts you to schedule your first visit.
SCREENING	A \$50 application fee (includes first-year membership, t-shirt and leash) plus a \$50 etiquette class fee. The etiquette class is mandatory and your pet attends with you. Annual membership renews December 1.
AGE	Minimum age 12. Volunteers aged 12 to 16 must be accompanied by an adult Furry Friends member.
TIME	Not stated
GROUPS	Not stated
NOTES	You must own the animal. Dogs, cats, parrots and miniature horses must be at least 1 year old; rabbits and lovebirds at least 8 months. The pet must have been yours a minimum of six months and be current on vaccines and dewormer.

REGIONAL, STATEWIDE AND NATIONAL

Pet Partners

National registry, local visiting · All nine counties

CONTACT	No address, phone or email published. Use the page below.
APPLY AT	petpartners.org/volunteer/requirements/
STEPS	1. Complete the handler course and registration. 2. Pass the team evaluation with your animal. 3. Register the team.
SCREENING	A formal team evaluation is required. An initial registration fee applies, and renewal every two years costs \$70 and includes a 40-question handler knowledge assessment.
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
GROUPS	Not stated
NOTES	You must own the animal. Species accepted: dogs, cats, horses, rabbits, guinea pigs, rats, birds, miniature pigs, llamas and alpacas. Animals must be at least 1 year old at evaluation (6 months for rabbits, guinea pigs and rats), have lived in your home at least six months (a year for birds), be house-trained, be current on rabies vaccination, and welcome rather than merely tolerate strangers. No history of aggression or bite training. This is the registry many Bay Area hospitals and libraries accept.

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 · Contra Costa

CONTACT	60 Don Gabriel Way, Orinda 94563 (mail: P.O. Box 16, Orinda 94563) (925) 377-0871 volunteers@xenophontrc.org
APPLY AT	xenophontrc.org/volunteers
STEPS	1. Download and complete the New Volunteer Forms Packet. 2. Under 18, get a parent or guardian co-signature; 18 and over, complete a background check. 3. Email the forms to volunteers@xenophontrc.org or mail them.
SCREENING	In-person volunteer training required. Background check required for volunteers 18 and over.
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.
GROUPS	Not stated
NOTES	One of the few 14+ options in the East Bay. Volunteers must be able to walk and jog on uneven ground through a 30-minute lesson.

MARIN COUNTY

Halleck Creek Ranch

Nicasio · Marin

CONTACT	1740 Old Rancheria Road / 3311 Nicasio Valley Road, Nicasio 94946 (60-acre ranch) (415) 662-2488 info@halleckcreekranch.org
APPLY AT	halleckcreekranch.org/volunteer/
STEPS	1. Choose your role on the Volunteer Positions page. 2. Complete the application and release forms. 3. Pay the \$40 enrollment fee. 4. Pass a background check if 18 or over. 5. Attend the mandatory orientation. 6. Complete additional training for program roles.
SCREENING	\$40 enrollment fee, background check for 18 and over, mandatory orientation, extra training for program volunteers.
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
GROUPS	Not stated
NOTES	You are on your feet most of the shift and may walk several miles.

Rancho Compassion

Nicasio · Marin

CONTACT	2600 Nicasio Valley Road, Nicasio 94946 415-845-1539 volunteer@ranchocompasion.org; education@ranchocompasion.org for under 15
APPLY AT	ranchocompasion.org/volunteer
STEPS	1. Fill out the application. 2. Sign the digital waiver, required once. 3. Sign up for an orientation.
SCREENING	Orientation signup required.
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.
GROUPS	Yes. Corporate teams, schools and affinity groups are welcome.
NOTES	Rural location, so a car is effectively required. Work days include physical labor.

SAN FRANCISCO COUNTY

Shanti Project PAWS (Pets Are Wonderful Support)

San Francisco · San Francisco

CONTACT	27 Maiden Lane, Suite 400, San Francisco 94108; the PAWS building is in the Mission (415) 674-4700; PAWS program manager (415) 815-8244 volunteerservices@shanti.org; acastaneda@shanti.org
APPLY AT	shanti.org/volunteer/
STEPS	1. Complete the PAWS volunteer application linked from the volunteer page.
SCREENING	Volunteer vet techs need at least one year of experience in a veterinary environment and comfort with animal restraint; no license required.
AGE	18
TIME	Not stated for PAWS roles
GROUPS	Not stated
NOTES	Keeps low-income, chronically ill and older San Franciscans together with their pets. A car helps for vet transports and food bank delivery.

SAN MATEO COUNTY

National Center for Equine Facilitated Therapy (NCEFT)

Woodside · San Mateo

CONTACT	650-851-2271 ext. 129 volunteers@nceft.org
APPLY AT	nceft.org/giving/volunteer/
STEPS	1. Submit the application at the volunteer portal. 2. Training is scheduled as needed.
SCREENING	COVID-19 vaccination required. Background check required for volunteers 18 and over, paid by NCEFT. No volunteer fee. Horse experience not required.
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
GROUPS	Not stated
NOTES	Side-walking requires physical stamina.

SANTA CLARA COUNTY

One Step Closer Therapeutic Horsemanship

Morgan Hill · Santa Clara

CONTACT	15770 Foothill Avenue, Morgan Hill (408) 778-3567 one.step.closer@sbcglobal.net
APPLY AT	osctr.org/volunteer/
STEPS	1. Download and review the Volunteer Handbook. 2. Complete the required forms from the handbook. 3. Contact the office to schedule a one-hour orientation.
SCREENING	One-hour orientation required. Volunteer training classes are scheduled as needed and taught by the Volunteer Coordinator.
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
GROUPS	Not stated

SONOMA COUNTY

Charlie's Acres Farm Animal Sanctuary

Sonoma · Sonoma

CONTACT	3201 Napa Road, Sonoma 95476 info@charliesacres.org
APPLY AT	charliesacres.org/volunteer/
STEPS	1. Complete the online application through the volunteer portal. 2. Staff contacts you to schedule orientation and your first shift.
SCREENING	Orientation before the first shift.
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.
GROUPS	Not stated
NOTES	Garden shifts are a good option for temporary volunteers.

Giant Steps Therapeutic Equestrian Center

Petaluma · Sonoma

CONTACT	Sonoma Horse Park, 7600 Lakeville Highway, Petaluma 94954 (707) 769-8900 volunteer@giantstepsriding.org
APPLY AT	giantstepsriding.org/volunteer
STEPS	1. Complete the Volunteer Application form. 2. Attend the mandatory orientation. 3. Contact the Volunteer Coordinator with questions.
SCREENING	Orientation is mandatory and covers safety precautions, emergency procedures and protocols. Horse experience is not required; training is provided.
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.
GROUPS	Single-day projects are offered.

Goatlandia Farm Animal Sanctuary

Santa Rosa · Sonoma

CONTACT	No address, phone or email published. Use the page below.
APPLY AT	goatlandia.org/volunteer
STEPS	1. Apply through PointApp. 2. Attend a mandatory volunteer orientation. 3. Begin regular shifts. Community Volunteer Days register through Zeffy and need no application.
SCREENING	Mandatory orientation before regular volunteering.
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.
GROUPS	The monthly Community Volunteer Day works as open drop-in.
NOTES	The monthly first-Saturday drop-in day is the lowest-barrier animal volunteering in this guide: no application, no orientation, just registration.

Queens Lane Horse Sanctuary

Petaluma · Sonoma

CONTACT	200 Queens Lane, Petaluma 707-304-0124 info@queenslanesanctuary.org
APPLY AT	queenslanesanctuary.org/volunteer
STEPS	1. Complete the volunteer application at the /volunteer-app page.
SCREENING	Training is provided for each area of responsibility.
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Volunteers must be physically able to stand, walk and lift feed and hay in varying weather.

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 · Alameda

CONTACT	7900 Edgewater Drive, Oakland 94621 1-510-635-FOOD (3663), volunteer line ext. 308 volunteer@accfb.org
APPLY AT	accfb.org/volunteer/
STEPS	1. View the volunteer calendar. 2. Complete the Choose Your Shifts form (groups and individuals use the same form). 3. Email volunteer@accfb.org with questions.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated. Warehouse shifts begin at 7:30am; volunteer shifts run Monday to Friday, 8am to 3pm.
GROUPS	Yes. Groups and individuals both welcome; maximum not stated.
NOTES	Bilingual volunteers are encouraged to ask about CalFresh outreach.

Alameda Food Bank

Alameda · Alameda

CONTACT	677 W. Ranger Avenue, Alameda (510) 523-5850 programmanager@alamedafoodbank.org
APPLY AT	alamedafoodbank.org/volunteer/
STEPS	1. Watch the orientation video. 2. Review the Volunteer Handbook. 3. Sign the Release of Liability. 4. Sign up for a shift on SignUp Genius. 5. Arrive on time and stay the full shift.
SCREENING	Orientation video required before the first shift.
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.
GROUPS	Groups of 4 or more email the Program Manager. Groups of 15 or more are split across different shifts.
NOTES	Closed-toe shoes required.

Berkeley Food Network

Berkeley · Alameda

CONTACT	1925 Ninth Street, Berkeley 94710 510-616-5383 volunteer@berkeleyfoodnetwork.org
APPLY AT	berkeleyfoodnetwork.org/volunteer
STEPS	1. Complete the inquiry form. 2. Receive the orientation video link and instructions. 3. Email volunteer@ for regular shifts. 4. Sign up through InitLive.
SCREENING	Orientation video before the first shift.
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.
GROUPS	Yes, through a separate group interest form.
NOTES	A valid driver's license is required for driver roles. Pantry restocking involves lifting 50 pounds. School, work and traffic-court hours are accepted; criminal court hours are not.

CityTeam

Oakland and San Jose · Alameda and Santa Clara

CONTACT	Street address not stated on the volunteer page volunteer@cityteam.org
APPLY AT	cityteam.org/volunteer/
STEPS	Varies by role. Some use an online sign-up calendar; others use a Google Form application.
SCREENING	Not stated
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
GROUPS	Yes. Company, church, family and friend groups welcome; contact volunteer@cityteam.org.
NOTES	Driving is required for the food driver role.

Daily Bowl

Union City · Alameda

CONTACT	525 H Street, Union City info@dailybowl.org
APPLY AT	dailybowl.org/volunteer
STEPS	1. Email info@dailybowl.org. 2. Staff reach out. 3. Review the Volunteer Handbook. 4. Sign the Release of Liability.
SCREENING	Training on lifting technique and van loading and unloading.
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.
GROUPS	Not stated
NOTES	A good clean driving record is needed to drive the vans. Volunteers must lift crates up to 50 pounds.

Dorothy Day House Berkeley

Berkeley · Alameda

CONTACT	1931 Center Street, Berkeley 94704 (510) 705-1325 daytime; (510) 705-1516 after hours info@dorothydayhouse.org
APPLY AT	dorothydayhouse.org/volunteer
STEPS	Contact the organization to ask about current opportunities.
SCREENING	Not stated
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
GROUPS	Grassroots outreach runs in groups.

Open Heart Kitchen

Livermore · Alameda

CONTACT	1141 Catalina Drive #137, Livermore 94550 (mailing) 925-500-8129 volunteerservices@openheartkitchen.org
APPLY AT	openheartkitchen.org/volunteer
STEPS	1. Complete the application through BetterImpact. 2. Choose your shifts. 3. Volunteers 18 and over complete a background check.
SCREENING	Background check required for volunteers 18 and over, and a fee applies.
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.
GROUPS	Yes. Maximum 10 volunteers per shift; group leaders submit a Volunteer Group Interest Form.
NOTES	Court-ordered service is accepted with restrictions on conviction types.

Project Open Hand

San Francisco and Oakland · San Francisco and Alameda

CONTACT	730 Polk Street, San Francisco 94109; 1921 San Pablo Avenue, Oakland 94612 (415) 447-2404 volunteer line; (415) 447-2300 SF; (510) 622-0221 Oakland Listed on the site
APPLY AT	openhand.org/volunteer
STEPS	1. Submit the Volunteer Inquiry Form. 2. A volunteer coordinator contacts you. 3. If you cannot commit weekly, sign up for drop-in Hot Spot shifts.
SCREENING	Not stated
AGE	15 years old
TIME	A 3-month commitment to a weekly shift, or 40 hours per semester for students
GROUPS	Yes. Community or corporate groups can be scheduled.
NOTES	Delivery can be done walking or by car. The site offers a Spanish language option.

TCV Food Bank (Tri-City Volunteers)

Fremont · Alameda

CONTACT	37350 Joseph Street, Fremont 94536 510.793.4583; volunteer hotline 510.598.4066 volunteer@tcvfoodbank.org
APPLY AT	tcvfoodbank.org/volunteer/
STEPS	1. Create an account. 2. Sign the Volunteer Handbook and consent forms. 3. Sign up for opportunities.
SCREENING	Signed Volunteer Handbook and consent forms required.
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
GROUPS	Not stated
NOTES	TCV does not sign for court or traffic ticket hours.

Tri-Valley Haven Food Pantry

Livermore · Alameda

CONTACT	3663 Pacific Avenue, Livermore 94550 925-667-2711 volunteer@trivalleyhaven.org
APPLY AT	trivalleyhaven.org/volunteer/
STEPS	1. Complete the online application form. 2. Advocacy applicants interview about 1.5 months before training begins. 3. Register through the Bloomerang portal for shift access.
SCREENING	The advocacy track requires a 70-hour training program with a certificate; the next cohort is Spring 2027.
AGE	General volunteers 16 and older. The Summer Teen Program takes volunteers 15 and older in June and July.
TIME	Not stated
GROUPS	Yes. Corporate and group volunteering available; one representative completes the form.

CONTRA COSTA COUNTY

Food Bank of Contra Costa and Solano

Concord and Fairfield · Contra Costa and Solano

CONTACT	4010 Nelson Ave, Concord 94520; 2370 N Watney Way, Fairfield 94533 (925) 676-7543 Concord; (707) 421-9777 Fairfield; 855-309-FOOD ext. 605 volunteerhelpdesk@foodbankccs.org
APPLY AT	volunteer.foodbankccs.org
STEPS	1. Create a Volunteer Portal account (an email verification code expires in 15 minutes). 2. Review and accept the Volunteer Waiver, Policies and Safety Rules. 3. Browse the calendar. 4. Sign up for a shift. No walk-ins are allowed.
SCREENING	Waiver and safety rules required; no fee or background check stated.
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
GROUPS	Yes. Submit the Group Volunteer Request form. Family Food Sort participants must all be from the same household.
NOTES	Dedicated pages exist for community service, school groups, court hours, SNAP work requirements, kids and teens, and scouts. Accommodations are available; ask Volunteer Services.

Loaves and Fishes of Contra Costa

Martinez plus five dining rooms · Contra Costa

CONTACT	835 Ferry Street, Martinez 94553 (925) 293-4792 info@loavesfishescc.org
APPLY AT	loavesfishescc.org/volunteer/
STEPS	1. Review the FAQ. 2. Download and read the Volunteer Policies and Waivers. 3. Register through VolunteerLocal.
SCREENING	Policies and waiver document required.
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.
GROUPS	Yes. Groups need a minimum of 6 to 8 people, available at all five dining rooms and the central kitchen.
NOTES	Note the group minimum: this organization wants groups, not individuals dropping in.

Monument Crisis Center

Concord · Contra Costa

CONTACT	1990 Market Street, Concord 94520 (925) 825-7751
APPLY AT	monumentcrisiscenter.org/volunteer
STEPS	1. View the programs page. 2. Complete the volunteer application form.
SCREENING	Not stated
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.
GROUPS	Yes, with published caps: Central County food distribution up to 15, East County up to 6, Senior Moments up to 6, English tutoring 1 to 2, food drives unlimited.
NOTES	The website is available in Spanish and the senior program includes bilingual bingo.

White Pony Express

Concord · Contra Costa

CONTACT	2470 Bates Avenue, Suite D, Concord 94520 925-322-0604 Info@WhitePonyExpress.org
APPLY AT	whiteponyexpress.org/volunteer/
STEPS	1. Go to the volunteer signup page. 2. Choose your category: individual, group leader, ambassador, or app volunteer. 3. Register through VolunteerLocal or the relevant link.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Yes, through the group leader pathway.
NOTES	Previously listed in Pleasant Hill; the current address is in Concord. A personal vehicle is required for the Food Rescue Hero role.

MARIN COUNTY

Ceres Community Project

Santa Rosa, Sebastopol, Petaluma, Novato · Sonoma and Marin

CONTACT	1237 Apollo Way, Santa Rosa 95407 (kitchen); gardens in Sebastopol and Petaluma; delivery only in Novato 707-829-5833 info@ceresproject.org
APPLY AT	ceresproject.org/volunteer/adults
STEPS	1. Submit the application form. 2. A Volunteer Coordinator calls you within 48 hours. 3. Attend a brief online orientation. 4. Complete a background check. 5. Receive training on your first shift.
SCREENING	Online orientation required. Background check required and paid by Ceres. Kitchen roles complete an online Basic Food Safety certificate paid for by Ceres. Adult mentors are fingerprinted (paid by Ceres) and take Mandated Reporter Training, at no cost to the volunteer.
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
GROUPS	Yes, through the business teams page.
NOTES	Delivery Angels need a valid driver's license and current insurance. Physical demands are listed per role.

ExtraFood

Kentfield · Marin

CONTACT	907 Sir Francis Drake Blvd, Kentfield 94904 415-997-9830 contact@extrafood.org
APPLY AT	extrafood.org/volunteer/
STEPS	1. Sign up through the form linked on the volunteer page. 2. Complete training on how to conduct a food rescue.
SCREENING	Training on conducting a food rescue is provided.
AGE	You need to be 18 or over, or children can volunteer with their parents
TIME	A minimum of 2 food rescues per month
GROUPS	Not stated
NOTES	You need a vehicle in good working order, a current license and car insurance if volunteering by car; biking, scootering or walking are alternatives. Volunteers must be able to lift, load and unload food safely. The site has a Spanish language option.

San Francisco-Marin Food Bank

San Francisco and San Rafael · San Francisco and Marin

CONTACT	900 Pennsylvania Avenue, San Francisco 94107; 1050 Marin Street, San Francisco 94107; 2550 Kerner Blvd, San Rafael 94901 415-282-1900 volunteer@sfmfoodbank.org
APPLY AT	sfmfoodbank.org/volunteer/
STEPS	1. Create an account on the volunteering portal. 2. Browse opportunities. 3. Respond as an individual or a team. 4. Complete a reservation; each person needs their own.
SCREENING	Home delivery drivers pass a driving record and background check. Peer Navigators receive 5 hours of training in resource navigation and referral.
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.
GROUPS	Yes. Teams of all sizes up to the shift's capacity; each person needs their own reservation.
NOTES	Spanish or Cantonese skills are a plus for Peer Navigators. A car is required for home-delivered groceries.

St. Vincent de Paul Society of Marin County

San Rafael · Marin

CONTACT	820 B Street, San Rafael 94901 415-454-3303 volunteer@vinnies.org
APPLY AT	vinnies.org/volunteer
STEPS	1. Complete the online Volunteer Application. 2. Email volunteer@vinnies.org to schedule orientation. 3. Attend orientation covering services and position options.
SCREENING	Orientation required. Background check required for Conference volunteers.
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.
GROUPS	Groups making bag lunches must make at least 50.
NOTES	Volunteers sign in and out daily, maintain confidentiality, follow non-discrimination policies, and do not give personal cash or shelter to clients.

NAPA COUNTY

Community Action of Napa Valley Food Bank

Napa · Napa

CONTACT	2521 Old Sonoma Rd, Napa 94558 (main); 938 Kaiser Road warehouse (707) 253-6100; food bank (707) 253-6128 canv@can-v.org
APPLY AT	canv.org/volunteer
STEPS	1. Click Become a Volunteer, which opens an external volunteer interest form.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	The volunteer page is minimal and most detail sits behind the external form. Food distribution happens at pantry sites, not the warehouse.

SAN FRANCISCO COUNTY

Catholic Charities San Francisco

San Francisco · San Francisco

CONTACT	990 Eddy Street, San Francisco 94109 (415) 972-1200; volunteer line 415-972-1371 Volunteer@CatholicCharitiesSF.org
APPLY AT	catholiccharitiessf.org/volunteer
STEPS	1. Set up an account on the VolunteerHub portal. 2. Contact the Volunteer Manager at Volunteer@CatholicCharitiesSF.org or 415-972-1371. Groups use a separate portal.
SCREENING	Not stated
AGE	Not stated
TIME	Long-term positions require a 3-month minimum. One-time and corporate group options are available.
GROUPS	Yes, through a separate application portal for corporate groups.
NOTES	Spanish, Cantonese, Mandarin and Tagalog skills are highly appreciated but not required for senior center roles.

GLIDE

San Francisco · San Francisco

CONTACT	330 Ellis Street, San Francisco 94102 (415) 674-6081 volteam@glide.org
APPLY AT	glide.org/volunteer/
STEPS	1. Open the online calendar. 2. Select a shift. 3. Groups over 12 email volteam@glide.org. 4. Minors submit a signed waiver. 5. Youth Program participants email to register.
SCREENING	The youth program includes an educational module, hands-on service and guided reflection.
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
GROUPS	Yes. Maximum 25 volunteers per shift. Corporate groups welcome; student groups ages 10+ with chaperones.

St. Anthony Foundation

San Francisco · San Francisco

CONTACT	150 Golden Gate Avenue, San Francisco 94102 (415) 592-2820 volunteer@stanthonysf.org
APPLY AT	stanthonysf.org/volunteer/
STEPS	1. Sign up for a shift on the calendar. 2. Groups complete the group inquiry form first.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Yes. Corporate, school and community groups through the group inquiry form.
NOTES	The Tech Lab and Medical Clinic have separate sign-up links.

SAN MATEO COUNTY

CALL Primrose

Burlingame · San Mateo

CONTACT	139 Primrose Road, Burlingame 94010 650-342-2255 contact@callprimrose.org
APPLY AT	callprimrose.org
STEPS	Contact the organization by phone or email.
SCREENING	Not stated
AGE	Adults only; specific age not stated
TIME	A weekly three-hour shift, weekdays 9am to noon or noon to 3pm
GROUPS	Not stated
NOTES	Volunteers must be able to lift and carry up to ten pounds.

Coastside Hope

Half Moon Bay · San Mateo

CONTACT	248 Main Street, Half Moon Bay 94019 (650) 726-9071; (650) 523-3519 admin@coastsidehope.org
APPLY AT	coastsidehope.org/volunteer/
STEPS	1. Sign up through the signup.com link on the volunteer page. 2. Contact admin@coastsidehope.org with questions.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated. Brown Bag distribution runs 1 to 3:30pm at 1 Bloom Lane, Half Moon Bay.
GROUPS	The Adopt-A-Family program is run by more than 200 volunteers.
NOTES	Volunteer service fulfills school community service requirements.

Puente de la Costa Sur

Pescadero · San Mateo

CONTACT	620 North Street, Pescadero 94060 (650) 879-1691 outreach@mypuente.org
APPLY AT	mypuente.org/volunteer/
STEPS	1. Fill out the volunteer form. It collects education, work history, prior volunteer service, non-family references, California driver's license status, Spanish language proficiency and date of birth.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	The application asks about Spanish proficiency and a California driver's license. Office hours Monday to Friday 8am to 5pm.

Samaritan House

San Mateo · San Mateo

CONTACT	4031 Pacific Boulevard, San Mateo 94403 (650) 347-3648 volunteer@samaritanhousesanmateo.org
APPLY AT	samaritanhousesanmateo.org/volunteer/
STEPS	1. Email volunteer@samaritanhousesanmateo.org to express interest. Groups need at least 4 weeks notice.
SCREENING	Instruction is provided to minimize accidents or injury in your role.
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.
GROUPS	Yes. Six group types. Adult groups of 10 or fewer year-round; up to about 25 at a time for the December Holiday Toy Shop.
NOTES	Spanish translation volunteers are explicitly sought. A car is required for Mobile Meals.

Second Harvest of Silicon Valley

San Jose and San Carlos · Santa Clara and San Mateo

CONTACT	Curtner Center 750 Curtner Avenue, San Jose 95125; Cypress Center 4001 North First Street, San Jose 95134; Bing Center 1051 Bing Street, San Carlos 94070 408-266-8866 ext. 150; San Carlos 650-610-0800 volunteer@shfb.org
APPLY AT	shfb.org/volunteer/
STEPS	1. Sign up through the volunteer calendar or portal. 2. Submit the electronic permission slip if under 18, at least 48 hours ahead. 3. Attend your shift; staff escort volunteers to work areas at Curtner Center.
SCREENING	No formal orientation stated.
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.
GROUPS	Yes. Groups of five or more; generally up to 25 to sort food at Cypress Center, and 10 or fewer at food distribution sites.
NOTES	All roles may involve lifting up to 25 pounds. Groups of people with intellectual and developmental disabilities are accommodated with pre-approval. The site is available in Spanish and ten other languages. Court-ordered community service is not currently accepted.

SANTA CLARA COUNTY

Loaves & Fishes Family Kitchen

San Jose · Santa Clara

CONTACT	1534 Berger Drive, San Jose 95112 408-922-9085 volunteer@loavesfishes.org
APPLY AT	loavesfishes.org/volunteer
STEPS	1. Sign up through the Volunteer Portal.
SCREENING	Not stated
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
GROUPS	Yes, with separate individual, small group and corporate pages.

Sacred Heart Community Service

San Jose · Santa Clara

CONTACT	1381 South First Street, San Jose 95110 (408) 278-2171 volunteers@sacredheartcs.org
APPLY AT	sacredheartcs.org/volunteer/
STEPS	1. Complete the application form on the volunteer portal. 2. Log into the portal after approval. 3. Schedule shifts through the calendar.
SCREENING	Not stated
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
GROUPS	Yes, through a separate group form.
NOTES	Closed-toe shoes are required. Volunteer office hours Monday to Thursday 8am to 4:30pm, Friday 8am to noon.

Village Harvest

San Jose · Santa Clara

CONTACT	PO Box 9231, San Jose 95157 (mailing) (888) 378-4841 info@villageharvest.org
APPLY AT	villageharvest.org/volunteer
STEPS	1. Sign up for a harvest on the Events calendar, or 2. Complete the Volunteer Registration form.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Yes. Individuals, families, groups and company teams all participate.
NOTES	The organization states there are activities for volunteers of most physical abilities, and skills-based remote roles are available.

West Valley Community Services

Cupertino · Santa Clara

CONTACT	10104 Vista Drive, Cupertino 95014 (408) 956-6115 x303 volunteer@wvcommunityservices.org
APPLY AT	wvcommunityservices.org/volunteer/
STEPS	1. Register as a volunteer through the registration link. 2. Contact the Volunteer Operations Coordinator for placement.
SCREENING	Not stated
AGE	Not stated
TIME	Flexible; give as little or as much time as you want
GROUPS	Yes, through special and group events.
NOTES	There is an interpreter role, and driving is required for the RYDE program.

SOLANO COUNTY

Faith Food Fridays

Vallejo · Solano

CONTACT	826 Solano Avenue, Vallejo 94590 (707) 557-7933 info@faithfoodfridays.com
APPLY AT	faithfoodfridays.com/volunteer/
STEPS	1. Just show up during open hours; no pre-registration. 2. Read and sign the Volunteer Agreement on arrival. 3. Check in. 4. Take a brief tour. 5. Get assigned where most needed.
SCREENING	Brief on-site tour. Full COVID vaccination is required.
AGE	Not stated
TIME	Flexible. Open hours Monday, Tuesday and Thursday 9am to 2pm, Friday 9am to 5pm, Saturday 9am to 1pm.
GROUPS	Not stated
NOTES	One of the only no-appointment food volunteering options in the region. Washable clothing, sturdy closed-toe shoes and disposable gloves in food areas are required. Serves over 400 families weekly and provides documentation of community support hours.

SONOMA COUNTY

Farm to Pantry

Healdsburg and countywide glean sites · Sonoma

CONTACT	Street address not stated 707-955-9898 gleaning@farmtopantry.org
APPLY AT	farmtopantry.org/volunteer-hub
STEPS	1. Check the Opportunity Calendar. 2. Sign up through the volunteer sign-up page.
SCREENING	No prior experience needed. Staff or a glean leader provides tools and instruction.
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.
GROUPS	Not stated
NOTES	Bring closed-toe shoes, layers, water, sun protection and a bag for take-home produce. Many sites have no restrooms. Exact addresses are given after sign-up.

Petaluma People Services Center

Petaluma · Sonoma

CONTACT	1500 Petaluma Blvd S, Petaluma 94952 (707) 765-8488 CARES@petalumapeople.org
APPLY AT	petalumapeople.org/volunteer/
STEPS	1. Fill out the interest form. 2. Contact by email with questions.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Driving is involved in Home Delivered Meals and iRide. Hours Monday to Friday 9am to 4pm.

Redwood Empire Food Bank

Santa Rosa · Sonoma

CONTACT	3990 Brickway Blvd, Santa Rosa 95403 707-523-7905 volunteers; 707-523-7900 main volunteers@refb.org
APPLY AT	refb.org/volunteer/
STEPS	1. Choose individual or group volunteering. 2. Register at volunteer.refb.org or submit the group volunteer form. 3. Contact the food bank for details.
SCREENING	A general volunteer handbook is provided. Kitchen volunteers need a valid California Food Handlers Card.
AGE	Not stated
TIME	Not stated
GROUPS	Yes, through a group volunteer form.
NOTES	The volunteer handbook is available in English and Spanish. Court-referred volunteers are directed to CVNL at 707-573-3360.

Redwood Gospel Mission

Santa Rosa · Sonoma

CONTACT	101 6th Street, Santa Rosa 95401; 2447 Summerfield Road, Santa Rosa 707-578-1830 x314 volunteer@rgm.org
APPLY AT	rgm.org/volunteer
STEPS	1. Apply through the online volunteer application portal. 2. Contact the volunteer coordinator.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Driver roles appear in several departments.

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) · Alameda and Contra Costa

CONTACT	2950 Peralta Oaks Court, Oakland 94605 1-888-327-2757; (510) 544-2229 cleanup line Listed on the Volunteer Resources page
APPLY AT	ebparks.org/volunteer
STEPS	1. Search for volunteer events. 2. Create an EBRPD volunteer account. 3. Sign up for an opportunity and track your hours.
SCREENING	Training varies by role; Trail Safety Patrol, docent and Ambassador positions have specialized training. Waivers are required: an individual waiver filed through your account dashboard, a group waiver at the event, and a field trip waiver for youth groups.
AGE	Not stated. The district describes opportunities for people of all ages and family participation.
TIME	Not stated
GROUPS	Yes. Group and service projects, and you can propose your own project.
NOTES	Hosts Coastal Cleanup Day and the MLK Day of Service. Call (510) 544-2229 with a headcount for groups of 10 or more.

Friends of Five Creeks

Berkeley · Alameda

CONTACT	Work sites include Aquatic Park, Berkeley f5creeks@gmail.com
APPLY AT	fivecreeks.org
STEPS	No formal application. Contact by email. No reservation required for listed events.
SCREENING	Not stated
AGE	All ages welcome
TIME	Weekday Weed Warriors gather Tuesday mornings 10am to noon, plus one-off Saturday events
GROUPS	Groups of five or more should RSVP so there are enough supplies.
NOTES	Supplies are provided.

Friends of Sausal Creek

Oakland · Alameda

CONTACT	P.O. Box 2737, Oakland 94602 info@sausalcreek.org
APPLY AT	sausalcreek.org/volunteer
STEPS	1. Complete the Google Form for individuals and small groups, the separate form for organizations, or the Scout project form.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Yes. Team and corporate volunteering offered.

Golden Gate Bird Alliance

Berkeley · Alameda

CONTACT	2150 Allston Way, Suite 210, Berkeley 94704 510-843-2222 volunteer@goldengatebirds.org
APPLY AT	goldengatebirdalliance.org/volunteer/
STEPS	Contact the organization through the volunteer page.
SCREENING	Instruction and tools provided for restoration; docent training in the fall; training walks and mentors for field trip leaders.
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.
GROUPS	Yes. Corporate teams can join an existing habitat restoration event or arrange a custom event.
NOTES	Formerly Golden Gate Audubon.

Planting Justice

Oakland and El Sobrante · Alameda and Contra Costa

CONTACT	319 105th Ave, Oakland 94603; 5166 Sobrante Ave, El Sobrante 94803 510-756-6965 East Oakland; 510-892-5711 El Sobrante volunteer.nursery@plantingjustice.org; volunteer.farm@plantingjustice.org
APPLY AT	plantingjustice.org/pages/what-we-do/volunteer
STEPS	1. Fill out the interest form. 2. Allow 3 to 5 business days for a reply. 3. Sign a liability waiver.
SCREENING	Brief site orientation; liability and media release required. No fee for individuals.
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.
GROUPS	Groups larger than 4 must email to arrange. For-profit groups are asked for a sliding-scale donation of \$250 to \$2,500, and no one is turned away for lack of funds.

San Francisco Baykeeper

Oakland · Alameda

CONTACT	1736 Franklin Street, Suite 800, Oakland 94612 510-735-9700
APPLY AT	baykeeper.org/volunteer
STEPS	The organization does not publish an application process. Contact it directly.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Yes, company volunteer events.

Save The Bay

Oakland · Alameda and bay-wide

CONTACT	610 16th Street, Suite 520, Oakland 94612 Not published on the site bayevents@savesfbay.org
APPLY AT	savesfbay.org/calendar/
STEPS	1. Open the events calendar. 2. Register for a specific event.
SCREENING	Restoration project direction and tool safety instruction provided on site.
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
GROUPS	Not stated
NOTES	Gloves, tools and all necessary equipment are provided. Use the calendar rather than the /volunteer/ page, which serves a post-signup page.

CONTRA COSTA COUNTY

John Muir Land Trust

Martinez · Contra Costa

CONTACT	PO Box 31, Martinez 94553 (no street address published) (925) 228-5460 events@jmlt.org for events
APPLY AT	jmlt.org/get-involved/volunteer/
STEPS	1. Complete the Volunteer Registration through the application form on the volunteer page.
SCREENING	Varies by role. JMLT runs both an in-person and a virtual Volunteer Orientation on its events calendar.
AGE	Most volunteer roles require the applicant be 18 years of age
TIME	Not stated
GROUPS	Not stated
NOTES	Properties include Mount Wanda and Fernandez Ranch in the Martinez area.

Save Mount Diablo

Walnut Creek · Contra Costa

CONTACT	201 N. Civic Drive, Suite 190, Walnut Creek 94596 925-947-3535 smdinfo@savemountdiablo.org; groupvolunteers@savemountdiablo.org
APPLY AT	savemountdiablo.org/get-involved/volunteer/
STEPS	1. Review the volunteer categories. 2. Email the relevant department with your interest and best contact method. 3. Groups complete the group workday interest form.
SCREENING	Not stated
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.
GROUPS	Yes, through groupvolunteers@savemountdiablo.org and the group workday interest form.
NOTES	DiRT workdays are booked through the online calendar at vhub.at/smddirt.

The Watershed Project

Richmond · Contra Costa

CONTACT	1327 South 46th Street, Building 155, Richmond 94804 510-665-3430 info@thewatershedproject.org
APPLY AT	thewatershedproject.org/volunteer/
STEPS	1. Subscribe or submit the volunteer interest form. 2. For restoration, sign up through the Google Form.
SCREENING	Not stated
AGE	Not stated
TIME	One-time events or regular opportunities; the organization emails volunteer opportunities twice a month
GROUPS	Not stated

MARIN COUNTY

Golden Gate National Parks Conservancy

San Francisco · San Francisco, Marin and San Mateo

CONTACT	201 Fort Mason, San Francisco 94123 415-561-3000
APPLY AT	parksconservancy.org/volunteer
STEPS	1. Register for a listed event through the calendar.
SCREENING	All training, tools and leadership provided.
AGE	Not stated
TIME	Shift-based, listed on the events calendar, typically 9am to noon
GROUPS	Yes. Group volunteer projects offered.
NOTES	Also runs the Golden Gate Raptor Observatory hawkwatch on Hawk Hill in the Marin Headlands, staffed by over 150 community scientists each year.

Marin County Parks

San Rafael · Marin

CONTACT	1600 Los Gamos Drive, Suite 275, San Rafael 94903 415-473-4381; open space coordinator 415-473-3778; parks coordinator 415-473-2823
APPLY AT	parks.marincounty.gov/discover/learn/volunteer
STEPS	1. Fill out the volunteer form. 2. For Patrol: complete the application, interview, then orientation and training if selected.
SCREENING	Patrol members receive free training in local history, resource preservation and land stewardship.
AGE	Kids must be accompanied by an adult. No minimum age stated.
TIME	Community events take a few hours
GROUPS	Not stated
NOTES	The department moved from marincountyparks.org to parks.marincounty.gov .

Marin Water

Corte Madera · Marin

CONTACT	220 Nellen Ave, Corte Madera 94925 415-945-1455 volunteerprogram@marinwater.org
APPLY AT	marinwater.org/volunteer
STEPS	1. Sign up for a volunteer activity through the form. 2. Complete the SmartWaiver service agreement; all volunteers must have a form on file.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated

One Tam (Tamalpais Lands Collaborative)

San Francisco (administration) · Marin

CONTACT	201 Fort Mason, 3rd Floor, San Francisco 94123 415-561-3000 info@onetam.org ; communityscience@onetam.org
APPLY AT	onetam.org/volunteer
STEPS	One Tam directs volunteers to its partner agency programs.
SCREENING	Not stated
AGE	Not stated
TIME	Long-term and short-term opportunities
GROUPS	Not stated
NOTES	A partnership of Marin County Parks, Marin Water, California State Parks, the National Park Service and the Parks Conservancy.

Point Reyes National Seashore Association

Point Reyes Station · Marin

CONTACT	1 Bear Valley Road, Building 70, Point Reyes Station 94956 415-663-1200 CristobalCS@ptreyes.org; info@ptreyes.org
APPLY AT	ptreyes.org/about/jobs/
STEPS	The organization does not publish an application process. Contact it directly.
SCREENING	Not stated
AGE	Not stated
TIME	Thursday Weeders runs every other Thursday; a monthly volunteer calendar is published
GROUPS	Not stated
NOTES	Volunteering is listed on the jobs page; there is no standalone volunteer URL.

NAPA COUNTY

Land Trust of Napa County

Napa · Napa

CONTACT	1700 Soscol Avenue, Suite 20, Napa 94559 707-252-3270 Clarisa@napalandtrust.org; info@napalandtrust.org
APPLY AT	napalandtrust.org/volunteer/
STEPS	The organization does not publish an application process. Contact it directly.
SCREENING	Field trip leader training is provided when opportunities become available.
AGE	Not stated
TIME	Over 100 volunteers contribute more than 2,000 hours a year; individual commitment not stated
GROUPS	Not stated
NOTES	Stewardship days are open. The organization is not actively recruiting new field trip leaders, though expressions of interest are welcome.

Napa County Resource Conservation District

Napa · Napa

CONTACT	Event locations given on RSVP 707-690-3120 Eric@NapaRCD.org
APPLY AT	naparcd.org/volunteer/
STEPS	1. RSVP through the form. 2. Contact Eric with questions.
SCREENING	Not stated
AGE	All ages are welcome
TIME	Event-based; space is limited and RSVP is required
GROUPS	Not stated
NOTES	Rain cancels.

SAN FRANCISCO COUNTY

Nature in the City

San Francisco · San Francisco

CONTACT	info@natureinthecity.org
APPLY AT	natureinthecity.org/volunteer/
STEPS	1. Visit the Nature Walks and Events page to sign up for a workday. 2. Contact directly for Keystone roles.
SCREENING	Tools provided and instruction given on site.
AGE	Not stated
TIME	Corporate events run 2 to 4 hours; Keystone Volunteers serve regularly
GROUPS	Yes. Corporate and group volunteers welcomed.

Presidio Trust

San Francisco · San Francisco

CONTACT	415-561-5332 volunteer@presidiotrust.gov
APPLY AT	presidio.gov/volunteer
STEPS	The organization does not publish an application process. Contact it directly.
SCREENING	Not stated
AGE	Not stated
TIME	Drop-in opportunities as well as programs for a more consistent commitment
GROUPS	Group opportunities are arranged through the Parks Conservancy.

SAN MATEO COUNTY

Midpeninsula Regional Open Space District

Regional · Santa Clara and San Mateo

CONTACT	No address, phone or email published. Use the page below.
APPLY AT	openspace.org/get-involved/volunteer
STEPS	1. Sign up through the district's volunteer portal.
SCREENING	Not stated
AGE	Not stated
TIME	From one-day stewardship projects to long-term commitments. Nearly 1,000 volunteers give over 20,000 hours a year.
GROUPS	Yes, through the Community Group Steward program for community organizations, schools, religious groups and businesses. Most projects are limited to 8 to 15 volunteers due to site constraints.

Pacific Beach Coalition

Pacifica and the coast · San Mateo

CONTACT	No address, phone or email published. Use the page below.
APPLY AT	pacificbeachcoalition.org/take-action/monthly-adopt-a-beach-cleanups/
STEPS	1. Sign up through the relevant cleanup page.
SCREENING	Site captain and Pelican Squad training offered.
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
GROUPS	Yes, through the corporate volunteer program.
NOTES	Has a dedicated student volunteer hours page.

Peninsula Open Space Trust

Palo Alto · San Mateo and Santa Clara

CONTACT	222 High Street, Palo Alto 94301 650-854-7696 ext. 334
APPLY AT	openspacetrust.org/volunteer/
STEPS	1. Click Learn More and Apply for the Ambassador or Land Volunteer program.
SCREENING	Attend an orientation and training events when offered.
AGE	Be at least 18 years of age
TIME	Monthly public volunteer events
GROUPS	Not stated

San Bruno Mountain Watch

Brisbane and South San Francisco · San Mateo

CONTACT	South San Francisco site: 1400 Hillside Blvd; Mission Blue Nursery and Guadalupe Valley sites also listed 415-467-6631 ariel@mountainwatch.org stewardship; ildiko@mountainwatch.org nursery
APPLY AT	mountainwatch.org/volunteer
STEPS	1. Email the appropriate coordinator or call the office. 2. Check the Events page for updated scheduling.
SCREENING	Not stated
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.
GROUPS	Not stated
NOTES	Ongoing, recurring opportunities with a predictable weekly schedule.

SANTA CLARA COUNTY

Acterra

Palo Alto · Santa Clara

CONTACT	3921 East Bayshore Road, Suite 210, Palo Alto 94303 650-962-9876 English; 408-675-9960 Spanish volunteer@acterra.org
APPLY AT	acterra.org/volunteer
STEPS	1. Complete the interest form or email volunteer@acterra.org . 2. Sign up for specific opportunities through the linked forms.
SCREENING	Not stated
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
GROUPS	Not stated
NOTES	Has a Spanish-language phone line.

Canopy

Palo Alto · Santa Clara

CONTACT	3921 East Bayshore Road, Palo Alto 94303 650-964-6110
APPLY AT	canopy.org/volunteer/
STEPS	1. Use the volunteer sign-up form and event calendar.
SCREENING	Not stated
AGE	Not stated
TIME	The 30 for 30 Pledge invites volunteers to complete 30 hours by June 2027
GROUPS	Yes, through a separate group volunteering page.

Grassroots Ecology

Palo Alto · Santa Clara

CONTACT	3921 East Bayshore Road, Palo Alto 94303 650-419-9880 volunteer@grassrootsecology.org
APPLY AT	grassrootsecology.org/volunteer
STEPS	1. Register for an event through the calendar.
SCREENING	Not stated
AGE	Not stated. Youth Stewards serves middle and high school students.
TIME	Community workdays; frequency not stated
GROUPS	Yes. Private events for schools, community organizations and corporations.

Green Foothills

Palo Alto · Santa Clara

CONTACT	3921 E Bayshore Rd, Palo Alto 94303 650-968-7243 jocelyn@greenfoothills.org
APPLY AT	greenfoothills.org/volunteer/
STEPS	1. Fill out the online form on the volunteer page.
SCREENING	Training on local environmental issues, the organization's mission, advocacy and community engagement techniques.
AGE	18 years or older
TIME	Not stated
GROUPS	Not stated
NOTES	Currently seeking additional Community Ambassadors.

Hidden Villa

Los Altos Hills · Santa Clara

CONTACT	26870 Moody Road, Los Altos Hills 94022 650-949-8650
APPLY AT	hiddenvilla.org/volunteer/
STEPS	1. Fill out a volunteer application. 2. The organization responds as soon as possible.
SCREENING	Animal Chore volunteers complete 4 days of orientation and shadowing; Garden Keepers complete an orientation with staff.
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.
GROUPS	Yes. Family groups and corporate groups accepted.
NOTES	One of the few places in the region where a 9-year-old can volunteer with a parent.

Our City Forest

San Jose · Santa Clara

CONTACT	1195 Clark Street, San Jose 95125; Community Nursery 1000 Spring Street, San Jose 95110 408-998-7337 volunteer@ourcityforest.org
APPLY AT	ourcityforest.org/volunteer
STEPS	The organization does not publish an application process. Contact it directly.
SCREENING	Tree Amigos complete 5-week classes.
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
GROUPS	Yes, through a group volunteers program.

Santa Clara Valley Bird Alliance

Cupertino · Santa Clara

CONTACT	22221 McClellan Road, Cupertino 95014 408-252-3747 programs@scvbirdalliance.org
APPLY AT	scvbirdalliance.org/volunteer
STEPS	1. Complete the form on the volunteer page. 2. The Education and Outreach Manager contacts you.
SCREENING	Not stated
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
GROUPS	Not stated
NOTES	Formerly Santa Clara Valley Audubon.

Santa Clara Valley Open Space Authority

Regional · Santa Clara

CONTACT	No address, phone or email published. Use the page below.
APPLY AT	openspaceauthority.org/volunteer
STEPS	1. Register through the volunteer portal at openspaceauthority.galaxydigital.com.
SCREENING	Trail Masters receive power tool training.
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.
GROUPS	Yes, through the Stewardship Request Form for corporate groups.

Valley Water

Countywide · Santa Clara

CONTACT	408-265-2600 Program site cleanacreek.org
APPLY AT	valleywater.org/learning-center/volunteer-program
STEPS	The organization does not publish an application process. Contact it directly.
SCREENING	Not stated
AGE	Not stated
TIME	Adopt-A-Creek participants pledge a minimum of two creek cleanup days per year for their adopted area
GROUPS	Not stated

SOLANO COUNTY

Solano Land Trust

Vacaville · Solano

CONTACT	198 Dobbins Street, Suite A, Vacaville 95688 707-432-0150 info@solanolandtrust.org
APPLY AT	solanolandtrust.org/get-involved/volunteer-docent.html
STEPS	1. Submit the volunteer interest form with your areas of interest.
SCREENING	The two docent roles require training.
AGE	Not stated
TIME	Get The Rush events run the third Saturday of the month at Rush Ranch, 9:30am to 12:30pm
GROUPS	Not stated
NOTES	About 350 volunteers a year contribute over \$178,000 in volunteer time.

SONOMA COUNTY

LandPaths

Santa Rosa · Sonoma

CONTACT	618 4th Street, Suite 217, Santa Rosa 95404 707-544-7284 weekdays 9am to 5pm outings@landpaths.org
APPLY AT	landpaths.org/volunteer/
STEPS	1. Sign up for a training.
SCREENING	Volunteer training held at Ocean Song Preserve.
AGE	Not stated
TIME	Camera monitoring about every six weeks at Ocean Song Preserve; photo classification sessions at the downtown office
GROUPS	Not stated

Russian Riverkeeper

Healdsburg · Sonoma

CONTACT	P.O. Box 1335, Healdsburg 95448 707-433-1958 ariel@russianriverkeeper.org; info@russianriverkeeper.org
APPLY AT	russianriverkeeper.org/volunteer/
STEPS	1. Sign up per event through the Learn More link.
SCREENING	Not stated
AGE	Not stated
TIME	Events run 2 to 3 hours
GROUPS	Yes. The organization will help you organize your own cleanup.
NOTES	Spots are limited and signups close 48 hours before each event.

Sonoma Ecology Center

Sonoma · Sonoma

CONTACT	461 7th Street West, Suite 1, Sonoma 95476 707-996-0712 volunteer@sonomaecologycenter.org
APPLY AT	sonomaecologycenter.org/volunteer/
STEPS	1. Create a Better Impact account, which takes about five minutes. 2. Email the volunteer coordinator for team placement. 3. Receive training.
SCREENING	Training provided so volunteers are comfortable in their position.
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.
GROUPS	Yes. Individuals, couples, families and companies welcome; groups can arrange times outside drop-in hours.
NOTES	Explicitly seeks bilingual Spanish-English volunteers to co-lead hikes.

Sonoma Land Trust

Countywide · Sonoma

CONTACT	intern@sonomalandtrust.org for internships
APPLY AT	sonomalandtrust.org/internships-volunteering/
STEPS	1. Complete the volunteer interest form through the vomo.org platform.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated

REGIONAL, STATEWIDE AND NATIONAL

Bay Area Ridge Trail Council

Berkeley · Regional

CONTACT	PO Box 3367, Berkeley 94703 415-561-2595 advocacy@ridgetrail.org
APPLY AT	ridgetrail.org/volunteer/
STEPS	1. Sign up through the volunteer newsletter or current opportunities page. 2. Complete the form to receive alerts.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated. Ridge Trail Service Day is November 7, 2026.
GROUPS	Not stated

California Coastal Cleanup Day

Statewide · All nine counties

CONTACT	coast4u@coastal.ca.gov
APPLY AT	coastal.ca.gov/publiced/ccd/ccd.html
STEPS	1. Click the cleanup you want on the site map and follow the instructions. 2. Complete a digital liability waiver ahead of time in English or Spanish and show the confirmation email to cleanup staff. 3. Gather reusable supplies from home, such as a bucket and gardening gloves. 4. Show up at your site at the designated time.
SCREENING	Digital liability waiver required.
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.
GROUPS	Yes. Resources exist for schools, youth organizations and community groups.
NOTES	New cleanup sites are added each year. Volunteers are asked to bring their own reusable supplies.

California State Parks Volunteers in Parks

Individual parks run their own programs · Statewide, including Mount Diablo, Angel Island and Sugarloaf Ridge

CONTACT	916-653-9069 Volunteer.inparksprogram@parks.ca.gov
APPLY AT	parks.ca.gov/volunteers
STEPS	1. Apply online through the Volunteer Opportunities page, or print the paper application (form DPR208h). 2. Submit it directly to the park or parks you want; you may apply to more than one. 3. Describe your relevant experience, education, skills and interests.
SCREENING	Training is provided once you are selected. A criminal background check may be required.
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.
GROUPS	Yes. Many parks offer single-day and short-term opportunities for individuals and groups such as beach and trail cleanups.
NOTES	Each park unit runs its own program, so contact the park you want directly.

Housing, homelessness and shelter

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

ALAMEDA COUNTY

Abode Services

Fremont · Alameda

CONTACT	40849 Fremont Boulevard, Fremont 94538 (510) 657-7409 volunteers@abode.org
APPLY AT	abode.org/get-involved/volunteer
STEPS	1. Visit the Get Connected volunteer portal. 2. Register as a volunteer. 3. Sign up for positions matching your interests.
SCREENING	A Volunteer Program Manual is available for download.
AGE	Volunteers must be at least 15 years of age. Under 18, a parental consent form must be completed.
TIME	Not stated
GROUPS	Yes. Businesses, community groups, schools, faith communities and customized team days.

Catholic Charities East Bay

Oakland · Alameda and Contra Costa

CONTACT	(510) 768-3100 mmosca@cceb.org
APPLY AT	cceb.org/volunteer/
STEPS	1. Review the volunteer opportunities. 2. Complete the online volunteer form.
SCREENING	LiveScan background check, paid for by Catholic Charities. All onboarding forms must be completed, and some roles require online abuse recognition and prevention training.
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
GROUPS	Not stated
NOTES	Spanish, Korean or Vietnamese language skills are highly valued.

Dorothy Day House Berkeley

Berkeley · Alameda

CONTACT	1931 Center Street, Berkeley 94704 (510) 705-1325 daytime; (510) 705-1516 after hours info@dorothydayhouse.org
APPLY AT	dorothydayhouse.org/volunteer
STEPS	Contact the organization to ask about current opportunities.
SCREENING	Not stated
AGE	Not stated beyond the high school summer teen program
TIME	Meal prep in 2-hour shifts
GROUPS	Grassroots outreach runs in groups.

Habitat for Humanity East Bay/Silicon Valley

Oakland · Alameda and Santa Clara

CONTACT	2619 Broadway, Oakland 94612 510-251-6304 volunteer line; 866-450-4432 general Volunteer@HabitatEBSV.org
APPLY AT	habitatebsv.org/volunteer/
STEPS	1. Choose your track: individual, company group, or faith and community group. 2. Register through that track's page or the on-site volunteer kiosk.
SCREENING	A short on-site orientation each volunteer day covers the organization, current projects, safety and task assignments. No pre-event orientation.
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
GROUPS	Yes. Groups of 5 or more from schools, community or faith organizations use the Faith & Community Groups page; corporate groups use the Company Team Building page.
NOTES	No construction experience needed. Carpooling is encouraged and transit access is noted.

Rebuilding Together East Bay Network

Berkeley and Emeryville · Alameda and Contra Costa

CONTACT	732 Gilman Street, Berkeley 94710 (mailing); office and showroom at 1311 63rd Street, Emeryville (510) 644-8979 info@rtebn.org
APPLY AT	rtebn.org/volunteer
STEPS	Call or email; the volunteer page carries no online application.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Serves Berkeley, Emeryville, Albany and Richmond. Founded in 1992. This is a separate organization from Rebuilding Together Oakland/East Bay, which closed in March 2024. Office hours Monday to Thursday 9am to 5:30pm.

St. Vincent de Paul of Alameda County

Oakland · Alameda

CONTACT	2272 San Pablo Avenue, Oakland 94612 510-638-7600 Listed on the volunteer page
APPLY AT	svdp-alameda.org/volunteer/
STEPS	1. Apply through the online Apply to Volunteer form linked on the page.
SCREENING	Not stated
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.
GROUPS	Yes. Contact the volunteer team at least one month ahead.

CONTRA COSTA COUNTY

Bay Area Rescue Mission

Richmond · Contra Costa

CONTACT	2114 Macdonald Avenue, Richmond 94801 (510) 215-4864 volunteer services; (510) 215-4555 main Listed on the volunteer page
APPLY AT	bayarearescue.org/get-involved/volunteer/
STEPS	1. Register at the volunteer portal, BayAreaRescue.GalaxyDigital.com. 2. Email or call (510) 215-4864 with questions.
SCREENING	Not stated
AGE	Not stated
TIME	One-time, regular, or group options
GROUPS	Yes. Friends, family, church and coworker groups welcome.
NOTES	The volunteer services manager is Juanita Greer. A 215-4865 number circulates and does not appear on the site.

SHELTER, Inc.

Concord · Contra Costa

CONTACT	1333 Willow Pass Road, Suite 206, Concord 94520 (925) 335-0698 Yareth.rodriquez@shelterinc.org ; shelter@shelterinc.org
APPLY AT	shelterinc.org/get-involved/volunteer/
STEPS	1. Complete the Volunteer Application Form. 2. Review the Volunteer Handbook.
SCREENING	The application asks whether you have been convicted of a misdemeanor or have felony charges pending. No formal background check process is stated.
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.
GROUPS	Yes. The organization matches groups with an appropriate project and takes custom project requests.
NOTES	Note the published phone number is (925) 335-0698; an older 935 number circulates and is wrong.

Trinity Center

Walnut Creek · Contra Costa

CONTACT	1888 Trinity Avenue, Walnut Creek 94596 (mailing PO Box 126, Walnut Creek 94597) (925) 949-8712 info@trinitycenterwc.org
APPLY AT	trinitycenterwc.org/volunteer-opportunities/
STEPS	1. Complete the Volunteer Interest Form on the page.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Open Monday to Friday 8am to 4pm, offering safety net services and case management for unsheltered and unstably housed adults. Use the .org domain, not the older .com.

Winter Nights Family Shelter

Rotating host congregations · Contra Costa

CONTACT	info@cccwinternights.org
APPLY AT	cccwinternights.org/volunteer/
STEPS	1. Contact info@cccwinternights.org.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Yes. More than 60 faith groups and congregations host or co-host.
NOTES	A rotating winter shelter program, so the location changes through the season.

MARIN COUNTY

Homeward Bound of Marin

Novato and San Rafael · Marin

CONTACT	Main campus 1385 N. Hamilton Parkway, Novato 94949; Jonathan's Place 190 Mill Street, San Rafael 94901; Oma Village 5358 Nave Drive, Novato 415-382-3363 x212 volunteer@hbofm.org
APPLY AT	hbofm.org/volunteer/
STEPS	1. Contact the Community Engagement Coordinator by email or phone.
SCREENING	Not stated
AGE	Not stated
TIME	Varies. Stylists and barbers give two hours on a regular basis; meal providers cook one evening or recurring.
GROUPS	Yes. Meal provider teams of 2 or more serve 50 to 55 people; student groups are encouraged.

SAN FRANCISCO COUNTY

Compass Family Services

San Francisco · San Francisco

CONTACT	37 Grove Street, San Francisco 94102 (415) 644-0504 volunteer@compass-sf.org
APPLY AT	compass-sf.org/volunteer/
STEPS	1. Click I Want to Volunteer and complete the form. 2. For other ideas, email volunteer@compass-sf.org.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Yes, a group track is offered.

Habitat for Humanity Greater San Francisco

San Francisco · San Francisco

CONTACT	300 Montgomery Street, Suite 450, San Francisco 94104 415-625-1000 volunteer@habitatgsf.org
APPLY AT	habitatgsf.org/volunteer/
STEPS	1. Individuals register through the volunteer portal calendar. 2. Community groups submit the group contact form. 3. Corporate teams submit the corporate group form.
SCREENING	No experience necessary. Power tool training available.
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
GROUPS	Yes. Community groups such as schools, churches and friend groups, plus corporate teams.
NOTES	Remote and in-office special project roles are available.

Hamilton Families

San Francisco · San Francisco

CONTACT	273 9th Street, San Francisco 94103 (415) 321-2612 volunteer@hamiltonfamilies.org
APPLY AT	hamiltonfamilies.org/volunteer
STEPS	1. Email volunteer@hamiltonfamilies.org with questions. 2. Click the matching sign-up button: Individual Sign Up, Help out in our Children's Program, or Get Started as a Volunteer Group.
SCREENING	Not stated
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.
GROUPS	Yes, all sizes and ages.
NOTES	Remote and virtual roles are available.

Raphael House

San Francisco · San Francisco

CONTACT	1065 Sutter Street, San Francisco 94109 (415) 345-7200 development@raphaelhouse.org
APPLY AT	raphaelhouse.org/volunteer/
STEPS	1. Complete the group volunteer application form linked on the page.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Limited opportunities for groups of 5 to 10 volunteers. Corporate and community partners receive priority.
NOTES	The video presentation role is remote.

Rebuilding Together San Francisco

San Francisco · San Francisco

CONTACT	535 Mission Street, 14th Floor, San Francisco 94105 (415) 905-1611 associateboard@rtsf.org for board inquiries
APPLY AT	rebuildingtogethersf.org/get-involved/
STEPS	1. Complete the signup form for your volunteer type. 2. For the Associate Board, email associateboard@rtsf.org and go through the interview process.
SCREENING	Not stated
AGE	Not stated
TIME	General volunteers vary by opportunity. Associate Board members give 2 to 4 hours a month with a two-year term.
GROUPS	Yes. Community Build Days are designed for groups.
NOTES	National Rebuilding Month dates were listed as Saturdays April 11, 18 and 25, 2026; confirm the 2027 dates.

St. Vincent de Paul Society of San Francisco

San Francisco · San Francisco

CONTACT	MSC-South Shelter 525 5th St 94107; Division Circle Navigation Center 224 S. Van Ness Ave 94103; Riley Center 1175 Howard St 94103 volunteers@svdp-sf.org
APPLY AT	svdp-sf.org/volunteer/
STEPS	1. Complete either the individual and group volunteering form or the skill-specific service form. 2. Company representatives email volunteers@svdp-sf.org.
SCREENING	Riley Center volunteers must pass a background check and complete a mandatory 40-hour domestic violence training program.
AGE	Not stated
TIME	Even a single hour is welcomed for some roles
GROUPS	Yes
NOTES	Translation volunteers are sought. The Riley Center support line is a phone-based role.

SAN MATEO COUNTY

LifeMoves

Regional · San Mateo and Santa Clara

CONTACT	No address, phone or email published. Use the page below.
APPLY AT	lifemoves.org/volunteer/
STEPS	1. Sign up through the form linked on the volunteer page.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	The successor organization to Shelter Network. The volunteer page gives no phone, address or email.

Rebuilding Together Peninsula

Redwood City · San Mateo

CONTACT	841 Kaynyne Street, Redwood City 94063 volunteer@rebuildingtogetherpeninsula.org
APPLY AT	rebuildingtogetherpeninsula.org/volunteer/
STEPS	1. Submit the online Volunteer Interest Form, or download and print it. 2. Email the completed form to the volunteer address. 3. The organization aims to respond within one week to discuss next steps.
SCREENING	Not stated
AGE	Not stated
TIME	Varies by project. Rebuilding Days generally occur in April and October.
GROUPS	Yes. Sponsored groups, trade associations, student groups and service organizations.
NOTES	Free home repairs for low-income, senior and veteran homeowners.

SANTA CLARA COUNTY

Family Supportive Housing

San Jose · Santa Clara

CONTACT	692 N King Road, San Jose 95133 (408) 926-8885 volunteer@familysupportivehousing.org
APPLY AT	familysupportivehousing.org/volunteer
STEPS	1. Contact the volunteer coordinator at volunteer@familysupportivehousing.org .
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Yes. Meal Teams, special events and special projects.

HomeFirst

San Jose · Santa Clara

CONTACT	3150 Almaden Expressway, Suite 147, San Jose 95118 (408) 539-2100 volunteer@homefirstservices.org
APPLY AT	homefirstservices.org/get-involved/volunteer
STEPS	1. Complete a short volunteer application. 2. Indicate your interests. 3. Be matched with opportunities.
SCREENING	Not stated
AGE	You must be over 18 for most opportunities
TIME	Not stated
GROUPS	Yes. Individuals, corporate groups, faith communities, friend groups and families.

SONOMA COUNTY

Catholic Charities of Northwest California

Santa Rosa · Sonoma

CONTACT	987 Airway Court, Santa Rosa 95403 (707) 528-8712 pkirk@ccnwc.org
APPLY AT	ccnwc.org/how-to-help/volunteer.html
STEPS	1. Contact the Volunteer Coordinator at pkirk@ccnwc.org.
SCREENING	Not stated
AGE	Not stated
TIME	Whether you can offer a few hours a month or several days a week
GROUPS	Yes. Individuals and groups including families, corporate teams and larger organizations.
NOTES	The driver roles imply a vehicle.

Habitat for Humanity of Sonoma County

Santa Rosa · Sonoma

CONTACT	1201 Piner Road, Suite 500, Santa Rosa 95403 (707) 578-7707 volunteer@habitatsoco.org
APPLY AT	habitatsoco.org/volunteer/
STEPS	1. Submit the Volunteer Interest Form. 2. The Volunteer Coordinator contacts you with opportunities. 3. Complete the Volunteer Release and Waiver of Liability and receive instructions before your first shift.
SCREENING	Forms must be completed and instructions received before the first shift.
AGE	Not stated
TIME	Not stated. Office roles are listed as flexible hours.
GROUPS	Not stated
NOTES	Translation volunteers are explicitly sought.

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 · Alameda

CONTACT	P.O. Box 4317, Hayward 94540 (no street address published) 510-881-0300
APPLY AT	spectrumcs.org/ways-to-give/volunteer
STEPS	1. Complete the program-specific online volunteer interest form. 2. Staff contact you with orientation and training details.
SCREENING	Background check required and paid for by the volunteer. Driving positions need a valid license, a safe driving record and current auto insurance.
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.
GROUPS	Yes. Corporate and group opportunities including ride-alongs, meal site visits, craft projects and coffee service.
NOTES	Volunteers must be able to lift and carry meal bags and coolers up to about 25 pounds. Telephone reassurance is a phone role.

CONTRA COSTA COUNTY

Hospice East Bay

Pleasant Hill · Contra Costa

CONTACT	3470 Buskirk Avenue, Pleasant Hill 94523 (925) 887-5678; Shoppes volunteer line (925) 674-9072
APPLY AT	hospiceeastbay.org/volunteers/
STEPS	1. Use the Learn More About Volunteering link to the volunteer portal. 2. Submit the Talk to Someone About Volunteering contact form.
SCREENING	Training is required but the number of hours is not published. Vigil volunteers have additional screening and preparation criteria that are not detailed.
AGE	Not stated
TIME	A few hours a month for massage and hair care volunteers; other roles not stated
GROUPS	Not stated
NOTES	Bilingual support is a listed role. Ask about training hours when you call.

Meals on Wheels Diablo Region

Walnut Creek · Contra Costa

CONTACT	390 N Wiget Lane #200, Walnut Creek 94596 925-937-8311 volunteer@mowdr.org
APPLY AT	mowdiablloreion.org/volunteer/
STEPS	1. Apply online through the application form, or download and fax it. 2. Complete a background check. 3. Attend orientation. 4. Drivers complete a ride-along with a regular volunteer and a DMV record check.
SCREENING	Orientation required for all volunteers and a background check is mandatory for every role. The Fall-Prevention Coach role requires about 12.5 hours of certification training.
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.
GROUPS	Adopt-A-Route teams; each member applies and passes a background check.
NOTES	Drivers need a valid license, a clean DMV record over three years, personal liability insurance, a smartphone and a reliable vehicle. Urgent driver need in East County: Antioch, Brentwood, Byron, Bay Point, Pittsburg, Rodeo and Oakley. Friendly Caller is a phone-only role.

MARIN COUNTY

By the Bay Health

Regional · Marin, San Francisco, San Mateo and Sonoma

CONTACT	415-927-2273
APPLY AT	bythebayhealth.org/ways-to-help/volunteer/
STEPS	1. Explore available opportunities. 2. Submit an application with your experience and interests. 3. Participate in screening. 4. Complete training and orientation. 5. Begin after matching.
SCREENING	Training and orientation required; hours not published.
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Formerly Hospice by the Bay.

Vivalon (Meals on Wheels Marin)

San Rafael · Marin

CONTACT	999 Third Street, San Rafael 94901 415-456-9067 Listed on the volunteer page
APPLY AT	vivalon.org/volunteer/
STEPS	1. Complete the online volunteer application form in full.
SCREENING	Driver roles require a California license held at least 2 years, a clean DMV report, proof of auto insurance and a reliable vehicle. Cafe roles require Food Handler Certification and non-slip shoes.
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.
GROUPS	Not stated
NOTES	A car is required for Nourish and CarePool driving.

SAN FRANCISCO COUNTY

Curry Senior Center

San Francisco · San Francisco

CONTACT	315 Turk Street, San Francisco 94102 (415) 917-3410 lfavis@curryseniorcenter.org
APPLY AT	curryseniorcenter.org/volunteer/
STEPS	1. Sign up through the iVolunteer links for specific roles. 2. Contact the volunteer coordinator for party hosting.
SCREENING	Not stated
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
GROUPS	Not stated
NOTES	All volunteers are vaccinated and wear masks when working with older adults.

Institute on Aging

San Francisco · San Francisco

CONTACT	3575 Geary Boulevard, San Francisco 94118 415-750-4111 info@ioaging.org
APPLY AT	ioaging.org/volunteer/
STEPS	1. Contact by phone at 415-750-4111 or email info@ioaging.org .
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Yes. Corporate groups are currently sought.
NOTES	The organization states it is currently seeking Friendship Line applicants and corporate groups, and all other opportunities are on hold. The Friendship Line is 888-670-1360.

Little Brothers - Friends of the Elderly

San Francisco · San Francisco

CONTACT	909 Hyde Street #628, San Francisco 94109 (415) 771-7957 weekdays 9am to 5pm info@littlebrotherssf.org
APPLY AT	littlebrotherssf.org/volunteer
STEPS	1. Complete the volunteer interest form. 2. The organization contacts you. 3. Complete a one-time background check. 4. Attend orientation.
SCREENING	General orientation required for all volunteers. Tech Allies and Visiting Volunteer require additional program-specific virtual training. One-time background check required before participating.
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.
GROUPS	Possible through social gatherings and escorting roles.
NOTES	Birthday calls, weekly phone calls and parts of Tech Allies are phone or remote roles.

Meals on Wheels San Francisco

San Francisco · San Francisco

CONTACT	2230 Jerrold Avenue, San Francisco 94124 415.920.1111 volunteer@mowsf.org
APPLY AT	volunteer.mowsf.org
STEPS	1. Use the Find a Volunteer Opportunity link on the volunteer portal.
SCREENING	Not stated
AGE	Not stated
TIME	Weekly drivers keep a set schedule; back-up drivers volunteer when available; card making is flexible
GROUPS	Card making welcomes families, students and groups.
NOTES	A car is needed for delivery. Card making is fully remote.

Openhouse (Bob Ross LGBT Senior Center)

San Francisco · San Francisco

CONTACT	65 Laguna Street, San Francisco 94102 415.296.8995 volunteer@openhousesf.org; cep@openhousesf.org for Friendly Visitor
APPLY AT	openhousesf.org/volunteer
STEPS	1. Click Start on the volunteer page to sign up, or email volunteer@openhousesf.org with questions first.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Friendly Caller and tech support can be done remotely. Deliveries require a car.

SAN MATEO COUNTY

AgeUp (Ombudsman Services of San Mateo County)

Redwood City · San Mateo

CONTACT	1333 Madison Avenue, Redwood City 94061 (650) 780-5707 Listed on the page
APPLY AT	age-up.org/ombudsman-volunteers/
STEPS	1. Complete the Volunteer Inquiry form. 2. Complete the Volunteer Application form. 3. Proceed through training and mentorship.
SCREENING	36 hours of certification training combining classroom, online and field visits, followed by a mentorship period with an experienced supervisor and state certification as a Long-Term Care Ombudsman Representative. Applicants cannot have worked in long-term care in the past 12 months.
AGE	18 or older
TIME	10 to 20 hours per month for 2 years
GROUPS	Not stated
NOTES	The most substantial training commitment of any senior program in this guide, and one of the most consequential roles.

Mission Hospice & Home Care

Redwood City · San Mateo

CONTACT	Mission House, Redwood City; street address not stated (415) 760-9992
APPLY AT	missionhospice.org/ways-to-help/volunteer/
STEPS	1. Review current openings and identify the role that matches your interests and availability. 2. Complete the volunteer application. 3. Participate in screening: phone screenings, interviews or additional conversations. 4. Complete training and orientation. 5. Begin your placement.
SCREENING	Training and orientation required; hours not published.
AGE	Not stated
TIME	Not stated
GROUPS	Not stated

SANTA CLARA COUNTY

Avenidas

Palo Alto and Mountain View · Santa Clara

CONTACT	450 Bryant Street, Palo Alto 94301 650-289-5412 Contact the Director of Community Mobility and Volunteer Engagement
APPLY AT	avenidas.org/programs/volunteering/
STEPS	1. Contact the Director of Community Mobility and Volunteer Engagement by email or phone.
SCREENING	Not stated
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
GROUPS	Not stated
NOTES	Friendly Voices is a phone role, Door to Door is a driving role, and bilingual assistance is sought.

Pathways Home Health, Hospice & Private Duty

Regional · Santa Clara

CONTACT	(408) 773-4271 Listed on the page
APPLY AT	pathwayshealth.org/about-us/volunteers
STEPS	1. Access the volunteer portal at betterimpact.com . 2. Complete the application form. 3. A volunteer specialist contacts you.
SCREENING	Specialized training is offered several times a year; hours not published.
AGE	Not stated
TIME	Pathways volunteers typically give four hours a week; special projects have flexible commitment lengths
GROUPS	Yes, a corporate volunteer track.

Sourcewise

Countywide · Santa Clara

CONTACT	(408) 350-3200, option 1 volunteer@mysourcewise.com
APPLY AT	mysourcewise.com/volunteer/
STEPS	1. Download the Sourcewise Volunteer Application. 2. Submit it by email to volunteer@mysourcewise.com .
SCREENING	Background checks required for volunteers 18 and over.
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
GROUPS	Not stated
NOTES	Ambassador Program wellness calls are phone-based.

SONOMA COUNTY

Vintage House

Sonoma · Sonoma

CONTACT	264 First Street East, Sonoma 95476 707.996.0311 info@vintagehouse.org
APPLY AT	vintagehouse.org/volunteer
STEPS	1. Use the Learn More contact form on the volunteer page.
SCREENING	Not stated
AGE	Not stated
TIME	Flexible, from a few hours to a larger role
GROUPS	Not stated
NOTES	Driver roles imply a vehicle. Office hours 9am to 4pm weekdays.

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 · Alameda

CONTACT	318 Harrison Street, Suite 302, Oakland 94607 (510) 287-8465; (510) 287-8469 development@operationdignity.org
APPLY AT	operationdignity.org/how-you-can-help/volunteer/
STEPS	Contact the development team through the volunteer page.
SCREENING	Not stated
AGE	The minimum age for in-person volunteering is 18
TIME	Not stated
GROUPS	Not stated
NOTES	Has housed and served people experiencing homelessness in Alameda County since 1993, including veteran emergency shelter. The volunteer page is thin; call or email for current needs.

Swords to Plowshares

San Francisco and Oakland · San Francisco and Alameda

CONTACT	Michael Blecker Veterans Center, 1060 Howard St, San Francisco 94103; Oakland office 330 Franklin St, Suite 100, Oakland 94607 (415) 252-4788 San Francisco; (510) 844-7500 Oakland development@stp-sf.org; deepa.arora@stp-sf.org for pro bono legal
APPLY AT	swords-to-plowshares.org/partner
STEPS	Contact the organization directly. There is no published individual volunteer application form.
SCREENING	The pro bono legal program provides clinic training and ongoing case mentorship.
AGE	Not stated
TIME	Not stated
GROUPS	Limited opportunities through the year for corporate teams.
NOTES	The general volunteer program is limited and oriented toward corporate teams. The legal pro bono program is built around law firm partnerships. Oakland center hours Monday to Friday 8:30am to 4:30pm.

Veterans Yoga Project

Alameda · Alameda

CONTACT	P.O. Box 6472, Alameda 94501 (203) 936-9642 info@veteransyogaproject.org
APPLY AT	veteransyogaproject.org/volunteers/
STEPS	1. Visit the application portal. 2. Review open positions. 3. Apply.
SCREENING	Mindful Resilience Training and 200-hour yoga teacher training are referenced as relevant for teaching roles but are not stated as requirements.
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Veteran status is not required; the organization recruits civilians who feel called to help.

CONTRA COSTA COUNTY

Blue Star Moms Chapter 101 (East Bay)

San Ramon and Danville · Contra Costa

CONTACT	PO Box 2537, San Ramon 94583 925-587-4037 momsbluestar101@gmail.com; membership lindaauby@gmail.com
APPLY AT	bluestarmoms.org/contact
STEPS	1. Contact the First Vice-President about membership.
SCREENING	Not stated
AGE	Not stated
TIME	Monthly general meetings plus optional neighborhood group meetings in the Tri-Valley and Lamorinda areas
GROUPS	Not stated
NOTES	Members come from across Contra Costa and Alameda counties. The chapter was established in November 2001 and is non-political and non-sectarian.

VA Northern California Health Care System

Martinez · Contra Costa

CONTACT	Martinez VA Medical Center, 150 Muir Road, Martinez 94553 V21NCHCSVAVSSTAFF@va.gov
APPLY AT	va.gov/northern-california-health-care/work-with-us/volunteer-or-donate/
STEPS	Apply through volunteer.va.gov or contact the system's Voluntary Service staff by email.
SCREENING	Not stated on this page; expect the federal onboarding described for the other VA systems.
AGE	Volunteers must be at least 15 years old, which is higher than the Palo Alto and San Francisco systems
TIME	Not stated
GROUPS	Not stated
NOTES	The Martinez facility page lists no separate Voluntary Service contact; use the system-wide email.

SAN FRANCISCO COUNTY

San Francisco VA Health Care System

San Francisco · San Francisco

CONTACT	Center for Development and Civic Engagement, Building 7, Room 120, 4150 Clement Street, San Francisco 94121 415-750-2144 vhasfcvolunteeronboarding@va.gov
APPLY AT	va.gov/san-francisco-health-care/work-with-us/volunteer-or-donate/
STEPS	1. Send an email or complete an online profile stating your desired roles and availability. 2. Complete the application materials. 3. Complete fingerprinting. 4. Complete tuberculosis testing. 5. Complete role-specific training.
SCREENING	Fingerprinting and a federal agency background check, health screening and a TB blood test, then role-specific training. This is the fullest published onboarding of the three Bay Area VA systems.
AGE	At least 14 years old
TIME	A minimum of 100 hours of service
GROUPS	Not stated
NOTES	Veteran status is not required. Stated benefits include free meals on shifts over four hours, free parking, flu shots and community service hour credit. The Compassionate Contact Corps role is virtual.

VA National Cemetery Administration

San Francisco and San Bruno · San Francisco and San Mateo

CONTACT	San Francisco National Cemetery, 1 Lincoln Blvd, San Francisco 94129; Golden Gate National Cemetery, 1300 Sneath Lane, San Bruno 94066 650-589-7737 (both cemeteries are administered from Golden Gate)
APPLY AT	cem.va.gov/volunteer/
STEPS	1. Locate your nearest VA national cemetery. 2. Contact that cemetery directly about available opportunities. 3. Obtain formal approval from cemetery staff before beginning any volunteer work.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Both cemeteries participate in National Day of Service events held in September. San Francisco National Cemetery has no on-site administrative office; inquiries go through Golden Gate.

Wreaths Across America

Participating national cemeteries · San Francisco and San Mateo

CONTACT	San Francisco National Cemetery at the Presidio, 1 Lincoln Blvd, San Francisco 94129; Golden Gate National Cemetery, 1300 Sneath Lane, San Bruno CHRIS.H@ODTFP.ORG for the San Francisco location
APPLY AT	wreathsacrossamerica.org
STEPS	1. Find your location on the site's location map. 2. Click the Volunteer button next to the cemetery name to register and receive updates.
SCREENING	Not stated
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.
GROUPS	Not stated
NOTES	Future dates are subject to board approval, and Golden Gate National Cemetery had not posted its 2026 ceremony time as of this guide. Confirm the date and time with the cemetery before organizing a group.

SANTA CLARA COUNTY

Honor Flight Bay Area

Mountain View · Santa Clara

CONTACT	P.O. Box 391528, Mountain View 94039 (408) 499-1739 admin@honorflightbayarea.org
APPLY AT	honorflightbayarea.org/get-involved/
STEPS	1. Submit the Volunteer Application form, or the Guardian Application form. 2. Guardians attend a training session before the trip.
SCREENING	Training sessions are provided for all guardians before they participate.
AGE	Not stated
TIME	Guardians commit to a full-day trip; volunteer hours not stated
GROUPS	Not stated
NOTES	Guardians are expected to pay for their own trip. The organization serves California from the Bay Area to the Oregon border.

VA Palo Alto Health Care System

Palo Alto · Santa Clara

CONTACT	3801 Miranda Avenue, Building 100, Room F1-110, Palo Alto 94304 650-493-5000 ext. 65800 V21PALVoluntaryService@va.gov
APPLY AT	va.gov/palo-alto-health-care/work-with-us/volunteer-or-donate/
STEPS	1. Contact the Voluntary Service office by phone, email or in person. 2. Complete an in-person interview. 3. Present a negative TB blood test at the interview.
SCREENING	A negative TB blood test is mandatory and presented at the interview.
AGE	14 years old
TIME	Variable. The Summer Youth Program requires at least 100 hours over the summer.
GROUPS	Not stated
NOTES	Veteran status is not required. Office hours Monday to Friday 8am to 4pm.

REGIONAL, STATEWIDE AND NATIONAL

American Legion, Department of California

Find your local post · Statewide, posts in all nine counties

CONTACT	Department headquarters 1601 7th Street, Sanger 93657 559-875-8387 calegion@calegion.org
APPLY AT	calegion.org/find-a-post/
STEPS	1. Use Find-A-Post to locate your local post. 2. Contact that post directly.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Volunteer requirements are set post by post, not at the department level. Local posts are the practical partner for Veterans Day and Memorial Day observances.

Service to School

Remote · Remote, nationwide

CONTACT	1763 Columbia Road NW Ste 175, PMB 839009, Washington DC 20009 contact@service2school.org
APPLY AT	service2school.org/volunteer-sign-up
STEPS	1. Select the ambassador application matching your track. 2. Complete the form. 3. Receive follow-up on next steps. 4. Complete a short training and match process.
SCREENING	A short training is provided before mentoring begins.
AGE	Not stated
TIME	From 1 hour a week upward; you are matched based on your time and experience
GROUPS	Not stated
NOTES	Veteran status is not required. Volunteers with admissions, editing or higher education experience are welcomed. Fully remote.

Travis Manion Foundation

Regional · Bay Area chapter

CONTACT	Headquarters P.O. Box 1485, Doylestown, PA 18901 215.348.9080
APPLY AT	travismanion.org/getinvolved
STEPS	1. Complete the volunteer interest form, which asks your veteran status (veteran, family member of a fallen hero, civilian or active duty), preferred area and availability.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	The foundation acquired The Mission Continues in September 2025, and missioncontinues.org now redirects here. TMF's chapter list includes a Bay Area, CA chapter. Service Platoons now operate as the service arm of local chapters. Open to civilians as well as veterans; confirm current Bay Area chapter activity before planning around it.

VFW, Department of California

Find your local post · Statewide, posts in all nine counties

CONTACT	Department headquarters 9136 Elk Grove Blvd Ste 100, Elk Grove 95624 916-509-8712 Contact form on the site
APPLY AT	vfwca.org
STEPS	1. Find your district or post through the Directory or Districts page. California is organized into 17 districts. 2. Contact the post.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Membership eligibility is restrictive: a campaign medal for overseas service, 30 consecutive or 60 non-consecutive days in Korea, or receipt of hostile fire or imminent danger pay. Whether non-members may volunteer is not stated, so ask the post.

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 · Alameda

CONTACT	3300 High Street, Oakland 94619 (510) 444-8211
APPLY AT	bgcoakland.org/volunteer
STEPS	1. Start the volunteer application. 2. Complete orientation and training. 3. Pass a background check and reference verification.
SCREENING	Background check and reference verification; orientation and training are mandatory.
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
GROUPS	Not stated
NOTES	One of the few youth programs open to 14-year-olds.

Girls Inc. of Alameda County

Oakland · Alameda

CONTACT	510 16th Street, Oakland 94612
APPLY AT	girlsinc-alameda.org/volunteer
STEPS	1. Complete an application online. 2. Attend a volunteer orientation, held monthly and virtually. 3. Clear a background check and TB test. 4. Begin volunteering.
SCREENING	A background fingerprint check and tuberculosis test are required for all volunteers working with children on an ongoing basis.
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
GROUPS	Yes. Groups of 10 to 40; groups of 15 or more require additional planning.
NOTES	Both in-person and virtual opportunities are offered.

Oakland Literacy Coalition

Oakland · Alameda

CONTACT	2744 E 11th Street, Suite H03, Oakland 94601 (510) 280-3547
APPLY AT	oaklandliteracycoalition.org/volunteer/
STEPS	1. Complete the volunteer interest form.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	The coalition connects volunteers across Oakland literacy organizations.

SAN FRANCISCO COUNTY

826 Valencia

San Francisco · San Francisco

CONTACT	826 Valencia St 94110; 180 Golden Gate Ave 94102; 1310 4th St 94158 volunteer@826valencia.org
APPLY AT	826valencia.org/volunteer
STEPS	1. Complete the volunteer application. 2. Attend orientation. 3. Clear the requirements. 4. Sign up for shifts.
SCREENING	Orientation required, plus a LiveScan background check, TB test results and proof of COVID-19 vaccination. Optional tutor trainings run during the year.
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.
GROUPS	Yes. Maximum 5 to 12 depending on the program location.
NOTES	Audio editing is remote. Spanish or Arabic fluency is specifically welcomed.

First Graduate

San Francisco · San Francisco

CONTACT	594 Howard Street, Suite 301, San Francisco 94105 (415) 561-3450 eguico@firstgraduate.org
APPLY AT	firstgraduate.org/volunteer/
STEPS	1. Fill out the volunteer form. 2. A Volunteer Engagement Associate contacts you within 3 to 4 business days to schedule a phone interview. 3. Attend an info session before beginning service.
SCREENING	Info session required before starting.
AGE	Not stated
TIME	Not stated
GROUPS	Not stated

SF CASA (Court Appointed Special Advocates)

San Francisco · San Francisco

CONTACT	1663 Mission Street, Suite 700, San Francisco 94103 (415) 398-8001 eduardo@sfcasa.org
APPLY AT	sfcasa.org/volunteer/
STEPS	1. Attend an information session. 2. Apply online, which includes a background check and interview. 3. Complete training. 4. Be matched and sworn in by the court.
SCREENING	A 40-hour hybrid training, a background check, an interview and a court swearing-in.
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Information sessions are offered in person and online.

SAN MATEO COUNTY

CASA of San Mateo County

Redwood City · San Mateo

CONTACT	330 Twin Dolphin Drive #139, Redwood City 94065 (650) 517-5840
APPLY AT	casaofsanmateo.org/volunteer
STEPS	1. Sign up for an orientation through the volunteer page.
SCREENING	Not stated on the site
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	The page routes to orientation signup and external platforms; expect a CASA-style 40-hour training and screening, but confirm with the office.

SANTA CLARA COUNTY

Breakthrough Silicon Valley

San Jose · Santa Clara

CONTACT	1635 Park Avenue, San Jose 95126 (408) 287-6357 tutoring@breakthroughsv.org ; volunteer@breakthroughsv.org
APPLY AT	breakthroughsv.org/volunteer
STEPS	1. Complete the Google Form registration for tutors. 2. Contact the organization for other roles.
SCREENING	Background check for volunteers 18 and over, plus a tutor and confidentiality agreement form.
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
GROUPS	Career Exploration Day involves company teams.

SONOMA COUNTY

CASA of Sonoma County

Santa Rosa · Sonoma

CONTACT	600 Administration Drive, Room 249J, Santa Rosa 95403 707-565-6375 tccasa@sonomacasa.org
APPLY AT	sonomacasa.org/volunteer/
STEPS	1. Sign up for an informational session or orientation. 2. Submit an application with a copy of your driver's license, proof of insurance and references. 3. Complete a pre-training interview. 4. Complete the 40-hour Volunteer Initial Training. 5. Be sworn in and matched.
SCREENING	40 hours of classroom training plus 10 hours of field visits, a criminal background check, LiveScan fingerprinting through the Sonoma County Sheriff's Department, a valid California driver's license held three consecutive years, three references and an interview.
AGE	Volunteers must be at least 21 years of age
TIME	About 10 hours a month, with a minimum commitment of two years
GROUPS	Yes, for event and office volunteers.
NOTES	A car is required. The organization has a Spanish-speaking coordinator and welcomes bilingual volunteers.

REGIONAL, STATEWIDE AND NATIONAL

Big Brothers Big Sisters of the Bay Area

Multiple · Regional

CONTACT	partnership@bbbsba.org for corporate
APPLY AT	bbbsba.org/volunteer/
STEPS	1. Inquire. 2. Apply. 3. Interview. 4. Be approved as ready to be matched. 5. Introductions. 6. Ongoing match support.
SCREENING	Background check with a processing fee, references, driver's license or ID verification, criminal history review with listed disqualifiers, and required training.
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
GROUPS	Limited corporate opportunities.
NOTES	A one-year commitment is the core of the model; do not apply if you cannot hold it.

Reading Partners SF Bay Area

Multiple school sites · Regional

CONTACT volunteer@readingpartners.org

APPLY AT readingpartners.org/volunteer-in-the-sf-bay-area/

STEPS 1. Fill out the sign-up form; there are separate forms for in-person and online. 2. The organization contacts you by email. 3. Attend tutor orientation. 4. Clear screening. 5. Meet your student.

SCREENING Required tutor orientation, described nationally as one to two hours, plus a background check and any additional required screening.

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

GROUPS Not stated

NOTES Currently accepting in-person and online volunteers for the 2026-27 school year. No teaching experience required.

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 · Alameda

CONTACT	P.O. Box 3120, Oakland 94609 (mailing) 1-800-309-2131 crisis line; 988
APPLY AT	crisissupport.org/volunteer/
STEPS	1. Submit an application through the Pinpoint HQ portal. 2. Interview; applications close one month before each cohort starts. 3. Complete training. 4. Begin shifts.
SCREENING	Training runs approximately two months and includes in-office sessions and discussion, role play and skills practice, and one-on-one training with a trainer on the lines.
AGE	18 years or older
TIME	A minimum of 60 total shifts, working one 4-hour shift per week
GROUPS	Not stated
NOTES	Applications are accepted year-round. Remote shifts are allowed only if you live in the Bay Area, have a private space, reliable internet and can uphold confidentiality requirements.

Project Open Hand

San Francisco and Oakland · San Francisco and Alameda

CONTACT	730 Polk Street, San Francisco 94109; 1921 San Pablo Avenue, Oakland 94612 (415) 447-2404 volunteer line Listed on the site
APPLY AT	openhand.org/volunteer
STEPS	1. Submit a Volunteer Inquiry. 2. A coordinator contacts you. 3. Drop-in Hot Spot shifts are available if you cannot commit weekly.
SCREENING	Not stated
AGE	15 years old
TIME	A 3-month commitment to a weekly shift, or 40 hours per semester for students
GROUPS	Yes. Community and corporate groups can be scheduled.
NOTES	Also listed under food security.

Stanford Blood Center

Campbell, Dublin, Menlo Park, Mountain View · Santa Clara, Alameda and San Mateo

CONTACT	888-723-7831 alison.hopkins@stanford.edu
APPLY AT	stanfordbloodcenter.org/volunteer/
STEPS	1. Download and complete the volunteer application PDF on the page.
SCREENING	Free orientation and training provided.
AGE	Minimum age for volunteering is 16
TIME	Not stated
GROUPS	Not stated
NOTES	One of the few clinical-setting roles open to 16-year-olds.

CONTRA COSTA COUNTY

Bay Area Crisis Nursery

Concord · Contra Costa

CONTACT	1506 Mendocino Drive, Concord 925.685.8052
APPLY AT	bayareacrisisnursery.org/volunteer
STEPS	1. Complete the online application. 2. Complete a background check, fingerprinting and TB test. 3. Submit a statement of health. 4. Complete 15 hours of online training for childcare. 5. Maintain valid First Aid and CPR certification.
SCREENING	TB test, fingerprinting, background check, health statement, 15 hours of online training for childcare, First Aid and CPR certification, and 20 annual hours.
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
GROUPS	Yes. Groups can give back for a day.
NOTES	Food pickup and delivery implies a car.

Contra Costa Crisis Center

Countywide · Contra Costa

CONTACT	(925) 939-1916 admin@crisis-center.org
APPLY AT	crisis-center.org/volunteer/
STEPS	1. Sign up for the monthly Volunteer Orientation Meeting. 2. Complete program-specific orientation and training. 3. Pass background screening. 4. Agree to a one-year term and the ethics and confidentiality policies.
SCREENING	The crisis line requires a 54-hour training program plus on-site mentored training. Grief facilitators need a minimum of 12 months as a call center volunteer or 200 hours of group facilitation experience. Background screening required.
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.
GROUPS	Yes. Student groups and service groups.
NOTES	The 54-hour training is among the most substantial commitments in this guide, and the skills transfer widely.

MARIN COUNTY

Center for Domestic Peace

San Rafael · Marin

CONTACT	734 A Street, San Rafael 94901 415-924-6616 hotline; 415-457-2464 volunteer inquiries
APPLY AT	centerfordomesticpeace.org/volunteer/
STEPS	Contact the organization through the volunteer inquiry line.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Committees and event teams function as groups.
NOTES	Current openings are in marketing, fundraising, legal services and youth and young adult programs. The organization runs a Spanish-language program, Voces de Cambio.

NAPA COUNTY

Cope Family Center

Napa · Napa

CONTACT	707 Randolph Street, Napa 94559 707.252.1123 development@copefamilycenter.org
APPLY AT	copefamilycenter.org/volunteer/
STEPS	1. Complete the Cope Volunteer Interest Form. 2. Contact the Development Department for more information.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Currently accepting volunteers.

SAN FRANCISCO COUNTY

Clinic by the Bay

San Francisco · San Francisco

CONTACT	35 Onondaga Avenue, San Francisco 94112 (415) 405-0222 volunteer_team@clinicbythebay.org
APPLY AT	clinicbythebay.org/volunteer/
STEPS	Follow the application flow on the volunteer page.
SCREENING	Proof of a tuberculosis test taken within the last year and proof of full COVID-19 vaccination. Clinical support and dental roles require licensure such as CNA, EMT, phlebotomy, medical assistant or AHA CPR BLS.
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.
GROUPS	Not stated
NOTES	All volunteer roles are in person. The clinic is actively recruiting.

Shanti Project

San Francisco · San Francisco

CONTACT	27 Maiden Lane, Suite 400, San Francisco 94108 (415) 674-4700 volunteerservices@shanti.org
APPLY AT	shanti.org/volunteer/
STEPS	1. Complete the online volunteer application form for your program. 2. Peer Support volunteers complete a weekend training before client placement.
SCREENING	Peer Support training runs an entire weekend, Friday evening through Sunday. Trainings were scheduled for September and November 2026.
AGE	18 and over
TIME	Peer Support requires a minimum of six months of weekly visits
GROUPS	Yes
NOTES	Volunteer opportunities are offered for English and non-English speakers.

SAN MATEO COUNTY

CORA (Community Overcoming Relationship Abuse)

San Mateo · San Mateo

CONTACT	2211 Palm Avenue, San Mateo 94403 650-652-0800
APPLY AT	corasupport.org/volunteer
STEPS	1. Join CORA's organization page on Bloomerang. 2. Complete the position-specific application forms.
SCREENING	Domestic violence training is offered four times yearly and is fully virtual. Fees are \$300 for the public, \$150 for community partners and \$100 for CORA volunteers.
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
GROUPS	Not stated
NOTES	Multiple positions were open at the time of research.

REGIONAL, STATEWIDE AND NATIONAL

RotaCare Bay Area

Multiple clinic locations · Regional

CONTACT	408-379-8000
APPLY AT	rotacarebayarea.org/volunteer/
STEPS	1. Complete either the Medical Volunteer Application or the General Volunteer Application. 2. Submit only one application, to your preferred clinic location. 3. A clinic volunteer coordinator contacts you as space becomes available.
SCREENING	Not stated
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
GROUPS	Not stated
NOTES	Spanish interpreters are explicitly needed.

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 · Alameda

CONTACT	3075 Adeline Street, Suite 200, Berkeley 94703 510-849-4663
APPLY AT	borp.org/volunteer/
STEPS	1. Use the volunteer application link on the site.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	The website routes to an application without publishing program detail; call to ask what is open.

Center for Independent Living

Berkeley · Alameda

CONTACT	3075 Adeline Street, Suite 100, Berkeley 510-841-4776 CILvolunteer@thecil.org
APPLY AT	thecil.org/volunteer/
STEPS	Contact the volunteer address; the site does not publish ordered steps.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Virtual and in-person support both available. The organization is looking for disability community members and allies.

SAN FRANCISCO COUNTY

LightHouse for the Blind and Visually Impaired

San Francisco · San Francisco

CONTACT	(415) 694-7320
APPLY AT	lighthouse-sf.org/volunteer/
STEPS	1. Complete the volunteer sign up form. 2. Attend a volunteer orientation, held every other month.
SCREENING	Personal Service Volunteers must complete a background check. Orientation required.
AGE	Not stated
TIME	Meet with people weekly, biweekly or monthly
GROUPS	Not stated
NOTES	Administrative support can be one hundred percent virtual, and Personal Service roles are available virtually by phone or video.

SANTA CLARA COUNTY

Hope Services

Regional · Santa Clara

CONTACT	No address, phone or email published. Use the page below.
APPLY AT	hopeservices.org/volunteer/
STEPS	1. Complete the volunteer form, which asks your name, contact details, languages spoken, age group, whether you need hour verification and whether the service is court ordered.
SCREENING	Not stated
AGE	The volunteer form offers 16 to 17 and over 18 as options
TIME	Not stated
GROUPS	Not stated
NOTES	The form asks whether you speak a language besides English.

SONOMA COUNTY

Earle Baum Center

Santa Rosa · Sonoma

CONTACT	4539 Occidental Road, Santa Rosa 95401 ebc@earlebaum.org
APPLY AT	earlebaum.org/volunteer/
STEPS	1. Complete the application and return it by mail, or save and email it as an attachment.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Serves people who are blind or have low vision.

Special Olympics Northern California

Pleasant Hill (headquarters) · Regional

CONTACT	3480 Buskirk Avenue #340, Pleasant Hill 94523 925.944.8801 volunteer@sonc.org
APPLY AT	sonc.org/be-a-volunteer/
STEPS	1. Complete the volunteer application. 2. Pass a background check if 18 or older. 3. Complete the orientation module during the application. 4. Receive role-specific training as needed.
SCREENING	Single-day volunteers get a brief orientation at the event. Ongoing volunteers complete an orientation module during the application, and a background check is required for ongoing roles with athlete contact.
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
GROUPS	Yes. Group and corporate opportunities for both single-day and ongoing roles.
NOTES	One of the most accessible entry points for a first-time volunteer: a single day, minimal screening, and a clear role.

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 · Alameda, Contra Costa, Napa, San Francisco, San Mateo and Santa Clara

CONTACT	1735 Telegraph Avenue, Oakland 94612 (administrative) 510-663-4755 administrative; 800-551-5554 advice line probono@baylegal.org
APPLY AT	baylegal.org/volunteer/
STEPS	1. Complete the volunteer application form. 2. Attach a cover letter and resume. 3. Law clerks submit a writing sample. 4. Email probono@baylegal.org with questions.
SCREENING	Not stated
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
GROUPS	Not stated
NOTES	The application asks which languages other than English you speak or write, though it does not require one.

Oakland Museum of California

Oakland · Alameda

CONTACT	1000 Oak Street, Oakland 94607 volunteer@museumca.org
APPLY AT	museumca.org/volunteer/
STEPS	1. Register on Shiftboard. 2. Attend an on-site volunteer information session. 3. Receive the Volunteer Handbook and complete a minimal background check.
SCREENING	Some roles require training and commitment; all training is provided. A minimal background check is required.
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	The museum states it is always recruiting.

Oakland Public Library

Oakland · Alameda

CONTACT	125 14th Street, Oakland (Main); 6833 International Boulevard (Martin Luther King Jr. Branch) (510) 238-3134; (510) 238-6572 volunteer coordinator sdubois@oaklandlibrary.org
APPLY AT	oaklandlibrary.org/volunteer/
STEPS	1. Complete the role-specific volunteer application form. 2. Coordinators contact applicants.
SCREENING	Not stated
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
GROUPS	Yes. Lakeview Friends host a group workday the third Saturday of each month.
NOTES	The e-news editor role is remote. Bilingual volunteers with Spanish or Cantonese are especially helpful.

CONTRA COSTA COUNTY

Contra Costa County Library

Countywide branches · Contra Costa

CONTACT	No address, phone or email published. Use the page below.
APPLY AT	ccclib.org/volunteer/
STEPS	1. Contact your community library or complete the volunteer interest form. 2. Qualifications are reviewed. 3. The library conducts an interview if you qualify.
SCREENING	LiveScan fingerprinting required for home delivery and homework help volunteers 18 and over. Project Second Chance provides tutor training.
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
GROUPS	Through Friends of the Library groups.
NOTES	The social media ambassador role can be done from home. Home delivery requires access to an automobile and a valid California driver's license. Some libraries accept volunteers on a limited basis, so check first.

Lindsay Wildlife Experience

Walnut Creek · Contra Costa

CONTACT	1931 First Avenue, Walnut Creek 94597 (925) 935-1978
APPLY AT	lindsaywildlife.org/become-volunteer-3/
STEPS	1. Fill out the volunteer interest form. 2. Review the detailed opportunity information. 3. Complete training.
SCREENING	Hands-on and applied training required.
AGE	Ages 18 and up for primary positions; youth are directed to Teen Programs
TIME	Not stated
GROUPS	Not stated
NOTES	Also listed under wildlife rehabilitation.

MARIN COUNTY

Goodwill San Francisco Bay

Multiple · San Francisco, San Mateo and Marin

CONTACT	development@sfgoodwill.org
APPLY AT	sfgoodwill.org/volunteer/
STEPS	The organization does not publish an application process. Contact it directly.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Yes, with published caps: Job-a-thon 10 to 12, Sort-a-Thon 15 to 18, retail activities 1 to 5, facilities projects 12 to 15.
NOTES	One of the few organizations that publishes exact group size limits per activity.

SAN FRANCISCO COUNTY

California Academy of Sciences

San Francisco · San Francisco

CONTACT	55 Music Concourse Drive, San Francisco 94118 (415) 379-8000 volunteers@calacademy.org
APPLY AT	calacademy.org/volunteer
STEPS	1. Open the volunteer application form. 2. Submit your application. 3. Allow up to two months for review.
SCREENING	Not stated in detail
AGE	Applications are accepted from anyone 18 years of age and over. NightLife Ambassadors must be at least 21.
TIME	Varies by role
GROUPS	Not stated
NOTES	Personal transportation is required for marine mammal field response. Recruitment needs vary through the year.

SANTA CLARA COUNTY

San Jose Public Library

San Jose · Santa Clara

CONTACT	150 E San Fernando, San Jose 95112 volunteer@sjlibrary.org
APPLY AT	sjpl.org/volunteer
STEPS	Browse opportunities and apply through the library's BetterImpact portal.
SCREENING	On-site and virtual volunteer orientation modules, a training video on the volunteer portal, and an hours-logging training video.
AGE	Not stated
TIME	Not stated
GROUPS	Through Friends of the Library.
NOTES	The teen book reviewer role appears to be remote.

SOLANO COUNTY

Solano County Library

Countywide branches · Solano

CONTACT	1-866-572-7587
APPLY AT	solanolibrary.gov/services/volunteer-2/
STEPS	1. Call 1-866-572-7587 or visit your local branch. 2. Fill out the Volunteer Application Form. 3. Submit it to the location where you want to work. 4. Staff contact you.
SCREENING	No experience necessary; all training and materials are provided for tutors.
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
GROUPS	Not stated
NOTES	Need varies by branch, so there is not always an opening at every library.

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 · Alameda, Contra Costa, Marin, San Francisco, San Mateo, Solano, plus North Bay and Silicon Valley chapters

CONTACT	Bay Area Chapter 1663 Market Street, San Francisco 94103; North Bay Chapter 5297 Aero Drive, Santa Rosa 95403; Silicon Valley Chapter 2731 North 1st St, San Jose 95134 (415) 427-8000 Bay Area; (707) 577-7600 North Bay; (408) 577-1000 Silicon Valley Through the regional contact page
APPLY AT	redcross.org/local/california/northern-california-coastal/volunteer.html
STEPS	1. Click Apply Now to reach the volunteer application portal. 2. Search for a position such as Blood, Biomed or DAT. 3. Apply. 4. Existing volunteers sign up for shifts through Volunteer Connection.
SCREENING	Not detailed on the regional page.
AGE	Adults 18 and older. A separate youth program serves ages 13 to 18.
TIME	Not stated
GROUPS	Not stated
NOTES	The region covers 16 counties and more than 11 million people across six chapters.

SONOMA COUNTY

Sonoma Community Animal Response Team

Countywide · Sonoma

CONTACT	707-861-0699 info@sonomacart.org
APPLY AT	sonomacart.org/new-volunteers
STEPS	1. Sign up for a MyImpact page on BetterImpact. 2. Upload your training certificates. 3. Sign up for trainings or disaster shifts. 4. Sign up for the mobile app.
SCREENING	Training certificates must be uploaded to qualify for positions, including FEMA ICS courses and the Fear Free Shelter Program.
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Also listed under animal welfare. Experience is welcome but the team trains newcomers.

REGIONAL, STATEWIDE AND NATIONAL

Medical Reserve Corps

Find your unit through the national locator · Local units across the region

CONTACT	ASPR, 200 Independence Ave, Washington DC 20201 Through the national contact page
APPLY AT	aspr.gov/readiness-response/response-operations/join-train-respond/mrc
STEPS	1. Find your nearest MRC unit on the interactive locator map. 2. Apply to that unit directly.
SCREENING	Unit-specific; not stated at the national level.
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	A medical license is not stated as a requirement; the program lists non-clinical skill areas alongside clinical ones. Each unit sets its own requirements.

Team Rubicon

No Bay Area office published · National, deployment-based

CONTACT	Headquarters 5230 Pacific Concourse Drive, Suite 200, Los Angeles 90045 (310) 640-8787 Web contact form
APPLY AT	teamrubiconusa.org/volunteer/
STEPS	1. Sign up on Roll Call with your email, phone and address. 2. Build your Deployment Profile including nearest airport, medical and dietary restrictions and notification preferences. 3. Document your skills, certifications, licenses and languages. 4. Pass a background check. 5. Complete the TR101 Step Into the Grey training. 6. Receive email invitations to deploy.
SCREENING	TR101 training and a background check are both mandatory before field deployment, because the organization serves people at their most vulnerable.
AGE	Not stated on any page
TIME	Flexible; the organization states anyone can serve no matter how much time they have
GROUPS	Not stated
NOTES	Military service is not required. Team Rubicon operates by deployment rather than local chapters, so there is no Bay Area address or local phone.

The Salvation Army

Find your corps by ZIP code · Local corps across the region

CONTACT	Through your local corps
APPLY AT	salvationarmyusa.org/usn/volunteer/
STEPS	1. Find your local Salvation Army by ZIP code. 2. Review available roles. 3. Confirm requirements. 4. Choose a role.
SCREENING	Varies by location and role. Some positions require orientation, background checks, age verification, screening or specialized training, particularly for disaster response or roles with vulnerable populations.
AGE	Not stated nationally; age verification may apply by location
TIME	Not stated
GROUPS	Not stated
NOTES	Opportunities vary widely by location, so confirm details with the local corps rather than the national page.

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 · Napa

CONTACT	PO Box 855, Napa 94559 (707) 225-8942 info@nvcando.org
APPLY AT	nvcando.org/get-involved
STEPS	1. Subscribe to the monthly CanDo Connection newsletter, which lists done-in-a-day projects and volunteer opportunities. 2. Show up.
SCREENING	Not stated
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.
GROUPS	Yes. Projects that fit any group size; teams, offices and neighbors are encouraged.
NOTES	The lowest-commitment entry point in Napa County.

REGIONAL, STATEWIDE AND NATIONAL

AmeriCorps Seniors (RSVP, Foster Grandparent, Senior Companion)

Find a local program · National, with local sponsors

CONTACT	No address, phone or email published. Use the page below.
APPLY AT	americorps.gov/serve/americorps-seniors
STEPS	1. Use the AmeriCorps Seniors Pathfinder tool to locate a local program. 2. Apply to that program.
SCREENING	Set by each local program
AGE	Open to individuals 55 and older
TIME	Not stated
GROUPS	Not stated
NOTES	Some programs provide modest stipends for qualified low-income participants, and most offer accident, personal liability and excess automobile liability insurance.

California Volunteers (Office of the Governor)

Sacramento · Statewide

CONTACT	Not published on the homepage Through the site's contact page
APPLY AT	californiavolunteers.ca.gov/volunteer-opportunities/
STEPS	Browse the volunteer opportunities page and events calendar, then apply to the specific program.
SCREENING	Set per program
AGE	Set per program
TIME	Set per program
GROUPS	Not stated
NOTES	AmeriCorps California is described as 80+ programs serving more than 160,000 Californians a year.

Idealist (which now includes VolunteerMatch)

Search by location · Nationwide platform

CONTACT	Through the site's help desk
APPLY AT	idealist.org/en/volunteer
STEPS	1. Create an account. 2. Search with filters. 3. Apply to individual listings.
SCREENING	Set by each listing organization
AGE	Not stated; set by each listing organization
TIME	Set by each listing organization
GROUPS	Not stated
NOTES	VolunteerMatch merged into Idealist in early 2025 and volunteermatch.org now redirects here. If you have an old VolunteerMatch bookmark, this is where it goes.

National VOAD

Directory only · National referral body

CONTACT	P.O. Box 26125, Alexandria, VA 22313 703-778-5088 info@nvoad.org
APPLY AT	nvoad.org/current-members/
STEPS	1. Use the member directory or the state VOAD map. 2. Contact a member organization directly.
SCREENING	Not applicable
AGE	Not applicable
TIME	Not applicable
GROUPS	Not applicable
NOTES	Useful as a routing tool when a disaster happens and you want to help through an organization that is actually part of the response.

Points of Light

Find an affiliate · National network

CONTACT	101 Marietta St NW, Suite 3100, Atlanta, GA 30303 Through the site's contact page
APPLY AT	pointsoflight.org/for-volunteers/
STEPS	Use the Global Network directory to find an affiliate near you.
SCREENING	Not stated
AGE	Not stated
TIME	Not stated
GROUPS	Not stated
NOTES	Use the affiliate directory rather than expecting placements directly.