

UA STUDENT GOVERNMENT ASSOCIATION VOLUNTEER GUIDE

Community Partners Tabling Expo

@uasga

BamaPULSE

WHAT IS IT?

BamaPulse is The University of Alabama's community engagement platform that allows students find volunteer opportunities and record volunteer service hours and impacts



*Read more at the link in the
@volunteerbama bio!*

**Swipe through to read about service organizations in
Tuscaloosa and how to sign up!**

**"*" denotes non-profits at the
Community Partners Tabling Expo**

Good Samaritan Clinic*

Contact: Lynn Armour

Phone: (205) 205-343-2212

Email: gsamaritanclinic@gmail.com

Address: 3880 Watermelon Rd, Northport,
AL 35473

Website: <https://www.gscclinic.org>

Program Description: The Good Samaritan Clinic provides primary and dental care to low income and medically uninsured individuals in West Alabama. They also provide referrals, lab testing and fill prescriptions for those that need it. Today, more than 52 physicians, 45 pharmacists and 120 nurses volunteer their efforts to provide care in the West Alabama area. If you are interested in applying, there is a volunteer application on the GSC website under the "Support Us" tab.

Hannah's Hope

Contact: Madison Midyett

Phone: (901) 488-6585

Email: mbmidyett@crimson.ua.edu

Website: <https://www.hannahshopeal.org>

Program Description: Hannah's Hope is a program developed to provide free and low-cost services to families connected with Autism. The services include parenting classes taught by a Certified Family Life Educator, sibling support groups, and individual, family and couples therapy. This is a great way to learn about individuals living with disabilities and work with them and their families to leave a positive impact.



Habitat for Humanity

Contact: Romel Gibson

Phone: 205-349-4629

Email: romel@habitattuscaloosa.org

Website:

<https://www.habitattuscaloosa.org>

Program Description: Habitat for Humanity is known in the Tuscaloosa community for building and repairing homes in the Alberta area. They bring volunteers from all walks of life together to positively impact the lower income housing communities in the Tuscaloosa area. Habitat for Humanity also trains students on the construction trade at the Tuscaloosa Career and Technology Academy. There are volunteer days posted on their website showing when and where to meet. From there, a site will be assigned, and you will be off to the construction site!





Humane Society of West Alabama

Phone: (205) 554-0011 (leave a message)

Email: humaneswa@yahoo.com,
volunteerhswa@gmail.com

Website:

<https://www.humanesocietyofwa.org>

Program Description: Animals need care every day! There are always opportunities to care for the animals like taking them for walks, giving them baths, and even just playing with them. There are many events run by the HSWA that need volunteer workers. Individuals can also foster animals, with all of the supplies needed being provided by the Humane Society. There are other opportunities to volunteer such as working in their offices, doing routine maintenance to facilities, and making newsletters and posters.

Hospice of West Alabama*

Contact: Kelly Bonner

Phone: (205) 523-0101

Email: kbonner@hospiceofwestalabama.org

Website: <https://hospiceofwestal.com>

Program Description: Hospice of West Alabama provides care to terminally ill patients and their families. They serve hundreds of patients annually. Their goal is to provide care and support for people in the final phases of an incurable disease so that they may live as comfortably and fully as possible. Hospice provides physical, psychological, social, and spiritual care for those with illness and their families. Volunteer activities range from being a listening ear to providing grief support to companioning loved ones and sharing personal experiences.



United Way of West Alabama*

Phone: (205) 345-6640

Email: tamika@uwwa.org

Website: <https://uwwa.org/volunteer>

Program Description: United Way of West Alabama's goal is to strengthen education, income stability, and health in our community by developing resources and partnerships with individuals and businesses. United Way works to raise and distribute funds to local agencies and initiatives. They have site visits where volunteers can work hands-on with their programs. In addition, volunteers can work on future projects and goals by coordinating resources and needs.

Jeremiah's Community Garden

Contact: Bettye Lofton

Phone: (205) 242-3772 Email: bjlofton@att.net

Website: <http://www.jeremiahscommunitygarden.com/>

Program Description: Jeremiah's Community Garden provides fresh, healthy, and local food to those in need, and a place for volunteerism. Their goal is to teach children and the community the art of gardening and provide educational opportunities for deserving and disadvantaged youth. Individuals and groups from all walks of life are welcome to help. Volunteering here will be outside so it's important to be cognizant of the weather. They are always looking for volunteers!



LIFT Academy

Contact: Katherine Waldon

Phone: (205) 331-7361

Email: kpwaldon91@gmail.com,
info@liftalabama.org

Website: <https://www.liftalabama.org>

Program Description: Lift Academy is a free year-round after school program for middle and high school aged youth that provides a structured and safe place during the evening hours and summer months. There are always opportunities to volunteer to be a mentor and guardian for these children, while also experiencing the programs offered through LIFT. By volunteering at this organization, you are positively impacting a child's life in extraordinary ways.



PARA

Contact: Jeremy Spain

Phone: (205) 482-0997 Email: tbatayneh@tcpara.org

Website: <https://www.tcpara.org/volunteer>

Program Description: The Tuscaloosa County Park & Recreation Authority's (PARA) mission is to enrich our community through exciting recreational and cultural opportunities. Whether you are discovering the natural beauty of Tuscaloosa County's flat lands, hills, mountains, and lakes, or engaging and playing in youth or adult sports, stretching your legs, PARA is the community's source for high quality, affordable, and convenient recreation programs. Those interested in potentially volunteering with PARA can visit their website and fill out the volunteer application found under the "discover" tab (A background check will be required for most opportunities).



PLUS Tuscaloosa

Contact: Julia Chancy

Phone: (205) 391-2671

Email: julia.chancy@sheltonstate.edu

Website: <https://www.nld.org/plus-tuscaloosa-adult-education>

Program Description: PLUS Tuscaloosa is an adult literacy program at Shelton State Community College sponsored by the ProLiteracy Adult Education organization. Volunteering entails teaching basic reading and writing skills, as well as teaching English as a second language to immigrants and refugees. Volunteers should be passionate about sharing their skills and knowledge and have strong communications skills.



Salvation Army*

Contact: Asia Hope

Phone: (205) 632-3691

Email: lakamy.williams@uss.salvationarmy.org

Website:

<https://salvationarmyalm.org/tuscaloosa/>

Program Description: The Salvation Army is an international movement supporting the Christian faith. They work to meet human need without discrimination and preach the gospel of Jesus Christ. Volunteers can work at several different service headquarters like the Center of Hope Shelter, Food Pantry, and Disaster Services. There is also an option to teach bible studies and classes and serve on worship teams at the Salvation Army's worship services.



ReadBAMARead

Contact: Donna Benjamin

Phone: (850) 774-1861

Email: Donna@ReadBAMARead.org

Website: <http://readbamaread.org>

Program Description: ReadBAMARead is a non-profit organization dedicated to supporting the Tuscaloosa community through a continually growing outreach program designed to get books and resources to elementary schools. They work to encourage and strengthen a love for reading within young students that will lead to greater educational success in their lives. And since its foundation in 2011, ReadBAMARead has helped over 20,000 students in Tuscaloosa by supporting the community with over \$150,000 in funding and books. Volunteers can help by participating in the year-long activities and events, as well visiting partnering schools. Some of ReadBAMARead's events include The Color Run, Birdies for Charities, and ReadBAMARead Express.





RISE

Contact: Andi Gillen

Phone: 205-348-7931

Email: agillen@ches.ua.edu

Website: <https://risecenter.ua.edu>

Program Description: RISE was started as a part of the University of Alabama's School of Human Environmental Sciences to help equip infants and preschoolers with and without special needs with the skills necessary to succeed in a school setting without an exclusively special education. The program is housed in a state-of-the-art facility on UA's campus and provides university students with the opportunity to experience evidence-based research practices in the field of early childhood education and early childhood special education. Volunteers can apply to work one-on-one with children in the classroom or can work at one of RISE's numerous fundraising events and after school projects.

Schoolyard Roots

Contact: Nicole Gelb Dugat

Phone: (205) 523-5450

Email: director@schoolyardroots.org

Website: <https://schoolyardroots.org>

Program Description: Schoolyard Roots (SYR) brings garden-based instruction to elementary schools through teaching gardens and provides professional development with an innovative curriculum. Volunteers can choose to work either Special Events or Educational and Program Involvement. Special Events are looking for people who enjoy a fast-paced (but fun!) environment with a take-charge attitude to assist within events in the schools or outside available to the public. Volunteers in the Educational and Program Involvement sector need to enjoy both gardening and working with children and are preferably upbeat and patient.

Success by 6

Contact: Amber Whitfield

Phone: (205) 345-6640

Email: julie@uwwa.org

Website: <https://uwwa.org/success-by-6/bright-minds>

Program Description: Success by 6 is sponsored by United Way of West Alabama and offers several programs and services to at-risk children from birth to age six. Their mission is to help ensure that all children in West Alabama will enter school healthy, confident, and ready to learn. The Volunteer Allocation Team's members review grants and help make decisions about what community programs will be a good investment for United Way dollars, and the Day of Action workers volunteer their efforts on much-needed projects for local nonprofits and schools.





Temporary Emergency Services*

Contact: Karen Thompson

Phone: (205) 758-5535

Email: thinkhill@aol.com

Website:

<https://temporaryemergencyservices.org>

Program Description: TES is a nonprofit organization that helps individuals and families in crisis through situations by providing financial and other temporary assistance. They offer permanent and temporary volunteer positions and work during office hours Monday through Saturday in a variety of functions: helping out in their Thrift Store, filling food bags for clients, sorting donations, and many more! As a volunteer at TES, you will have the unique opportunity to selflessly serve others and see how many in your own community benefit from their services.

Boys & Girls Club of West Alabama

Phone: 205-553-3838

Email: info@bgcwestal.org

Website: <https://www.bgcwestal.org/>

Program Description: The Boys and Girls Club of West Alabama is an organization which empowers the youth of Alabama to become productive, caring, responsible citizens. They do this through team sports, art lessons, tutoring opportunities and more, for children in the West Alabama area. The Boys & Girls Club of West Alabama is designed to create a safe haven for children who may face struggles and give them opportunities to achieve their amazing dreams. This organization emphasizes inclusion and teaches the importance of this to its members. You can become involved through coaching a sports team, offering tutoring services, or just being a friendly face to turn to!



Child Abuse Prevention Services



Contact: Lisa Maddox

Phone: (205) 758-1159

Email: lmaddoxcaps@gmail.com

Website: <https://capstuscaloosa.com>

Program Description: The Child Abuse Prevention Services is an organization that emphasizes the importance of keeping children safe within their homes. Their goal is to educate the public about child maltreatment and ways to prevent it. The Child Abuse Prevention Services organization creates awareness about these issues through events such as "Kids Day in the Park". There are also events in which you can volunteer to help support the children in need and raise awareness about the organization's purpose.

Choices Pregnancy Clinic

Contact: Taylor Phillips

Phone: (205) 759-5433

Email: saltassistantdirector@gmail.com

Website: <https://choicespregnancyclinic.org>

Program Description: Choices Pregnancy Clinic is an organization which helps women deal with the reality of becoming pregnant through counseling, advice, and professional help. This organization also emphasizes the importance of male assistance during a woman's pregnancy and how they can be a helping hand through the entirety of the pregnancy. They offer free confidential appointments for women and men.

Community Soup Bowl

Contact: Amy Grinstead

Phone: (205) 752-2421

Email: communitysoupbow@bellsouth.net

Website:

<https://www.tuscaloosasoupbowl.com/get-involved>

Program Description: For more than 30 years the Community Soup Bowl has helped feed homeless or impoverished citizens in Tuscaloosa. This nonprofit organization takes a large majority of its donations from churches and individuals in the surrounding area. Volunteers are always needed to keep the Community Soup Bowl up and running at full capacity. You can support this organization through volunteering to plan, cook and serve meals to those in need.



Community Network Association*

Phone: (205) 303-0392

Email: juanetta.8295@att.net

Website:

<https://www.communitynetworkassociations.org/support-us>

Program Description: The Community Network Association aspires to help young people to transition into productive adulthood through education on gun violence, intimate partner violence, high school completion, higher education and family planning in the Tuscaloosa area. Through art lessons, sporting events, baking lessons, and extracurricular classes this organization strives to change the trajectory of these young adults' lives. Ways that you can help make a difference is through volunteering at various events or even making a simple donation.



Five Horizons Health Services*

Contact: Katherine Waldon

Phone: (205) 759-8470

Email: kwaldon@fivehorizons.org

Website: <https://www.fivehorizons.org/tuscaloosa>

Program Description: Five Horizons Health Service is a non-profit organization which is designed to provide high quality accessible health services to those in the Tuscaloosa community that may be unable to obtain health services elsewhere. This organization has been providing accessible health services since 1988 and strives to protect and educate citizens about the importance of physical health. A way you can make a difference is by donating to the organization or offering to volunteer as a support group member or at their testing events.

Focus 50+*

Contact: Patricia Danzy

Phone: (205) 554-1919

Email: pdanzy@senior-focus.org

Website: <https://www.focus50plus.org/>

Program Description: Focus 50+ is an organization that has been providing services to senior citizens in Tuscaloosa since 1972. This organization gives an opportunity for senior citizens to engage in recreation activities, nutrition education and even provides transportation for them. The goal is to keep our elderly population in Tuscaloosa healthy, happy and independent. You can help through donating, mentoring, or volunteering at events.

The House Tuscaloosa

Contact: Rev. Lori Maxey

Phone: (205) 210-8595

Email: thehousetuscaloosa@gmail.com

Website: <https://thehousetuscaloosa.org>

Program Description: The House Tuscaloosa is a used bookstore that was started by two pastors. The mission of The House Tuscaloosa is to promote and develop literacy in three areas: educational, musical, and spiritual learning. Someone can choose to donate to their mission by bringing in old books, or they can shop for new books to read. Additionally, The House has many volunteer opportunities for those who are looking to serve. There is a vast array of ways to take action and serve this organization. On their website, there is a list of different activities which one can choose to do when deciding to volunteer. These range from assisting with the literacy program, to delivering books, to some gardening,



Friends of Hurricane Creek

Contact: Wathen John

Email: hccreekkeeper@gmail.com

Website: <http://www.hurricanecreek.org/help-to-restore>

Program Description: Friends of Hurricane Creek is an organization whose main goal is to protect the health of the creek and wildlife surrounding it from major pollutants and help it recover from storms. The creeks have severely suffered from coal mining and over building in the area and the Friends of Hurricane Creek have developed a way to help preserve the creek and lead it to recovery! A way for you to get involved is by volunteering on the designated cleaning day. You can Assist the "Creek Keeper" in removing debris, patrolling the creek, or monitoring the water and aquatic life.



Therapeutic Riding Of Tuscaloosa

Contact: Lorianne Neal-Epperson

Phone: (205) 752-7691

Email: trot.usa.org@gmail.com

Website: <https://trotusa.org>

Program Description: Therapeutic Riding is committed to providing equine-assisted therapy to those with and without disabilities. When volunteering with them, you can become involved in their multitude of services. Therapeutic Riding is committed to having fun with their guests, while improving their cognitive and motor skills. Volunteering with them would mean that you could help the visitors overcome challenges, learn better teamwork skills, and even get the opportunity to explore their veteran-focused programs.

Tracy Dent Foundation*

Contact: Tracy Dent Rivers

Phone: (205) 246-5655

Email: dentctt@aol.com

Website: <http://tracydentfoundation.org>

Program Description: The Tracy Dent Foundation is committed to providing homeless men with a new beginning. Their process consists of four steps: stabilizing, educating, employing, and permanently housing. Volunteering with The Tracy Dent Foundation means that you have a multitude of options when it comes to helping with their program. A few examples are assisting with schedule building, assigning chores, and preparing meals. This organization ultimately serves to provide a higher standard of living for homeless young men, so that their future can be positively impacted by a high quality of resources.

Tuscaloosa Childrens Center

Contact: Ebony Johnson

Phone: (205) 752-7711

Website:

<http://www.tuscaloosachildrenscenter.org>

Program Description: Tuscaloosa Children's Center is an agency that provides services to children who have experienced abuse. By working in a family-friendly facility, Tuscaloosa Children's Center ensures that families receive the services that they need in order to properly support victims of child abuse, so that they may live happy, healthy, and productive lives. The volunteer opportunities within this organization are diverse, and you can expect to help in the physical areas of cleaning, painting, restoration, or grant writing.

Turning Point

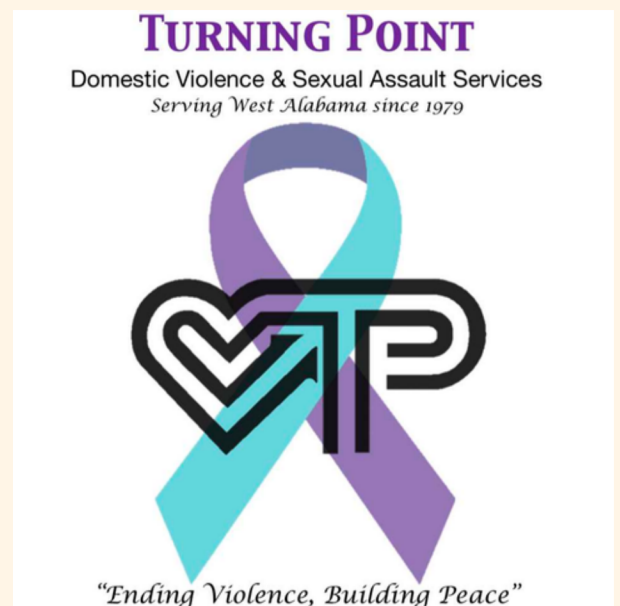
Contact: Andre Fedd

Phone: (205) 758-0808

Email: info@turningpointservices.org

Website: <https://www.turningpointservices.org>

Program Description: Turning Point is committed to providing resources to those who are either primary or secondary victims of sexual assault. They work to provide resources that will help those affected make productive decisions and positively impact their future. When volunteering with Turning Point, you can expect to help in areas such as in-shelter childcare, community outreach, and event assistance. Turning Point is a great opportunity to not only help those who are victims of abuse, but also provide awareness about common issues to the community. Their services impact Tuscaloosa, Lamar, Fayette, Pickens, Sumter, Marengo, Greene, Hale, and Bibb County.



Tuscaloosa Housing Authority

Contact: Jessica Alexander

Phone: (205) 758-6619

Website: <https://tuscaloosahousing.org>

Program Description: The Tuscaloosa Housing Authority works to provide a standard of safe and affordable housing for the low to moderate income residents of Tuscaloosa. Working with this organization will help better the community by providing better housing resources within Tuscaloosa. Not only will your contribution impact the lives of the residents who take advantage of the housing, but also the community's value of housing as a whole. Redevelopment activities are in place and are instilled for the purpose of revamping the living experience for those in need of better housing conditions. For those looking for a very well-connected organization that is already very plugged in to the Tuscaloosa community, Tuscaloosa Housing Authority is the perfect choice for you.



Alabama Department of Public Health*

Contact: Shakina Wheeler-Cox

Phone: 205-544-4526

Email: shakina.wheeler@adph.state.al.us

Website:

<https://www.alabamapublichealth.gov/index.html>

Program Description: The Alabama Department of Public Health works to promote, protect and improve your health. They offer many programs, some of which include STD testing and treatment, family planning, childhood and other vaccines, and breast and cervical cancer screening. They answer many questions about how to apply or access your health needs. They are in the midst of carrying out their five-year plan which is aimed to promote healthier people, communities, and state.



Alabama One Credit Union

Contact: Kortney Milien

Phone: (205) 562-2407

Email: kortneymilien@alabamaone.org

Website: <https://www.alabamaone.org>

Program Description: The Alabama ONE Credit Union can help you build a healthy financial life so that whatever the goal that is most important you can become a reality. They do this through helping with personal and/or business finances while also working to educate the public on financial wellness through articles, academy, videos, webinars, and live events.



Alabama Hospice Care

Contact: Amy Cole

Phone: (205) 633-3755

Email: mscox1985@gmail.com

Website: <https://internal-lhcgroup.icims.com/jobs/147592/hospice-volunteer/job>

Program Description: The Alabama Hospice Care of Tuscaloosa utilizes an interdisciplinary team of health care professionals and trained volunteers that address symptom control, pain management, and emotional and spiritual support expressly tailored to the patient's needs and wishes. They are a 501(c)(3) private non-profit organization, a United Way Partner Agency, and a Joint Commission accredited hospital provider. They also are the only free-standing hospice inpatient facility in West Alabama.

Area Agency on Aging of West Alabama*

Contact: Kayla Clark

Phone: 205-333-2990

Email: Kaya.clark@westal.org

Website: <https://www.westalabamaaging.org>

Program Description: Area Agency on Aging assesses the needs of older persons in the seven-county region in West Alabama. They distribute funds for the provision of services to these adults, help agencies and local governments plan services for older persons, and provide information about available resources to them and their caregivers. The programs offered through the Area Agency on Aging are broad and inclusive.



Amedisys's Hospice*

Contact: Lisa Banks

Phone: (205) 345-4907

Email: lisambanks@chartner.net

Website:

<https://locations.amedisys.com/al/tuscaloosa/amedisys-hospice-care.html>

Program Description: Amedisys's Hospice works to provide high-quality hospice and home health for those with serious illnesses tailored to their needs from an experienced team. They offer a free evaluation in order to see if an individual is eligible for hospice and also offer hospice care for those who aren't expected to recover from an illness or no longer wish to pursue aggressive treatments for terminal illnesses. Amedisys's Hospice also provides home health care for those who are recovering from surgery, or an injury, or those trying to manage their health conditions.





Big Brothers Big Sisters*

Contact: Whitney Jamison

Phone: (205) 758-5734

Email: whitney@bbbswestal.org

Website: <https://www.bbbswestal.org>

Program Description: Big Brothers Big Sisters of West Alabama provides mentoring services to help youth who face some type of adversity overcome their hardships. Professional staff carefully match children with volunteer mentors in long-term, one to one mentoring relationships. They also provide ongoing professional support to volunteers, children, and parents/guardians throughout the life of the match.



Arts N' Autism

Contact: Alisa Kincaid

Phone: (205) 247-4990

Email: Alisa@artsnautism.org

Website: <https://www.artsnautism.org>

Program Description: Arts N' Autism offers early intervention, after school, and summer camp programs designed to meet the needs of children with Autism. Their program has been expanded to meet the needs of post high school graduates, now called the LIFEE (Learning Is Fundamental for Education and Employment) program which is designed for young adults that are 18 and older. This program offers respite for family members and other caregivers who are responsible for these children and provide outreach and assistance to low-income families who would be unable to secure a similar program.

Benjamin Barnes YMCA

Contact: Lekeda Smith

Phone: (205) 759-4284

Email: lsmith@ymcatusc.org

Website:

<https://www.ymca.org/locations/benjamin-barnes-branch-ymca>

Program Description: Benjamin Barnes YMCA is a nonprofit organization whose mission is to put Christian principles into practice through programs that build healthy spirit, mind, and body for everyone. They do this through providing Youth Development Programs such as after school care, summer camp, basketball, and baseball for youth. Additionally, they also offer family wellness programs.



Tuscaloosa's One Place*

Contact: Torre McDonald

Phone: (205) 462-1000

Email: tmcdonald@tuscaloosaoneplace.org

Address: 810 27th Avenue, Tuscaloosa, AL 35401

Website: <https://www.tuscaloosaoneplace.org>

Program Description: Tuscaloosa's One Place is a family resource center that works to address families in poverty in our community. They focus their efforts in three main areas: improving pre-K readiness, child advocacy, and building self-sufficiency. Through a budding network of community partners, grants, corporate and individual contributions built over the last 22 years, TOP has grown to offer over 20 different programs that range from a free community pantry to free relationship classes.



Tuscaloosa SAFE Center*

Contact: Nicole Hall

Phone: (205) 860-7233

Email: nicole@tuscaloosasafecenter.com

Address: 1601 University Boulevard East, Suite 150

Website: <https://www.tuscaloosasafecenter.com>

Program Description: The SAFE Center works to meet the emotional, medical, and forensic needs of sexual assault survivors by providing quality medical care including assessment, treatment, forensic examination, and follow-up. The community based, collaborative agency serves the nine-county West Alabama region including Tuscaloosa, Bibb, Fayette, Greene, Hale, Lamar, Marengo, Pickens and Sumter Counties. Anyone 14-years-old or older regardless of gender, who has subjected to sexual assault can be seen at the SAFE Center.

Whatley Health Services, Inc.*

Contact: Qunisha Sanders

Phone: (205) 758-6647

Email: qsanders@whatleyhealth.org

Address: 2731 Martin Luther King, Jr. Blvd.

Website: <https://whatleyhealth.org>

Program Description: Whatley Health Services is a primary health care provider based in Tuscaloosa, Alabama that utilizes public and private funds to meet health problems individuals in our community face. They offer many services ranging from family medicine to dental care. A unique aspect of their program involves physician follow-through with a patient when hospitalization is required.

