

# MAKING A DIFFERENCE IN OUR COMMUNITY

## OUR VOLUNTEER APPLICATION PROCESS

If you're interested in volunteering, the first step is to complete an online or print application, both available on our website at [www.captaincares.org](http://www.captaincares.org) under "How to Help."

Prospective volunteers then meet with our Volunteer Director to learn more about their interests and abilities.

All volunteers **require a background check and/or DMV record history and must provide proof of insurance.**

This helps to protect both the volunteer and the children, families, or seniors that they may be working with. Background checks are completed at the expense of CAPTAIN CHS.

Volunteers then meet with the program manager for their respective assignment, receive training, and are welcomed into our CAPTAIN CHS family!

If you'd like to be part of lifting people up and building brighter futures, please contact us today at 518-399-4624, email [ava@captaincares.org](mailto:ava@captaincares.org), or apply online at [www.captaincares.org](http://www.captaincares.org) under "How To Help."

## VOLUNTEER OPPORTUNITIES

### Bike Works

Assist in repairing donated bicycles.

### CAPTAIN's Treasures

Assist customers; sort donations, etc.

### CAPteens

Supervise our teen phone and texting hotline; chaperone summer training weekend and other events.

### Care Links

Provide supportive services such as transportation, visiting, shopping, and respite to seniors in Southern Saratoga County.

### Cheryl's Lodge

Homework Help during the school year; snack prep; support summer programming to children grades K-12; groundskeeping.

### Family Development

Mentor individuals and families to increase self-sufficiency.

### Food Pantry

Assist client with obtaining a 3-day supply of emergency food; drive the CAPTAIN CHS van for food pickups and/or taking people to the Jonesville Pantry.

### Seasonal

Organize donations for our holiday assistance programs; prepare and file taxes for low-income families (training provided).

### Street Outreach Project

Meal preparation and teen activities in Fulton, Montgomery, and Saratoga Counties.

### Runaway & Homeless Youth Shelter

Meal preparation; tutoring; general office work; holiday programs; property maintenance.

### Other

Special projects and events; office support including updating databases and filing; on-call support.

### Middle & High School Students

Volunteer opportunities are available for school-age students, whether looking to fulfill community service or internship hours, or just to support our community.



# VOLUNTEER

## ABOUT US

CAPTAIN CHS is a volunteer-driven organization that relies on the time and skills of over 400 active volunteers. From homework help to assisting guests in the food pantry, to visiting community seniors in need, we really couldn't support our community in Saratoga County and surrounding areas without your help.

The goal of the Volunteer Program at CAPTAIN CHS is to recruit volunteers who are interested in giving back to their community in meaningful ways. We strive to provide a variety of volunteer options to match the interests of individuals.

Training is provided to all volunteers, so please do not discount any volunteer opportunities that you would like to learn more about.

Many of our programs utilize volunteers regularly, while others need only seasonal or one-time assistance. Whatever time you can give, and whenever you can give it, we truly appreciate your contribution.

To volunteer, or to learn more, contact us at 518-399-4624 or visit our website at [www.captaincares.org](http://www.captaincares.org).

## WHERE WE ARE



### **CAPTAIN Community Human Services**

#### **Glenville Office**

543 Saratoga Road, Glenville, NY 12302  
518.399.4624 (p) | 518.399.8663 (f)

#### **Clifton Park Office**

5 Municipal Plaza, Suite 3, Clifton Park, NY 12065  
518.371.1185 (p) | 518.383.7997 (f)

#### **Cheryl's Lodge**

25 Fern Lane, Clifton Park, NY 12065  
518.373.8873 (p)

#### **CAPTAIN's Treasures**

1705 Route 9, Clifton Park, NY 12065  
518.383.1788 (p)

#### **Helpful Numbers**

Care Links 518.399.3262  
Street Outreach 518.469.7897  
Youth Shelter 518.584.6042

**For the most up-to-date information  
about our programs and services,  
upcoming events, and more,  
please visit our website:**

[www.captaincares.org](http://www.captaincares.org)



# CAPTAIN

## Community Human Services

*Lifting people up. Building brighter futures.*

# MAKE A DIFFERENCE: VOLUNTEER

[www.captaincares.org](http://www.captaincares.org)

