

# CAPTAIN Programs

## Cheryl's Lodge

A community center that offers enrichment programming for children and their families.

## CAPteens

Develops leadership skills, social responsibility, tolerance and compassion in high school students through community service and fundraising activities.

## Family Development

Provides funding for emergency financial assistance for such basic needs as rent, food, utilities and healthcare.

## CAPTAIN'S Treasures

Provides quality used clothing, furniture and household goods at great savings.

## Job Assist

Offers teens employment readiness and job placement by matching them with a variety of employers and job opportunities.

## Homelessness Youth & Runaway Shelter

Provides at risk youth with safe, emergency shelter for up to thirty days.

## Bike Works

Provides bicycles to youth and adults in need.

# Support your Community

Serving Saratoga County since 1977

Want to give back to your community?

Volunteer through one of our many programs either a few times a month or yearly during one of our events.



Join our volunteers who are over 300 strong and give more than 13,000 hours annually.

## CAPTAIN Youth and Family Services

### Main office:

5 Municipal Plaza, Suite 3  
Clifton Park, NY 12065  
P: 518.371.1185

### Cheryl's Lodge:

25 Fern Lane  
Clifton Park, NY 12065  
P: 518.373.8873

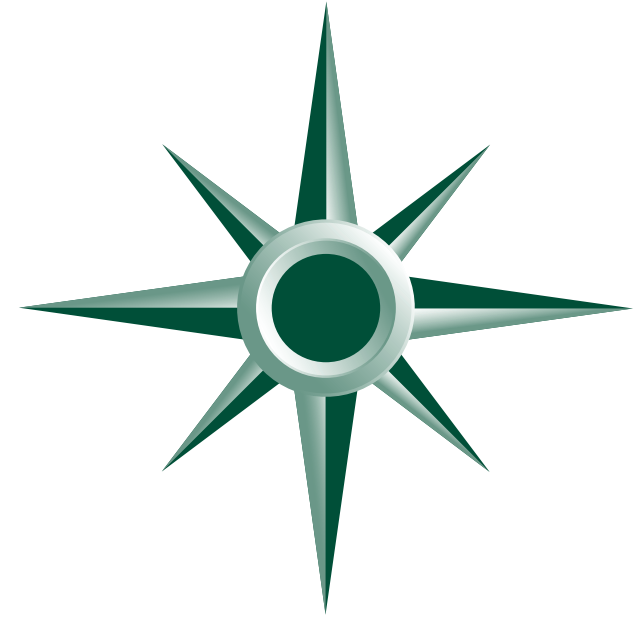
### CAPTAIN's Treasures:

1714 Route 9  
Clifton Park, NY 12065  
P: 518.383.1788

### CAPTAIN

Homelessness Youth and Runaway Shelter  
P: 518.584.6042

CAPTAIN  
YOUTH AND FAMILY SERVICES



VOLUNTEER  
OPPORTUNITIES

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

# VOLUNTEER OPPORTUNITIES at CAPTAIN Youth and Family Services

## Special Events

**CAPTAIN AMBASSADOR** assisting at community fairs, fundraising events, our Annual Gala, and other events throughout the year!

### Family Development Program

**BACK TO SCHOOL PROGRAMS:** organize donations and help families shop for supplies

**HOLIDAY ASSISTANCE PROGRAMS:** organize donations; occasionally pick up donations from area organizations; call donors and adopted families

**ASSISTANT SHOPPERS** at the Annual Toy Shop



### FOOD PANTRY VAN DRIVER

Drive area residents every other Friday morning to the Jonesville food pantry, using CAPTAIN van. Assist clients with shopping and carrying groceries, as needed.

### FAMILY MENTORS

Mentor families in crisis to provide support and resources. Participate in mentor training and monthly family development meetings.

## TO BECOME A VOLUNTEER

Interested in helping out your community?  
See something here you would like more information about?

Call our Volunteer Coordinator at 371-1185 to obtain details and discuss these and other opportunities further!

## Cheryl's Lodge

**HOMEWORK HELP:** High school age and older individuals interested in helping students with homework assignments, reading to children, assisting with simple craft projects or monitoring the computer room.



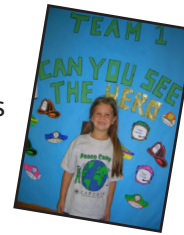
### SUMMER READING ENRICHMENT PROGRAM:

High School Students willing to help with "Summer Reading Club" activities.

### COMMUNITY BREAD

**GIVEAWAY:** One volunteer needed to help unload boxes, bag baked goods and call residents.

**MENTORING:** Adult volunteers willing to meet twice a month with a student (grades 4-12), outside of CAPTAIN programming, to support academic progress. Mentor must be a Homework Help volunteer and must make a school year commitment to maintain the relationship.



**GROUNDSKEEPING/LAWNMOWING:** High School age or older volunteer willing to cut grass and trim around grounds occasionally during spring & fall growing season. Own equipment is needed.

**FRIDAY DROP-IN CENTER ACTIVITY:** Assist with Teen activities on Friday afternoon/evening. Supervise movie & game nights, provide after school homework assistance.

**COMMUNITY SERVICE FIELD TRIP CHAPERONE:** accompany CAPTAIN staff member & teens on monthly community service trip to the Regional Food Bank in Latham.

## CAPTAIN's Treasures

Unload, sort, price and stock donated clothing and household items throughout the store. Must be able to interact with the public on phone and in person. Work register and credit card machine. Distribute "sale" flyers throughout the community.



### Administrative/Office Help

Answer phones, data entry, work on mailings including stuffing envelopes, food pantry organization, and other clerical duties as needed.



### Homelessness and Runaway Youth Shelter

Volunteers assist with seasonal yard work and maintenance, meal preparation, and supervise arts and crafts and recreational activities with youth ages 13-17.

## CAPteens

Volunteers supervise trained Shen high school students who staff CAPTAIN's Teen Talk/Phone Friend listening and help line. Volunteer shifts are school days only, Monday through Friday, 6:00-8:00pm. We request that volunteers commit to work at least two shifts per month. A short training is provided for supervisors

