



Community Service Opportunities for Judicial Sanction Requirements

This sheet was created by Judicial Affairs and Mediation Services (JAMS) and the Community Service Center (CSC) at AU to help you find an organization to perform your community service requirements. For more detailed information, go to the **CSC office in 273, Mary Graydon Center**, or call them at **202-885-7378**. You can check their binders and speak with a staff person.

Here are a few CSC staff favorites in DC

Food and Friends

Metro: Waterfront
219 Riggs Road, NE
202-269-2277
www.foodandfriends.org
volunteer@foodandfriends.org

Assist in preparing meals, sorting food pantry bags, and delivering nutritious meals to persons who are homebound with HIV/AIDS and their families. Times vary. Volunteers with cars or van access can deliver meals.

Capital Area Food Bank

Metro: Brookland Station/ CUA
645 Taylor Street, NE
(202) 526-5344 ext. 286
<http://www.capitalareafoodbank.org/>
volunteer@cfoodbank.org

Help feed those who suffer from hunger in the Washington, D.C. Metropolitan Area by acquiring food and distributing it through our network of member agencies; and to educate, empower and enlighten the community about the issues of hunger and nutrition.

Community of Hope

Metro: Columbia Heights
1413 Girard Street, NW
202-232-7357
www.communityofhopedc.org
kcassella@communityofhopedc.org

Improving health and quality of life for low-income, homeless, and underserved families and individuals in the District of Columbia by providing health care, housing with supportive services, educational opportunities, and spiritual support.

IONA Senior Services

Metro: Tenleytown
4125 Albermarle Street, NW
202-966-1055, 202-895-9448 (TTY)
www.iona.org
volunteer@iona.org

Provides support and programming to Seniors throughout the District.

Friendship Terrace

Metro: Tenleytown
4201 Butterworth Avenue, NW (near Tenley Safeway)
(202) 244-7400 x18
<http://www.esm.org>
ftadmissions@esm.org

Visit with senior residents at this affordable retirement community. Volunteer on your own, or with the emerging "Adopt-a-grandparent" club on campus.

Before you contact the CSC office, think about these questions:

- 1) What kind of volunteer work interests you?
 - *Food (preparation or delivery)*
 - *Homelessness*
 - *Seniors*
 - *Urban Renewal*
 - *Health*
- 2) Plan your time. When are you available, weekends or weekdays?
- 3) How will you get there? Look into places that are metro accessible.
- 4) Start now! The JAMS office allots one week to find an organization and 5 hours per week to complete the work. Don't try to cram it all in at the last minute or it won't get done.

Volunteering Abroad:

There are many options for you to complete your community service while you are abroad. Contact the CRC office for information.

Volunteering in your home town:

Contact the community service office at a local university, contact a local government office, or search the internet.

When you find an organization:

- 1) Use the internet to verify the contact information, find volunteer applications, and the most current opportunities.
- 2) Call ahead and speak with the volunteer coordinator about current needs.
- 3) What is the role of the volunteer?
- 4) Do you have any unique skills to offer?
- 5) Are there any safety issues you should be aware of?

The Community Service Center is a valuable resource at AU to help you fulfill your judicial sanction requirement. Don't feel embarrassed about mentioning your judicial obligations; they are there to help and can better assist you if they know your situation.