**Ability & Disability Volunteer Opportunities**

*We Recommend...*

**Thrive DC**

Thrive DC serves anyone in need, providing services to men and women of all ages, backgrounds, races, and ethnicities. The individuals who come through their doors often face multiple, complex barriers to a more stable life. Some face hunger or illness, and often are lonely and hopeless. Many are diagnosed with mental illness, and some struggle with substance abuse. Others have been victims of domestic violence and/or sexual assault. A majority of our clients are living with chronic health problems—often without regular access to crucial medical care. Volunteers can help in with Breakfast program (8 - 11), Dinner Program (4 - 6), Computer Lab (10 - 5), or with our Employment Services. Visit their website at www.thrivedc.org/volunteer to get started.

**Contact:** Rose Osburn / (202) 503-1533 / volunteer@thrivedc.org or rose@thrivedc.org / www.thrivedc.org

1525 Newton St. NW Suite G1, Washington, DC 20010

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**DC Center for Independent Living**

The D.C. Center for Independent Living, Inc., (DCCIL) is a consumer controlled, cross disability, community based, private non-profit organization that promotes independent lifestyles for persons with significant disabilities in DC.

**Contact:** (202) 388-0033 / www.dccil.org / info@dccil.org

2600 12th Street, NE, Washington, DC 20018

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**SOME’s Isaiah House Location**

The Isaiah House is a program that runs under So Others Might Eat (SOME), and is a supportive environment for adults whose lives have been impacted by homelessness as well as by severe and persistent mental illness. SOME believes that appropriate day program services, designed to enhance an individual’s resilience, can reduce the degree of vulnerability that these adults experience and ultimately contribute to breaking the cycle of homelessness and poverty that they face. The Isaiah House Day Program has three components: Drop-in Services, Psychosocial Support, and Membership. The core of all three activity areas is a supportive, strengths-based approach to working with vulnerable adults.

**Contact:** (202) 797-8806 ext. 1068 / www.some.org / web@some.org

71 O Street, NW, Washington, DC 20001

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**Food & Friends**

The mission of Food & Friends is to foster a community caring for men, women, and children living with HIV/AIDS, cancer, and other life-challenging illnesses by preparing and delivering specialized meals and groceries in conjunction with nutrition counseling.

**Contact:** Paige Dennis / Volunteer Coordinator / pdennis@foodandfriends.org or volunteer@foodandfriends.org / (202) 269-2277 / www.foodandfriends.org

219 Riggs Road, NE, Washington, DC 20011

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**Kids Enjoy Exercise Now (KEEN)**

KEEN provides one-to-one recreational opportunities for children and young adults with developmental and physical disabilities at no cost to their families and caregivers. KEEN’s mission is to foster the self-esteem, confidence, skills and talents of its athletes through non-competitive activities, allowing young people facing even the most significant challenges to meet their individual goals. Volunteer opportunities take place at St. Coletta School (SE) on Saturdays from 12-3pm, accessible via the Stadium-Armory Metro.

**Contact:** Beth Wenger / (301) 770-3200 / volunteer@keengreaterdc.org / www.keengreaterdc.org

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**Columbia Lighthouse for the Blind**

Offers programs that enable individuals who are blind or visually impaired to obtain and maintain independence at home, school, work and in the community. Services include: Early intervention services, Career placement services, Rehabilitation services, among others.

**Contact:** (202) 454-6400 / www.clb.org

1825 K Street NW Suite 1103 Washington, DC 20006
The Arc DC
The Arc works to improve the quality of life of all persons with intellectual and developmental disabilities and their families through supports and advocacy. As a lynchpin in the District, The Arc of D.C. relies on an army of volunteers to help out at fundraisers, mail letters, organize donations, advocate in sessions, and work one-on-one with our constituents.
Contact: (202) 617 - 3266 / www.arcdc.net / arcdc@arcdc.net
1825 K St NW, Suite 1200, Washington, DC 20006

The Special Olympics
The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes, and the community.
Contact: Maria-Nelly Johnson / (202) 408-2640 x10 / mjohnson@specialolympicsdc.org
https://specialolympicsdc.org / 415 Michigan Avenue NE, Washington, DC 20017

Neighbors Consejo
Established in 1994, Neighbors’ Consejo is the only Latino, bilingual, and multicultural agency specializing in the prevention of homelessness in the Washington, D.C. metropolitan area. Neighbors’ Consejo is committed to helping homeless men and women who suffer from addiction, alcoholism and mental health problems. Volunteers are needed for outreach, computer literacy, intake and fundraising.
Contact: (202) 234-6855 / frontdesk@neighborsc.org / www.neighborsc.org
6323 Georgia Ave NW Suite 206, Washington, D.C. 20011

Dreams for Kids DC
Dreams For Kids DC (DFKDC) is a 501(c)(3) nonprofit that provides life-changing activities that empower children with physical and developmental disabilities to unite with their peers and realize their potential. Dreams For Kids DC is the first expansion branch of Dreams For Kids Inc. Dreams for Kids Inc. replaces charity with opportunity for at-risk youth through service, leadership and social activities and inspires them to fearlessly pursue their dreams and compassionately change the world.
Contact: (301) 742-7787 / GFu@Dreamsforkids.org / https://dreamsforkidsdc.org / Washington, D.C.

District of Columbia Intellectual and Developmental Disabilities Services
VOAC began to provide services and support in Washington, DC to people with intellectual/developmental disabilities in 2007. The DC I/DD program serves people with intellectual/developmental disabilities receiving services in the District of Columbia. The goal of the program is to support people in becoming the best possible version of themselves in positive environments with the assistance of caring and trained staff.
Contact: Christle Baker-Gill / (301) 389-3156 / cbaker-gill@voaches.org or volunteer@voaches.org / https://www.voachesapeake.org/dc-idd
7505 Greenway Center, Suite 201, Greenbelt, MD 20770

The Arc: For People with Intellectual and Developmental Disabilities
Promoting and protecting the human rights of people with intellectual and developmental disabilities and actively supporting their full inclusion and participation in the community throughout their lifetimes.
Contact: (202) 617-3266 / arcdc@arcdc.net / https://arcdc.net
1825 K Street NW, Suite 1200, Washington DC 20006