

Volunteer Opportunities

Most CAP Programs couldn't run without volunteers - they deliver meals to homebound people, drive seniors to their medical appointments, distribute food to the hungry, serve on program committees and advisory boards. Help at the Senior Community Lunches, and much more.

Here are some current volunteer opportunities available at CAP:

- Deliver hot meals to homebound seniors in Longview and Kelso (Meals on Wheels). Volunteers drive their own vehicles and receive 55.5 cents a mile reimbursement. Must have reliable transportation and show proof of insurance.
- Deliver meals to a senior meal site. Meal sites are in Castle Rock, Cathlamet, Kalama, Kelso, Longview, Rosburg, Ryderwood, Woodland and Lexington. Volunteers drive their own vehicles and receive 55.5 cents a mile reimbursement. Must have reliable transportation and show proof of insurance.
- Assist people with basic computer skills at CAP's WorkSource Center.
- Drive senior citizens to their medical appointments and to go shopping. Volunteers drive their own vehicles and receive 55.5 cents a mile reimbursement. Must have reliable transportation and show proof of insurance.
- Help at My Favorite Place, CAP's boutique thrift shop.
- Volunteer to help families with home construction.