



## Join Hands & Make a Difference!



**Sign up to Volunteer &  
Work on a Community Project  
Saturday, April 17, 2010,  
9:00 a.m. to noon**



### Hands On Sonoma County volunteer opportunities:



**Creek Clean-up** – Doyle Park, near 685 Doyle Park Drive, Santa Rosa

- **Matanzas Creek Clean Up (ages 7 - adult)** Keep the beaches clean! Clean up Matanzas and Spring Creeks in Doyle Park. Santa Rosa's 90 miles of creeks flow to

the Russian River and then out to the Pacific Ocean. Up to 80 % of ocean debris originates from land-based sources. Gloves, tools, and snacks provided. Location: Doyle Park in Santa Rosa. Meet at the Doyle Park Drive entrance, south of Sonoma Avenue (near 685 Doyle Park Drive)

**Laguna Foundation** – Water Treatment Plant, 4300 Llano Road, Santa Rosa

- **Native Plant Demonstration Garden** \*Earth Day Event\*

Phase three of the installation of the new garden, plus planting grasses and sedges at the Joint Wetlands area. Meet at the Treatment Plant, 4300 Llano Road, Santa Rosa. Follow signs to the "Administration" building.

**NAMI, Sonoma County** -1717 Yulupa Avenue, Santa Rosa

- *NAMI Sonoma County (National Alliance on Mental Illness) is nationwide grassroots organization of community members, dedicated to a vision of mental health as an integrated party of health itself.* Help NAMI give their **office and classroom a spring clean** – help needed to steam clean the rugs in our office; inventory and organize our supply closet; wash the windows in our office and our multi-purpose room; and help us organize our office files.



Check out our website for an updated project list at:

[www.volunteernow.org/handsnew.htm](http://www.volunteernow.org/handsnew.htm)

To learn more, or sign up for one of these projects go to [www.volunteernow.org](http://www.volunteernow.org) or contact **Maureen Cecil at 707-573-3399 x125 or email [mcecil@volunteernow.org](mailto:mcecil@volunteernow.org)**