



Balanced Beings Outdoor Recreation  
2148 E. Desert Lane, Phoenix, AZ, 85042  
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(623) - 210 - 2803

### **Volunteer: Individually Information**

#### **Overview:**

Balanced Beings Outdoor Recreation would like to provide ample opportunities for individuals who are seeking to volunteer in a community, urban ranch, recreational therapy based setting. Contribute to meaningful experiences and learn about the therapeutic process of informed practices from a Certified Therapeutic Recreational Specialist (CTRS). Volunteers will gain hands-on experiences in art, nature, adventure and animal based programming while developing valuable professional and personal skills. Opportunities include learning recreational therapy-informed practices, building leadership and communication skills, earning verified service hours, and receiving mentorship and letters of recommendation. Volunteers also benefit from meaningful community engagement, time in a nature-based environment, and being part of a supportive, mission-driven team. Whether you are looking to fulfill required school hours, build a resume, work requisite, or for intrinsic happiness, we would love to hear from you!

#### **Volunteer opportunities may include:**

- Hours available for CEU
- Assist with programs for children, active military, first responders, veterans and individuals with or without disabilities
- Animal care and interactions
- Ranch maintenance
- Networking among the valley
- Skill building and experience in the outdoor recreational therapy setting
- Professional and personal skill enhancement

#### **Purpose Summary:**

Volunteering has a way of giving back far more than it asks. At Balanced Beings Outdoor Recreation, individual volunteer opportunities are designed to offer more than a line on a resume or a set of required hours — they are designed to offer a genuine sense of purpose, belonging, and connection within a mission-driven, nature-based community.

Volunteers at BBOR contribute meaningfully to programs serving children, active military, first responders, veterans, and individuals of all abilities — gaining hands-on exposure to recreational therapy-informed practices, animal-assisted interventions, nature and

adventure-based programming, and the day-to-day operations of a growing outdoor therapeutic recreation organization. Under the guidance of a Certified Therapeutic Recreational Specialist, volunteers develop valuable professional and personal skills while earning verified service hours, building their resume, and accessing mentorship and letters of recommendation.

The variety of roles available — from animal care and ranch maintenance to program support and community outreach — is intentional. Experiencing different aspects of the ranch gives each volunteer perspective on where their strengths naturally align and where their interests genuinely lead. What one volunteer brings to the ranch, another simply cannot — and that individuality is recognized, valued, and needed here.

Beyond the work itself, volunteers often discover an unexpected sense of familiarity among fellow volunteers, ranch staff, and boarders who share similar values, passions, and ways of seeing the world. The relationships that begin at the ranch have a way of growing well beyond it — and fostering those connections is something Balanced Beings Outdoor Recreation hopes for every person who walks through the gate. Whether you are here to fulfill a requirement, earn CEU hours, build experience, or simply find a place where your presence genuinely matters — there is a place for you here.

**Ages:**

18 years old and older

All ages must be restroom independent and willing to cooperate in their own self care, without assistance.

**Price:**

No price

**Location:**

2148 East Desert Lane, Phoenix, AZ, 85042

**When:**

Hours vary

**Things to know:**

Disponible en español\* Solicite una copia si le resulta más fácil y BBOR le enviará un correo electrónico con el archivo adjunto.

All required registration, assessment documentation, waivers, and hybrid in-take interview must be completed and received no less than **five days** prior to booking and participation, as well as paid in full prior to participation. This information is required to allow sufficient time for review and to develop appropriate protocols, safety considerations, and individualized session planning.

**Contact**

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