

VOLUNTEER OPPORTUNITIES

Volunteer: To enrich your life by helping someone else.

Listed are some of the places in Anoka County seeking volunteers & a brief description. You might also wish to check with your local schools, churches, or other organizations that may be in need of volunteers.

ACCAP, Chores & More (763) 783-4767

www.accap.org/senior-services/chores-more Program is for older adults 60+ in Anoka County. Volunteers needed to do various household services including housekeeping, minor home repairs, and seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Funding support is provided by Trellis as part of the 'Older Americans Act Program.'

ACCAP, Head Start (763) 783-4300

www.accap.org Early learning childhood programs in Anoka & Washington counties. Volunteers are needed in a variety of areas, including in the classroom, office, and as bus monitors. See program description under EARLY CHILDHOOD CARE / EDUCATION.

ACCAP, Senior Kinship Program..... (763) 783-4745

www.accap.org/senior-services/kinship Offers weekly one-on-one services where volunteers provide assistance, transportation, and friendship to isolated or homebound seniors. Clients must be referred to the program, cannot be on a waiver program and must qualify to receive services. Waiting lists apply.

Alexandra House, Inc., Shelter Program & 24-Hour Helpline..... (763) 780-2330

www.alexandrahouse.org Community based nonprofit organization that provides housing and supportive services and community/legal advocacy to victims of domestic & sexual violence. A wide variety of volunteer opportunities are available. Contact the Volunteer Coordinator. Also provides elderly care.

American Red Cross, Minnesota Region (612) 871-7676

www.redcross.org Volunteers are the heart of the Red Cross. Nearly 4,000 volunteers support the Red Cross in Minnesota. They contribute a varying number of hours – from very infrequently to nearly full-time. Please consider giving your time to the Red Cross. From serving meals to disaster victims, to helping with blood drives, volunteers contribute throughout our community. Our volunteers teach CPR, Babysitter's Training, and brief soldiers on Red Cross services before they deploy. They help us prepare for disaster and recover from the aftermath. Opportunities are available throughout the Twin City Metro and the state of Minnesota.

Anoka County Brotherhood Council (ACBC)..... (763) 422-0046

www.acbcfoodshelf.org Provides emergency food & used clothing to those in need. Variety of volunteer opportunities available. Donations are accepted Monday - Thursday 9:00 am – 3:00 pm.

Anoka County Library 763-324-1510

www.anokalibrary.org A variety of volunteer opportunities may be available for both young people and adults. Contact your local library for more information.

Anoka County Retired & Senior Volunteer Program (R.S.V.P.) (763) 324-1661

Offers opportunities to individuals 55+ to participate in their communities through volunteer services.

- Anoka County MedLink..... (763) 324-3255**
<http://www.anokacountymn.gov/medlink> MedLink is a volunteer program providing rides in the volunteer's personal vehicles. It is available for Anoka County residents only who are 60+ or Veterans. Medlink provides rides for medical, dental, or social service appointments only. Transportation provided for Veterans (all ages) to & from VA Hospitals in Minneapolis, Ramsey, Maplewood, and St. Cloud. Call Monday – Friday 8 am - 4:30 pm. There is no charge, however, donations are accepted.
- Anoka Metro Regional Treatment Center (651) 431-5000**
 Provides multi-disciplined treatment program for mentally ill & chemically dependent adults. Facility has an auxiliary and volunteers provide special events.
- Arc Minnesota (952) 920-0855**
www.arcminnesota.org Information, referral, and advocacy for individuals with developmental disabilities and their families. Volunteers needed for special events, mailings, clerical duties, and thrift stores. Serves the entire state of Minnesota.
- Bar None Omegon (763) 753-2500**
www.voamnwi.org/bar-none Omegon provides mental health and chemical health programs in residential setting for males ages 12- 17.
- Big Brothers Big Sisters of the Greater Twin Cities..... (651) 789-2400**
www.bigstwincities.org Help children realize their full potential through a long term, 1-on-1 relationship with a caring adult. Children ages 8-12 years in need of an additional adult friend spend 2-4 times per month with their Big Brother or Big Sister doing fun activities and building a long-term friendship.
- Community Helping Hand (651) 464-0061**
www.communityhelpinghand.org 408 SW 15th St, Forest Lake. Volunteers needed to help with the food shelf and thrift store.
- Confederation of Somali Community in Minnesota (612) 338-5282**
www.csc-mn.org
- Family Caregiver Connection..... (763) 324-1608**
www.anokacountymn.gov/655/Family-Caregiver-Connection Volunteers needed to provide in-home visits to older adults living with chronic health issues. Respite volunteers provide safety and companionship to older adult while the family caregiver gets a break. Volunteers are also needed to oversee older adults with chronic illnesses in a group setting with other volunteers and a site coordinator as well as FCC Staff overseeing the program. Training is provided.
- Girl Scouts of Minnesota and Wisconsin River Valleys (651) 227-8835 or 1-800-845-0787**
www.girlscoutsrv.org Girl Scouts offers every girl grades K-12 a chance to practice a lifetime of leadership, adventure, and success. Volunteers are needed year-round to be troop leaders, activity & special event helpers, and more.
- Hands on Twin Cities (612) 379-4900**
www.handsontwincities.org We inspire, equip, and mobilize people to provide hands-on impact to solve the most pressing challenges in our communities. Several thousand volunteer opportunities are available listed on our website.

- Make-A-Wish Minnesota** (612) 767-9474
www.mn.wish.org Help grant wishes to children with critical illnesses and medical conditions.
- Meals on Wheels/Impact Services**..... (763) 264-4041
 Looking for volunteer opportunities in the Anoka County area that make a big difference in the lives of your neighbors? Deliver meals over the lunch hour and know you are doing your part to bring nutritious food and social connection to your neighbors. Please call if you are interested in this opportunity.
- Mediation Services for Anoka County** (763) 422-8878
www.mediationservice.org Since 1987, Mediation Services for Anoka County (MSAC), a 501(c) (3) agency, has been helping families, neighborhoods, schools, landlords, tenants, businesses, and consumers to resolve conflict through education, mediation, and restorative services. Professionally trained volunteer mediators assist individuals and communities to successfully resolve problems and create their own solutions using alternative dispute resolution methods including mediation, conflict coaching and restorative practices.
- Metro North Adult Basic Education**..... (763) 433-4200
www.metronorthabe.org Email: info@metronorthabe.org. Volunteers needed to tutor adult learners in topics such as reading, writing, math, English as a Second Language (ESL), and GED prep. Volunteers needed at various locations during morning and evening class times.
- Second Harvest Heartland** (651) 282-0901
www.2harvest.org Email: volunteer@2harvest.org Agency supplies food and grocery products to 1000+ member agencies and programs in MN and Western WI. Runs MAC and NAPS programs. Group opportunities include support for special events and packing. Individual volunteer opportunities include delivering food, sorting, and packing.
- Springbrook Nature Center – City of Fridley** (763) 572-3588
www.springbrooknaturecenter.org Provides environmental interpretive programming, recreation, and entertainment. Enjoy 3 miles of hiking trails all year round. Volunteer opportunities available upon request.
- Stepping Stones Emergency Housing**..... (763) 323-7006
www.stepsingstonech.org Provides emergency housing (60+ beds) and support to adults experiencing homelessness. A wide variety of volunteer opportunities are available. Contact the Volunteer Coordinator.
- Tamarisk, Inc.** (763) 572-1950
www.tamarisk.org Trained volunteers provide a caring presence through companionship and caregiver respite (at no expense) for families dealing with an end stage terminal or life-threatening illness.
- Greater Twin Cities United Way, Volunteer**..... (612) 340-7440
www.GTCUW.org You can help meet the urgent needs of people in our community by volunteering your time and talents. We make it easy for individuals and groups of all sizes to volunteer.
- University of Minnesota Extension, Anoka County** (763) 324-3495
www.extension.umn.edu/local/anoka Outreach arm of the U of M connecting community needs & University resources. Program emphasis includes 4-H Youth development and Master Gardener Program.