

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.*

Alexandra House, Inc. (763) 795-5452

www.alexandrahouse.org. Community based nonprofit organization that provided emergency shelter, support services, & community/legal advocacy to victims of domestic and sexual violence. A wide variety of volunteer opportunities are available. Contact the Volunteer Coordinator.

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.

Anoka County Community Action Program, Inc. (ACCAP) (763) 783-4717

www.accap.org. Volunteers needed for a variety of programs.

Anoka County Library 763-324-1520

www.anokalibrary.org. A variety of volunteer opportunities maybe available for both young people and adults. Call 763-576-4695 ext. 5238 or contact your local library for more information.

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

Offers opportunities to persons 55 & older to participate in their communities through volunteer services.

Anoka Regional Treatment Center/Mental Health Facility..... (651) 431-5000

Provides multi-disciplined treatment program for mentally ill & chemically dependent adults. Facility has an auxiliary and volunteers provide special events and parties.

Anoka County MedLink..... (763) 324-3255

www.co.anoka.mn.us/transit. Drive senior citizens, veterans, and clients to medical, dental, or social service appointments. Mileage reimbursed.

Arc-Greater Twin Cities..... (952) 920-0855

www.arcgreatertwincities.org. Information, referral, advocacy & support for individuals with developmental disabilities & their families. Volunteers needed for special events, mailings, clerical duties, & thrift stores.

- Bar-None Residential Treatment Services for Children** (763) 753-2500
www.voamn.org. Inpatient treatment for males, 12-18. Variety of volunteer opportunities available.
- 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-to-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 & building a long term friendship!
- Camilia Rose Care Center** (763) 755-8400
 Provides long & short term skilled nursing care. A variety of volunteer opportunities include outing assistant, craft helper, musical performer, letter writer, pet visitor, bingo assistant, reader, etc.
- CEAP (Community Emergency Assistance Program)**..... (763) 783-4930
www.ceap.org. 1201 89th Ave NE #130, Blaine. Volunteers needed to sort & pack food at the food shelf, bread pick-up, receptionist, and data processing.
- Chores & More** (763) 783-4767
 Program is for older adults 60+ in Anoka County. Volunteers needed to do various household services including housekeeping, minor home repairs, & seasonal chores such as lawn mowing, lawn clean-up, and snow removal. Funding support is provided by Metropolitan Area Agency on Aging, Inc. as part of the "Older Americans Act Program."
- Confederation of Somali Community in Minnesota** (612) 338-5282
www.cscmn.org. Offers youth services, education, outreach services, advocacy & intervention. East African Women's Center.
- Family Caregiver Connection**..... (763) 324-1608
www.anokacounty.us/caregivers. Volunteers needed to provide in-home visits with older adults living with chronic health issues. Respite volunteers provide safety & companionship with older adult while the family caregiver gets a break. Volunteers are also needed to oversee older adults with chronic illness in a group setting with other volunteers and a parish nurse overseeing the program. Training is provided.
- Foster Grandparent Program** (651) 310-9448
www.seniorcorp.org. Serve in school or early childhood education setting helping children with special needs. Receive tax-free hourly stipend as well as travel allowance and meals on site.
- Girl Scouts of Minnesota and Wisconsin River Valleys** (651) 227-8835 or 1-800-845-0787
www.girlscoutsrv.org. Helps girls in grades k-12 build courage, confidence, & character to make the world a better place. Volunteers needed year round to be troop leaders, activity & special event helpers, & more.
- Hands on Twin Cities** (763) 324-1661
www.handsontwincities.org. Several thousand volunteer opportunities available listed on our website.
- Head Start, ACCAP** (763) 783-4300
www.accap.org. Programs in Anoka & Washington County. Volunteers needed in a variety of areas, including in the classroom, office, and as bus monitors. See program description under EARLY CHILDHOOD CARE / EDUCATION.

Meals on Wheels

Provides hot noon meals delivered Monday through Friday to homebound persons who are nutritionally at risk, have a disability, or recovering from a recent hospital stay. Weekend meals may also be available. Serves individuals on county waiver and alternative care programs, as well as those paying privately. Call the location serving your area for more information

Impact Services.....(763) 236-8718

Anoka , Champlin, Ham Lake, Andover, Ramsey, Oak Grove, Coon Lake, Linwood, St. Francis, Nowthen, Bethel, East Bethel, Circle Pines, Lino Lakes, Centerville, Lexington, & Columbus.

Hot Meals (Southern Anoka County) (763) 236-3636

Fridley, Spring Lake Park, Columbia Heights, & Hilltop

Meals on Wheels (763) 489-3608

www.crbmealsonwheels.org. Coon Rapids and Blaine. Daily breakfast also available and are delivered with noon meal.

Kinship (612) 276-1558

www.kinship-mn.org. Individuals, couples, & families mentor children from single parent homes, children of immigrants & refugees, & children of prisoners. Meet weekly doing low cost/no cost activities. Adults of all ages needed.

Linwood Senior Transportation Services (651) 462-5565

Volunteer drivers using their own vehicles to transport able bodied seniors living in Linwood.

“Make A Wish” Minnesota (612) 767-9474

www.wishmn.org. Help grant wishes to children with life-threatening medical conditions.

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. Volunteers needed to tutor adult learners with reading, writing, math, English as a Second Language (ESL), and GED. Volunteers needed at various locations during morning and evening class times. No longer offers family literacy classes.

Second Harvest Heartland (651) 282-0901

www.2harvest.org. Email: volunteer@2harvest.org. Agency supplies food & grocery products to 1000+ member agencies & programs in MN & Western WI. Runs MAC & NAPS programs. Group & individual volunteer opportunities available sorting, packing, delivering food, and also support for special events.

Senior Companion Program through LSS (651) 310-9459

www.seniorcorps.org. Provide companion/friendship to homebound or isolated older adults. Training provided. Receive mileage and meal allowance. May also receive a stipend if income guideline criteria is met.

- Senior Information Line, ACCAP** (763) 783-4707
www.accap.org. Volunteers needed to answer phones, refer clients to resources, & work on clerical projects. Training provided.
- Senior Kinship Program (ACCAP)**.....(763) 783-4745
Offers weekly one-on-one services, where seniors provide assistance and friendship to isolated or homebound seniors.
- Springbrook Nature Center – City of Fridley** (763) 572-3588
www.springbrooknaturecenter.org. Provides environmental interpretive programming, recreation, and entertainment. Volunteers needed for animal care, trail maintenance, desk hosting, and special events.
- Stepping Stones Emergency Housing**..... (763) 323-7006
www.steppingstonech.org. Provides emergency housing (60+ beds) and support to adults experience 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 at the end stage of a terminal illness.
- United Way Volunteer** (612) 340-7440
www.GTCUW.org. Matches people to volunteer projects across the nine-county metro area. Get your friends, family, co-workers, and neighbors involved! We have projects for all size groups, two people and up. You'll be matched by your group's interests and location preferences.
- University of Minnesota Extension, Anoka County** (763) 324-3495
www.extension.umn.edu/county/anoka. Outreach arm of the U of M connecting community needs & University resources. Program emphasis includes 4-H Youth development & Master Gardener Program.