

# 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/](http://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, & 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.”

**Alexandra House, Inc. Shelter Program & 24 Hour Helpline ..... (763) 795-5452**

[www.alexandrahouse.org](http://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. Also provide elderly care.

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

[www.redcross.org](http://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](http://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](http://www.accap.org). Volunteers needed for a variety of programs.

**Anoka County Library ..... 763-324-1510**

[www.anokalibrary.org](http://www.anokalibrary.org). A variety of volunteer opportunities maybe available for both young people and adults. Contact your local library for more information.

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

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

**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.

- Arc Minnesota** ..... **(952) 920-0855**  
[www.arcminnesota.org](http://www.arcminnesota.org). Information, referral, and advocacy for individuals with developmental disabilities & their families. Volunteers needed for special events, mailings, clerical duties, & thrift stores. Serves entire state of Minnesota.
- Bar None** ..... **(763) 753-2500**  
[www.voamnwi.org/bar-none](http://www.voamnwi.org/bar-none). Shelter services for male and female youth between ages 11 and 17 who are in crisis or transition between placements. Variety of volunteer opportunities available.
- Big Brothers Big Sisters of the Greater Twin Cities** ..... **(651) 789-2400**  
[www.bigstwincities.org](http://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.
- Confederation of Somali Community in Minnesota** ..... **(612) 338-5282**  
[www.cscmn.org](http://www.cscmn.org).
- Family Caregiver Connection**..... **(763) 324-1608**  
[www.anokacounty.us/655/Family-Caregiver-Connection](http://www.anokacounty.us/655/Family-Caregiver-Connection). 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.
- Girl Scouts of Minnesota and Wisconsin River Valleys** ..... **(651) 227-8835 or 1-800-845-0787**  
[www.girlscoutsrv.org](http://www.girlscoutsrv.org). Girl Scouts offers every girl (K-12) a chance to practice a lifetime of leadership, adventure, and success. Volunteers needed year-round to be troop leaders, activity and special event helpers, and more.
- Hands on Twin Cities** ..... **(612) 379-4900**  
[www.handsontwincities.org](http://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 available listed on our website.
- Head Start, ACCAP** ..... **(763) 783-4300**  
[www.accap.org](http://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.
- “Make A Wish” Minnesota** ..... **(612) 767-9474**  
[www.wish.org/minnesota](http://www.wish.org/minnesota). Help grant wishes to children with life-threatening medical conditions.

### **Meals on Wheels (Home Delivered Meals)**

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.

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

Andover, Anoka, Bethel, Blaine, Centerville, Circle Pines, Columbia Heights, Columbus, Coon Rapids, East Bethel, Fridley, Ham Lake, Hilltop, Lexington, Lino Lakes, Linwood, Nowthen, Oak Grove, Ramsey, St. Francis, Spring Lake Park

### **Mediation Services for Anoka County ..... (763) 422-8878**

[www.mediationservice.org](http://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](http://www.metronorthabe.org). Email: [info@metronorthabe.org](mailto:info@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.

### **Second Harvest Heartland ..... (651) 282-0901**

[www.2harvest.org](http://www.2harvest.org). Email: [volunteer@2harvest.org](mailto: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 Kinship Program (ACCAP).....(763) 783-4745**

[www.accap.org/senior-services/kinship/](http://www.accap.org/senior-services/kinship/) Offers weekly one-on-one services where volunteers provide assistance, transportation, and friendship to isolated or homebound seniors.

### **Springbrook Nature Center – City of Fridley ..... (763) 572-3588**

[www.springbrooknaturecenter.org](http://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.stepsingstonech.org](http://www.stepsingstonech.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](http://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](http://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.local.extension.umn.edu/county/anoka](http://www.local.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.