

Volunteer Opportunities

September 10, 2018

United Way Volunteer Connection

- Promotes year-round volunteerism
- Connects people with local volunteer opportunities
- Highlights a few opportunities each week

To receive this listing or additional opportunities contact Mary, United Way Volunteer Engagement Coordinator at 252-0227 or www.unitedwayhelps.org

Serving Those Who Served at the St. Cloud VA Health Care System

The St. Cloud VA Health Care System is dedicated to providing exceptional health care to Veterans. We need you to join our team as a volunteer and honor our nation's Veterans today! Volunteers are needed for numerous assignments throughout the health care system and demand for volunteer assistance continues to grow. A volunteer role offers flexible scheduling, assignment specific training, and an opportunity to demonstrate your commitment to our customers.

Contact Voluntary Service office at (320) 255-6365 or email at vhastcvavsstaff@va.gov

Help Residents get to Appointments

Good Shepherd Community in Sauk Rapids is looking for volunteers who would like to get their daily exercise in while helping residents get to and from their therapy appointments within our campus at one convenient location. This is a new position that allows for flexibility to fit your schedule. With fall and winter months approaching quickly we can help you maintain your daily exercise. This position requires the physical mobility to push wheelchairs.

Contact Jenny Zimmer, The Good Shepherd Community at 258-8661



Help Prepare Meals

Overcomers International Fellowship, Inc. provides transitional housing to residents that provide services to ex-offenders and adult men who are just having a hard time with life. They are looking for volunteers to help with lunch and dinner. Volunteers will assist preparing and serving lunch 11:30 am and 4:30 pm.

Contact Michael, Overcomers International Fellowship at (320) 656-1550 or oifadultcare@aol.com

No Child Should Sleep on the Floor

You can help by donating gently used items to a low-income family in need. Items accepted include couches, lamps, recliners, rockers, kitchen tables and chairs, end tables, coffee tables, night stands, dressers and complete bed sets (no kings). Furniture with rips, stains, mold or rust cannot be accepted. Tax receipt and pick up service is available.

Contact Community Furniture Program at (320) 656-9004

Advocate Training for Central MN Sexual Assault Center

Central MN Sexual Assault Center (CMSAC) Volunteer Advocate Training is 42 hours, as required by the State of MN. All trainings will be held at the Community OutPost (COP) House in St. Cloud, unless otherwise specified. Due to the 42 hour requirement, it is imperative to attend each training session. Should you have an unavoidable conflict, please notify the Client Services Coordinator as soon as possible at (320) 251-4357 and the will discuss alternative arrangements can be made.

Contact CMSAC Client Services Coordinator at (320) 251-4357

Contact Mary Krippner, United Way Volunteer Engagement Coordinator at (320) 223-7991 or Mkrippner@unitedwayhelps.org