

# Volunteer Opportunities

January 7, 2019

## United Way Volunteer Connection

- Promotes volunteer opportunities for local nonprofits through a searchable database found at [www.unitedwayhelps.org](http://www.unitedwayhelps.org).
- Connects individuals, families, groups and companies with volunteer opportunities

To receive this listing or additional volunteer opportunities, contact Mary Krippner, United Way Volunteer Engagement Coordinator at 320-223-7991 or [mkrippner@unitedwayhelps.org](mailto:mkrippner@unitedwayhelps.org)

## Help with Donations

Anna Marie's Alliance/Central MN Task Force on Battered Women provides a domestic violence shelter for women and their children, as well as 24-hour advocacy services and crisis line.

I am looking for people to help sort and put away donations. They are looking for volunteers to work 8-noon or noon-4 on Tuesday, Wednesday or Fridays. Contact Kim, Manager of Volunteer Services at (320) 251-7203 Ext 210 or [kims@annamaries.org](mailto:kims@annamaries.org)

## Neighbor to Neighbor and Senior Companion Program

Lutheran Social Service of MN provides trusted companionship through our Neighbor to Neighbor and Senior Companion programs. Both programs assist older adults to live in their homes longer, safer, and healthier by providing weekly friendly visits. Senior Companions are 55+ years old and volunteer 15 hours/wk. Neighbor to Neighbor Companions are 18+ years old and volunteer 2+ hours/wk serving one or more older adults. Volunteers are matched with seniors in their community and provide weekly companionship, transportation to appointments and activities, or an opportunity to share a meal. Volunteers are eligible for a monthly or hourly stipend and mileage reimbursement. Call or email Janel Heinen for more information: 320-241-5173 or [janel.heinen@lssmn.org](mailto:janel.heinen@lssmn.org)



### **Help Provide Childcare**

Hands Across the World uses English as a second language techniques (ESL) to provide a classroom environment to educate parents and children in their first attempt at acquiring English language skills. They are looking for volunteers to provide childcare at the St. Cloud Library while parents are in class. Hours needed are Monday-Thursday, Noon-2:00pm and Friday, 9:00am – 1:00 pm. Contact Brianda Cediell, Executive Director at (320) 260-1072 or [info@handsacrosstheworldmn.org](mailto:info@handsacrosstheworldmn.org)

### **Improve Overall Health of Yourself and Others**

Looking for a rewarding volunteer opportunity to help with improving overall health of yourself and others? The Health Promotions Program at Catholic Charities is in need of volunteer coaches age 55+ to assist with facilitation of evidence-based workshops to persons age 60+ at various locations within the diocese of St. Cloud. Workshops include: A Matter of Balance, Living Well with Chronic Conditions, Living Well with Diabetes, and Living Well with Chronic Pain. Training provided. For more information about workshops or coaching opportunities, contact: Sue Feliciano at (320) 229-4594 or [Sue.Feliciano@ccstcloud.org](mailto:Sue.Feliciano@ccstcloud.org), or go online and complete a volunteer registration form at <https://www.ccstcloud.org/volunteer>

### **Volunteer Drivers Needed**

The Tri-CAP Volunteer Driver Program serves the residents of Benton, Mille Lacs, Morrison, Sherburne, and Stearns Counties, providing rides primarily to medical appointments. In 2017, their volunteer drivers gave over 24,000 one-ways rides providing this much-needed service. Volunteer drivers use their own vehicles, determine their own schedules, and are paid a mileage reimbursement at the federal IRS rate. Volunteers say that helping people gives them a good feeling. If you are interested in experiencing that “good feeling” call Tri-CAP at 320-251-1612 or visit their website at <https://tricap.org/volunteer/>

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