

# Volunteer Opportunities

February 11, 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)

## Mobile Food Shelf Help

Catholic Charities Emergency Services is looking for volunteers to help with their Mobile Food Shelf. Volunteers will meet at the same local apartment complexes on a monthly basis to distribute needed food shelf items to clients that are unable to visit their onsite location. They need intake /Registration workers who must be computer friendly and driver assistant who must pass a Minnesota DOT Physical exam.

Contact Catholic Charities Emergency Service at 320-229-4560

## Become an Advocate

Central MN Sexual Assault Center (CMSAC) is looking for volunteers to attend their upcoming volunteer advocate training. Volunteer advocates are required by the state of Minnesota to complete a 40-hour training (our training is 45 hours) which qualifies them to provide support counseling, crisis intervention, and advocacy for survivors of sexual violence and their friends and family on CMSAC's 24-hour phone line, at local law enforcement centers, and at area hospitals. Being a volunteer advocate provides valuable and rewarding experiences working directly with survivors of sexual violence and multi-disciplinary professionals. It also provides an opportunity for community members to get involved with a very important issue.

Contact Central MN Sexual Assault Center at 320- 251-4357 or visit [www.cmsac.org](http://www.cmsac.org)



### **Animal-Assisted Therapy – Hospice**

CentraCare Health -Hospice is looking for volunteer handler and animal teams to enhance the Hospice patient experience by providing hugs and pets to patients. Animal-Assisted Therapy helps promote physical, social, emotional and/or mental healing. Animal-Assisted Therapy teams must be registered with Pet Partners and complete the CentraCare Health volunteer onboarding process. Animals must be at least 1 year old and up to date on mandatory vaccinations.

Visit [www.centracare.com/volunteer](http://www.centracare.com/volunteer) for information or contact the Volunteer Office at [Volunteer@centracare.com](mailto:Volunteer@centracare.com) or 320-255-2538

### **Greet and Welcome Guests**

Saint Scholastica's is a licensed assisted-living facility for Sisters. It is Home for Retired Sisters from Saint Benedict's Monastery, St. Joseph, MN. Dining Room Assistance is needed at meal time. Volunteers are asked to pour beverages and assist with whatever is needed during the meal time. Volunteers are offered a free meal whenever they help in the dining room. Help is needed from 12:00 noon-1:00 pm on Tuesday, Thursday and Friday and in the evening from 5-6 pm on Tuesday evenings.

Contact Marina Schlangen, OSB, Saint Scholastica's at 320-251-2225

### **Help Strengthen and Nurture Families**

St. Cloud Area Crisis Nursery seeks to strengthen and nurture families, in cooperation with community organizations and individuals, through a family-focused service to protect children from possible harm and provide support and validation for parents. They are looking for volunteers who will have the opportunity to counsel and support families from a crisis line via a cell phone from their home. Volunteers will be responsible for answering the crisis line from 5:00 pm-8:00 am Monday through Friday and over weekends. Volunteers can determine their availability and can help as many hours as their schedule allows. Volunteers will attend two-hour orientation training and come together every other month for two hour training with the coordinator. Trainings are fun and casual. Everyone is able to volunteer, but they require volunteers to be friendly, personable, professional and able to work under stressful situations. Volunteering with St. Cloud Area Crisis Nursery is very self-rewarding and making a difference really matters.

Contact Conni Orth, Lutheran Social Service -St. Cloud Area Crisis Nursery at 320-654-1090

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