

Volunteer Opportunities

March 25, 2019

United Way Volunteer Connection

- Promotes volunteer opportunities for local nonprofits through a searchable database found at 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

Help People with Disabilities

Project ASTRIDE (Adapted Specialized Training & Recreation Involving Disabled Equestrians) is a nonprofit organization that provides therapeutic sessions (mounted and unmounted) for people with developmental, physical or sensory challenges. Their all-volunteer organization has served riders from ages four to 103! Their volunteers are proud to be a part of the program. It is so rewarding to participate, and fun too! It's easy to apply and training is minimal but required. Help provide horse experience for people with disabilities. Volunteer and help provide horse experiences for people with disabilities. Many spots available. Spring training for new volunteers will be held at their barn near Sartell on Saturday, April 27, 9:00am – 1:00pm at their barn near Sartell.

Contact Marti, Project ASTRIDE at martiastride@yahoo.com or visit www.astride.org for details, directions and additional information.

Food Shelf Help

It's the kindhearted volunteers like you who help fulfill The Salvation Army promise to do the most good. Whether you have a specific talent to offer or simply an hour of your time. The Salvation Army is the place to turn your passion into action. Opportunities include but are not limited to, sorting and organizing donations in the food shelf (weekdays from 8:30 – 11:00am or 1-4pm), assisting with food preparation for the weekday lunch program (weekdays from 8am – 1pm) and more.

Contact Laura at 320-257-7437 or sign up online if you're interested.



Join the Coffee Shop Team

Volunteers have always been an important part of The Good Shepherd Community. Following their mission and values, they work closely with staff to enrich the lives of the residents. Volunteers are matched to assignments based on their interests and the needs of residents and tenants. Join their coffee shop team and visit with those coming in to shop, socialize, or help with a store-themed special event.

Contact The Good Shepherd Volunteer Coordinator at 320-258-8661

Work with Animals

Tri-County Humane Society Volunteers are essential to everything they do! Shelter volunteers provide hands-on animal care such as grooming, exercising, and socializing the animals while they wait for their new homes. In addition, volunteers assist with kennel cleaning, general housekeeping, and customer service.

Visit www.tricountyhumanesociety.org if you're interested.

Give someone a lift today!

Assumption Faith in Action is looking for volunteer drivers. Provide rides to and from nonemergency medical appointments and to run errands to meet basic needs. Volunteer drivers are paid for mileage twice annually. Volunteer drivers must have a clean driving record, a vehicle that can pass a simple inspection, current registration and insurance, and have medical clearance from their doctor. All of these (typically including medical clearance) can be completed in their office with their Volunteer Coordinator.

Contact Betty Johnson, Volunteer Coordinator, at 320-348-2316 or Johnson.betty@assumptionhome.com

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