

Plan to Volunteer!



A Better Society

We are a nonprofit organization with the goal of strengthening communities by using a unique approach. We take new social ideas, incubate them, and scale them into sustainable projects. By providing the necessary resources, we help bring people's ideas and passions to reality. Our mission is to empower social entrepreneurs to fulfill community needs by providing them with guidance, resources, and a collaborative network to help their ideas become reality.

- Interest Category: Community, Family
- Opportunities: Assist with Project Life-Cycle events and other outreach events in the West Metro.
- Age Restrictions: Dependent on activity/project
- Volunteer Contact: Heather Tran, projectimpact@abettersociety.org

Arc's Value Village Thrift Stores

The Arc Minnesota promotes and protects the human rights of people with intellectual and developmental disabilities, actively supporting them and their families in a lifetime of full inclusion and participation in their communities.

- Interest Category: Community, Family
- Opportunities: Assist in resale store (10 a.m.- 6 p.m. daily). Volunteers need to work for at least a 2-hour shift.
- Age Restrictions: 14 and older, 8-13 with an accompanying adult
- Volunteer Contact: Michelle Theisen, michelletheisen@arcminnesota.org

Bethesda Thrift Shop

Bethesda raises funds to support people with disabilities.

- Interest Category: Adults and Children with Disabilities
- Opportunities: Sort donations and work in resale shop.
- Age Restrictions: 14 and older
- Volunteer Contact: Ann Blatzheim, ann.blatzheim@bethesdal.org

Bridging

Bridging empowers people to thrive in their homes by providing quality furniture and household goods for those pursuing housing stability.

Interest Category: Community, Environment, Family, Homelessness, Senior Citizens

Opportunities: Work at sorting donations in the warehouse and helping as a shopping assistant to clients.

Age Restrictions: 14 and older (to volunteer in warehouse)

Volunteer Contact: <https://bridging.org/engage/volunteer/>,
Lee Phillips, lee.phillips@bridging.org

Bundles of Love Charity

Bundles of Love is a volunteer driven nonprofit that partners with community organizations to assist Minnesota families in need by providing handmade items for newborns. By gathering communities to support a parent and newborn, we offer peace of mind for parents and provide important, essential, practical supplies to show that someone cares.

Interest Category: Family, Wellness

Opportunities: We also gladly accept donations of knitted hats, booties, baby quilts and much more.

Age Restrictions: None

Volunteer Contact: <http://www.bundlesoflove.org/volunteer> or find us on Facebook.
Kay Rindels, kay.rindels@bundlesoflove.org

Camp Fire Minnesota

Camp Fire Minnesota is an organization centered around outdoor programming and nature education. Our vision is to give all young Minnesotans the chance to grow and gather around our Camp Fire, any time of the year. We serve thousands of youth annually through our school partnerships, scholarship program, and year-round camp programs.

Interest Category: Community, Family, Environment

Opportunities: One-time volunteer opportunities (clean-up) <https://campfiremn.org/get-involved/volunteer/>

Age Restrictions: Dependent on project/position

Volunteer Contact: Jayna Davis, jaynad@campfiremn.org

[Carver County Parks](#)

Carver County Parks includes Baylor Regional Park, Lake Minnewashta Regional Park, and Lake Waconia Regional Park. Carver County Parks also manages sections of the Dakota Rail Regional Trail, Southwest Regional Trail, and Minnesota River Bluffs Regional Trail.

Interest Category: Community, Family, Environment

Opportunities: Work with kids in recreational activities at Carver County Parks. Volunteer for the Mud Run at Minnewashta Regional Park in July. Work on outdoor work projects (all ages). Paid positions available for Recreation Assistants (16 and older). [Volunteer at Carver Parks](#)

Age Restrictions: Dependent on position

Volunteer Contact: Micah Ostergard, mostergard@co.carver.mn.us

[City of Chanhassen- Parks](#)

Chanhassen Parks & Recreation provides activities, programs, and events to Chanhassen community members of all ages.

Interest Category: Community, Family, Environment, Wellness

Opportunities: Opportunities for special events come up throughout the year (Halloween open house, holiday donation drives, park clean-up). Teens can also apply to be a part of the Teen Volunteer Program (summer sessions). [Volunteer for Chanhassen](#)

Age Restrictions: Special events/Eagle Scout Projects/Gold Awards, no age requirement

Volunteer Contact: Priya Tandon, ptandon@ci.chanhassen.mn.us

[Feed My Starving Children](#)

Feed My Starving Children is dedicated to providing nutritious meals to children worldwide.

Interest Category: Community, Family, Hunger

Opportunities: FMSC offers volunteers a one-of-a-kind experience. You'll hand-pack rice, soy, dried vegetables and a nutritionally complete blend of vitamins and minerals into bags which are then sealed, boxed, placed on pallets and shipped to our incredible partners working hard to reach the neediest children around the world.

Age Restrictions: All ages, 18 and under with an accompanying adult

Volunteer Contact: <https://www.fmssc.org/get-involved/volunteer-info>

Freedom Farm

Freedom Farm is therapeutic riding program which primarily focuses on supporting teens and veterans.

Interest Category: Animals, Wellness

Opportunities: Opportunities change monthly. Volunteers assist manager with horses and projects on property. Training required and provided by Freedom Farm.

Age Restrictions: 14 and older with horse experience

Volunteer Contact: Susie Bjorklund, info@freedomfarmmn.org

Great River Greening

Great River Greening is an environmental conservation nonprofit working throughout Minnesota. Our mission is to inspire and lead local communities in restoring and conserving the land and water that enrich our lives. We hold volunteer events every spring and fall to bring community members outside and get hands-on experience restoring the land.

Interest Category: Community, Environment

Opportunities: Restore natural habitats around greater Minnesota/Twin Cities. Work with team leaders on Saturdays in the spring, summer, and fall.

Age Restrictions: None

Volunteer Contact: Amy Kilgor, volunteer@greatrivergreening.org

Greater Minneapolis Crisis Nursery

Our mission is to prevent child abuse and strengthen families. We provide overnight respite care for children 0-6, a 24-hour crisis line, and mental health/home visiting services.

Interest Category: Family, Healthcare, Wellness

Opportunities: During COVID-19, student groups can collect in-kind resources (like diapers), buy and drop off groceries, do building and grounds projects, or raise funds to support our mission and programs. When we return to regular operations, students can do enrichment activities with children or prepare meals or snacks.

Age Restrictions: 18 and older (childcare), 16 and older (enrichment), 12-15 with an accompanying adult

Volunteer Contact: Julie Huck, jhuck@crisisnursery.org

Helping Paws, Inc.

We train service dogs for veterans and first responders with PTSD, people with physical disabilities, and for use in courthouses and mental health facilities where people experience trauma. Our goal is that those we serve can lead more independent lives.

Interest Category: Animals, Community, Healthcare, Wellness

Opportunities: Become a foster and help train a dog to be a service dog. 1 time a week class commitment. Adults/families typically train for 2 years.

Age Restrictions: 18 to volunteer independently, 18 and younger with an accompanying adult

Volunteer Contact: Brenda Hawley, bhawley@helpingpaws.org

His House Foundation/Food Abundance Program

We are a full holistic agency that helps those in need from homelessness to sustainable housing by ensuring we help people connect all the dots. We have a full resource center in Chaska and we capture food from many sources (i.e. restaurants, grocery stores, farmers markets, etc.), and then redistribute it real time to those in need. We also work with the county hotel program and other agencies.

Interest Category: Community, Hunger, Housing, Wellness

Opportunities: Food pick-ups, resource center sorting and organizing, flyer delivery, furniture logistics, gardening, food truck work, special event (Sleep Out-November 2021), and Eagle Scout project work in our food pantry. Assist Food Abundance Program lead with food distribution.

Age Restrictions: 14 and older, under 14 with an accompanying adult

Volunteer Contact: Vanessa Nordstrom, vanessahhfabundance@gmail.com or HisHouseNonProfit@gmail.com

Hope House

Hope House is an emergency shelter for youth, ages 14-19, who are in crisis.

Interest Category: Community, Family, Homelessness, Hunger

Opportunities: Assist with projects around the property and meal delivery twice a week.

Hope House also gathers high school volunteers through the Hope House student group at Minnetonka High School.

Age Restrictions: Outside project volunteers can be any age and indoor projects volunteers must be 18 and older

Volunteer Contact: Sophie Taylor, sophie.taylor@180degrees.org

Hope Rides

Hope Rides is a faith-based mentorship program utilizing horse, husbandry and ranch related life.

Interest Category: Animals, Community, Family, Wellness

Opportunities: Assist with projects around the ranch and with various fundraising projects/teams.

Age Restrictions: 15 and older, 7 and older with an accompanying adult

Volunteer Contact: Vollie Heitkamp, vollie@hoperides.org, or hoperides.org/contact-us

Humanity Alliance

We are a nonprofit that aspires to create long lasting community value, health, and wealth, by launching and scaling disruptive innovations. Currently focusing on unraveling the catastrophic health outcomes related to food insecurity (Twin Cities/West Metro).

Interest Category: Community, Family, Hunger, Homelessness, Wellness

Opportunities: Help prep, prepare, and deliver meals to families in need. 5,000 meals are prepared weekly in the Twin Cities. Volunteer sites in the West Metro.

Age Restrictions: 15 and older, 7 and older with an accompanying adult

Volunteer Contact: <https://www.signupgenius.com/go/10c0d4aa8a622a1fec16-thehumanity2>

ICA Food Shelf

ICA offers hope and provides assistance to our neighbors in need, through our food shelf, homelessness prevention initiatives, and employment.

Interest Category: Hunger, Housing, Homelessness

Opportunities: Help sort donations, assist clients with shopping, bag assembly, assist at farmer's markets, help in community garden.

Age Restrictions: 16 and older, 12 and older with an accompanying adult

Volunteer Contact: General: volunteer@icafoodshelf.org

Volunteer for Events: <https://www.icafoodshelf.org/event-listnities>

Rebecca MacKenzie, rebecca@icafoodshelf.org

Interfaith Outreach and Community Partners

To engage the heart and will of our community to respond to emergency needs and create opportunities for all to thrive.

Interest Category: Community, Family, Housing, Homelessness, Hunger

Opportunities: Act as a play area helper, summer camp counselor, inventory specialist, shopping assistant, pack groceries, receive and organize donations, and cashier (resale shop).

Age Restrictions: 15 and older, 12 and older with an accompanying adult

Volunteer Contact: Visit <https://iocp.volunteerhub.com/> to create an account and sign up to help.
Ashley Wyatt, awyatt@iocp.org

Loaves and Fishes

Loaves & Fishes is a nonprofit organization serving free, healthy meals to Minnesotans. We serve urban, suburban, and rural communities through a variety of meal programs supported by creative food sourcing, our own farm and gardens, and food rescue efforts.

Interest Category: Community, Family, Hunger

Opportunities: We have opportunities for individuals and small groups to help us package and serve meals. Meal sites are serving to-go meals and we are keeping the number of volunteers in our kitchens to four at any given time. This provides the opportunity for volunteers to practice safe social distancing and allows guests to receive a hot and healthy meal. No experience is necessary; our site coordinators will walk you through everything.

Cooking volunteers assist with cooking a pre-planned meal under the guidance of the site coordinator and help package meals for distribution. Serving volunteers continue to package and distribute meals, clean up during distribution and at the end of the evening, and do dishes throughout the serving period. Following state guidelines, all Loaves and Fishes volunteers are required to wear a mask for the entirety of their shift.

Age Restrictions: 16 and older, 8 and older with an accompanying adult

Volunteer Contact: <https://www.loavesandfishesmn.org/volunteer/> to schedule
Lonny Evans, levans@loavesandfishesmn.org

Many Hands, Many Meals

MHMM packs life-saving meals to ease world hunger and provides service opportunities for youth organizations and families.

Interest Category: Community, Family, Hunger

Opportunities: Many Hands Many Meals strives to provide positive volunteer opportunities during our meal packing events (next scheduled for November 2021). You can also schedule your own small group packing event.

Age Restrictions: None

Volunteer Contact: <https://www.mh-mm.org/> to sign up for current packing events or schedule your own private packing event

Cassandra McNally-Morgan cassandra.morgan@mountcalvary.org

Minnetonka Community Education

Minnetonka Community Education supports the educational, social and recreational needs of the community by serving children ages birth to five, youth and adults throughout Minnetonka School District and surrounding communities.

Interest Category: Community, Family

Opportunities: Assist as an event volunteer at the Tour de Tonka, Firecracker Run, Minnewashta Mud Run, Fall de Tonka. [MCEC Events](#)
Rake-A-Thon (November 6, 2021) [Rake-A-Thon Registration](#)

Age Restrictions: None

Volunteer Contact: Louise Bagshaw, louise.bagshaw@minnetonkaschools.org

myHealth for Teens & Young Adults

myHealth for Teens & Young Adults is a nonprofit resource for young people ages 12-26. We provide medical care and mental health counseling. Our primary focus is on health and education for young people and the families, educators, and community organizations that support them. We accept most insurance, but if our young people/families don't have insurance, can't afford their deductible, are undocumented citizens, etc., we offer services on a sliding fee scale. People pay what they can afford, all the way down to zero.

Interest Category: Community, Family, Healthcare, Wellness

Opportunities: Opportunity to apply to be on their Youth Advisory Board (YAB). The board helps with awareness campaigns and helps in outreach efforts for myHealth.

Age Restrictions: 15 and older

Volunteer Contact: Emily McDowell, EmilyM@myhealthmn.org

Opportunity Partners

Opportunity Partners is a Minnesota nonprofit organization that works alongside people with disabilities to provide job training, employment, and residential support for people to live more independently, succeed on the job and lead lives filled with purpose and meaning.

Interest Category: Community, Family, Healthcare, Wellness

Opportunities: Volunteer in a classroom, on our production floor, share or teach a skill/talent, or help at a special event. Group opportunities include yard clean-up, playing Bingo with residents and coordinating craft projects/activities.

Age Restrictions: Depends on activity. Contact the volunteer coordinator.

Volunteer Contact: volunteers@opportunities.org

Reach for Resources

We support individuals with disabilities and mental illness by providing individualized services that maximize independence, promote community involvement, and improve physical and mental well-being.

Interest Category: Community, Family, Healthcare, Wellness

Opportunities: Volunteers can work directly with clients, assist us with a special skill as well as assist at one of our adaptive recreation programs (weekdays and weekends). To volunteer with Reach, you must go through an interview process and complete an orientation training session.

Age Restrictions: 16 and older

Volunteer Contact: Jesse Hartrick, jhartrick@reachforresources.org (952) 393-4277

ResourceWest

ResourceWest supports individuals and families in the West Metro through collaborative programs and connections to resources as they move toward greater stability.

Interest Category: Community, Family, Housing, Homelessness.

Opportunities: Due to COVID-19 there are currently no in-person opportunities. Students and families are encouraged to create a donation drive to support their efforts.

Age Restrictions: None

Volunteer Contact: Tracie Stanton, tracie@resourcewest.org

Ronald McDonald House Charities, Upper Midwest

Ronald McDonald House Charities, Upper Midwest provides a comfortable and caring home-away-from-home for families facing a child's medical crisis. Despite the pause of our 10,000-person strong volunteer program, we remain committed to providing food, lodging, comfort, and support to families.

Interest Category: Family, Healthcare, Wellness

Opportunities: On-site and off-site opportunities are currently available. Access a list of ways you and your friends can support families from your location [Volunteer Opportunities](#)

Age Restrictions: 18 and older, 14 and older with a trained accompanying adult

Volunteer Contact: Taylor Olson, tolson@rmhc-uppermidwest.org 612-767-2790.

Secondhand Hounds

Secondhand Hounds helps find homes for dogs who are stray or need to be relocated. Many of their dogs are coming from puppy mills.

Interest Category: Environment, Animals

Opportunities: Assist with intakes, special events, and fostering a dog.

Age Restrictions: 16 and older, 12 and older with an accompanying adult

Volunteer Contact: Beth Citurs, beth@secondhandhounds.org

Senior Community Services

Senior Community Services mobilizes open-hearted people in the community to bring affordable home maintenance and chore services to seniors in Hennepin County. This includes seasonal yard maintenance, fall raking, and winter snow removal. We are passionate about enhancing the quality of life of older adults and caregivers.

Interest Category: Community, Senior Citizens

Opportunities: Assist with chores (fall/spring/summer clean-up). Some paid positions available.

Age Restrictions: 18 and older, 17 and under with an accompanying adult

Volunteer Contact: <https://seniorcommunity.org/group-volunteer-opportunities/>

Michelle Wolney, m.wolney@seniorcommunity.org

Paid Position Contact: Gary Spears, g.spears@seniorcommunity.org

Sholom

Sholom supports senior adults in need across the continuum of care, to live life fully in a Jewish environment where all are welcome.

Interest Category: Community, Senior Citizens

Opportunities: Escort residents to activities and programs, assist with programming (crafts, music, Bingo, etc.)

Age Restrictions: 18 and older

Volunteer Contact: Sarah Philippe, sphilippe@sholom.com

Sojourner

Provide support services to victims of domestic violence and sexual assault

Interest Category: Community, Family, Housing, Homelessness

Opportunities: Students can provide weekly or bi-weekly childcare to the children at the shelter. Minimum 1 2-hr shift every other week in the evenings.

Age Restrictions: 16 and older

Volunteer Contact: Visit <http://sojournerproject.org> to fill out an application online.

Laura Sisterman, laura@sojournerproject.org

The Glenn Minnetonka

We are a senior health care in the Glenn Lake area of Minnetonka.

Interest Category: Senior Citizens

Opportunities: Assist residents with activities, crafts, Bingo, etc. Take residents for a walk and provide one-on-one interaction. Connect virtually with our residents via sing-along, cooking demo, reading, musical performances, etc.

Age Restrictions: 16 and older (in person), any age (virtual)

Volunteer Contact: Alissa Dvorak, advorak@greatlakesmc.com

The PROP Shop

The PROP Shop is a nonprofit organization located in Eden Prairie that provides free clothing and furniture to local families in need. We operate a donation center, a resale store, and a free area.

Interest Category: Community, Family, Hunger, Homelessness

Opportunities: Assist with donations, organization of donation, and outdoor projects. Create donation drives, create "Build-a-Kitchen packages, and bake occasionally for events.

Age Restrictions: 14 and older (on-site), none (at-home)

Volunteer Contact: Alicia Yost, Alicia@propshopep.org

RAK (Random Acts of Kindness)

The RAK (Random Acts of Kindness) stores and warehouses, provides high quality furniture, clothing, shoes, books, toys, and household decor.

Our stores and warehouses are run by a volunteer staff from community churches, organizations, or individuals that want to make a difference. No one is paid, including the founder. He believes that all the money raised in the store should go back into the community and families in need.

Interest Category: Community, Family, Homelessness, Wellness

Opportunities: Help sort donations, organize items for stores and warehouses, and help with deliveries and donation pick-ups. Once or twice a month commitment.

Age Restrictions: 14 and older

Volunteer Contact: Dan Turzinski, daniel@rakthrift.com

Tonka CARES

Provide guidance for strategies to reduce substance abuse and enhance the well-being of our youth.

Interest Category: Community, Family, Wellness

Opportunities: Become a member of the Tonka CARES Coalition.

Students participate in focus groups to help Tonka CARES with a student voice, participate in our coalition meetings, help with making videos and using social media. Student participants value healthy living and advancing healthy messages to the school.

Age Restrictions: High school age

Volunteer Contact: Judy Hanson, judy.hanson@mtka.org

Trouvaille Homes of Excelsior

Trouvaille Homes (true-Vi) provides a loving place for seniors who suffer from memory loss, such as Alzheimer's and various forms of Dementia. We offer a variety of services and programs for our residents.

Interest Category: Senior Citizens

Opportunities: Provide entertainment/enrichment for residents by creating videos of musical performances, art demonstration, skits, reading a story/poems, etc. Assist with preparing craft projects for theme events and help with outdoor garden maintenance.

Age Restrictions: None

Volunteer Contact: Ann Webb, awebb@trouvaillehomes.com

WeCAN

WeCAN is a community nonprofit that provides support services to individuals and families to reach stability and self-sufficiency.

Interest Category: Community, Family, Hunger, Homelessness

Opportunities: Volunteers assist with projects at WeCAN facility in Mound, conduct donation drives, and assist at special events.

Age Restrictions: 16 and older, under 16 with an accompanying adult

Volunteer Contact: Chris Anderson, executivedirector@wecanmn.org

We Can Ride, Inc.

We Can Ride, Inc.'s mission is to improve the lives of individuals with disabilities or special needs through equine assisted activities and therapy.

Interest Category: Animals, Healthcare, Wellness

Opportunities: Volunteers assist with side walking and leading horses in therapy classes. This requires training, which is provided to new volunteers

Age Restrictions: 14 and older (general chores), 18 and older (feeding)

Volunteer Contact: Linda Cameron, volunteers@wecanride.org

West Metro Miracle Athletics

West Metro Miracle Athletics provides baseball and basketball experiences for children/young adults/adults with special needs.

Interest Category: Community, Family, Wellness

Opportunities: Be a volunteer coach, managers, or play-by-play announcer.

Age Restrictions: 14 and older, under 14 with an accompanying adult

Volunteer Contact: Tonya Andruskiewicz, westmetromiracleathletics@gmail.com

Additional Student/Family Volunteer Resources

Hands On Twin Cities



Doing Good Together



Volunteer Match



Questions? Contact: Sarah Johnson, Community Service Specialist,
sarah.johnson@minnetonkaschools.org or 952-401-5766