

| Category | Organization | Age | Groups? | Requirements | Location | Description |
|------------------------------|---|----------|---------|---|-------------------|--|
| Animals | | | | | | |
| | Homeward Pets | 16+ | N | COVID vaccine required, background check, online application, orientation | Woodinville | help at shelter, cat care and reception |
| | Little Bit Riding Center | 14+ | N | attend 1 hour orientation | Redmond | help in the barn |
| | Purrfect Pals | 13+ | N | 13-15 adult chaperone required | Arlington/Renton | |
| | Rancho Laguna | all | Y | adult chaperone required | Snoqualmie | help around the farm |
| Arts | | | | | | |
| | Bellevue Youth Theater | 13+ | N | application, background check and training required, must contact to indicate interest | Bellevue | help with various jobs at theater including back stage, stage set-up, ticket sales, day camps and more |
| | King County Library | 14+ | N | must apply online, <16 virtual only | King County | help with virtual escape rooms, 15+ can be study zone volunteer |
| | The Vera Project | 13+ | N | COVID vaccine required, need to submit application, orientation | Seattle | help with recording studio, silk screen studio, show set-up, grassroots movements and exhibits |
| Civic/City Wide Teens | | | | | | |
| | Bellevue City Volunteer Opportunities for Teens - YouthLink | 11 to 18 | N | must be Bellevue resident | Bellevue | |
| | Fall City Volunteer Opportunities | all ages | Y | some events are all ages, parent chaperone required age required dependent on activity and application approval | Fall City | set up and help with Fall City Day, help tackle local projects |
| | City of Issaquah Volunteer Opportunities | ? | | | Issaquah | various city wide opportunities |
| | City of Kirkland Volunteer Opportunities | 12+ | Y | <14 adult chaperone req, 14-18 need waiver age required dependent on activity and application approval | Kirkland | various park restoration and clean-up |
| | Redmond City Volunteer Opportunities | ? | | | Redmond | various city wide opportunities |
| | Redmond Youth Partnership Advisory Committee | 13-18 | N | must be Redmond resident | Redmond | volunteer on youth leadership board, help with community events |
| | City of Renton Volunteer Opportunities | 14+ | Y | 14-17 need adult chaperone | Renton | park beautification |
| | City of Sammamish Volunteer Opportunities | all ages | | <14 adult chaperone required, 14-18 need waiver | Sammamish | various city wide opportunities |
| | SnoValley Volunteer Match | 18+ | N | need to be high school senior or older | Snoqualmie Valley | various school mentor volunteer opportunities |
| | YMCA Volunteer Opportunities | | | Varios | Various | |
| Environment | | | | | | |
| | Bellevue Parks | all | Y | <12 need adult chaperone | Bellevue | Environmental Stewardship |
| | EarthCorps | all | Y | <14 need adult chaperone, 14-17 need waiver | Seattle Area | various environmental stewardship Opportunities |
| | Green Issaquah | all | Y | <18 need waiver, adult chaperone | Issaquah | Park and trail restoration |
| | Mountains to Sound Greenway | all | Y | <14 need adult chaperone | Seattle Ara | |
| | Redmond Parks and Recreation | all | Y | <18 need waiver, adult chaperone | Redmond | |

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| Sammamish Parks and Recreation | all | Y | <15 need adult chaperone, over 15 need waiver signed | Sammamish Parks | various park projects and restoration |
| Seattle Parks Trail Building and Park Clean UP | all | Y | <14 need adult chaperone, 15-18 need parent consent and waiver | Seattle | park and trail restoration various work parties with gardening, food security and farms |
| Seattle Tilth | all | Y | <18 need waiver | Seattle Area | land restoration |
| Snoqualmie Tribe | all | Y | need to register before event | Snoqualmie Area | |

Foster Children

| | | | | | |
|------------------------------------|----------|---|---|------------|---|
| Echo Glen | all ages | Y | All ages for outside of school volunteering | Snoqualmie | write notes or bake for staff, clean up round about |
| Friends of Youth | ? | | | Eastside | |
| Treehouse for Kids | 10+ | N | <16 need adult chaperone 1:1 ratio | Seattle | help with store admin duties |

Health/Caregiver Support

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|---------------------------------------|-----|---|--|---------|--|
| Ronald McDonald House | 13+ | N | 13-15, adult chaperone required, COVID vaccine required, 1x/week for 3 months, references and background check | Seattle | cook a meal in PMH kitchen, group up to 9, coordinate with staff |
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Human Services

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| Acres of Diamonds | 14+ | | mature <14 allowed with adult | Duvall | |
| Athletes for Kids | 16+ | | sophomore/junior, must get approved | all areas | mentor student athletes with special needs |
| Birthday Dreams (birthdays for foster children) | 16+ | Y | need to bake sample cake and get approved before allowing student to donate cake | Seattle Area | help put on Birthday Parties for Kids in Need; As group make gift bags, can offer supplies |
| Fall City Food Pantry | all ages | | help unpack and sort donations | Fall City | |
| Feed Kiddos | | | help pack and sort donations, lead a food drive at your school | Snoqualmie Valley | Weekend Food Backpacks Program for students in need |
| Food Lifeline | 11+ | | 1 adult per 5 kids | Seattle | |
| Holy Innocence Food Bank | MS? | Y | 19th of every month, 10 am | Duvall | help make sandwiches on the 19th of every month |
| Hopelink Food Banks | 16+ | N | orientation required to see volunteer opportunities | Eastside | |
| Issaquah Food Bank | 16+ | Y | <18 adult chaperone required, weekdays | Issaquah | make blankets for sick children, instructions on website |
| Kiddos Cuddles | all ages | Y | you provide materials and drop off | all areas Issaquah, Shoreline, | |
| KidVantage (Eastside Baby Corner) | 12+ | Y | 12/13 adult chaperone required | Bremerton | help sort and distribute kid essentials |
| March of Dimes | all ages | Y | <16 need chaperone | Seattle | virtual and in person opportunities |
| Mary's Place (limited in-person as of 3/1/23) | 14+ | Y | 14-16 parent required, 16-18 need waiver, COVID vaccine required for in-person | | |
| Northwest Harvest Seasonal Events, Sodo Market | 9+ | Y | weekday shifts, 9-15 need adult chaperone, 16/17 need waiver | Seattle | Sodo Community Market prep and sorting |
| Renewal Food Bank | 16+ | N | weekday shifts, limited weekend shifts | Bellevue | |
| Seattle Union Gospel Mission Meal Sites | 13+ | | <18 need chaperone | Seattle Area | prepare and serve a hot meal |
| Snoqualmie Valley Food Bank | 16+ | Y | need to submit registration form | Snoqualmie | help in the food bank |
| St. Vincent de Paul | ? | | weekday shifts food bank, weekend thrift store | Seattle | work in foodbank, warehouse or thrift store |

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| Tent City 4 The Sophia Way | all 17+ | Y | check website for date meals are needed currently reviewing age and volunteer policies | Eastside Bellevue, Kirkland | prepare a hot meal for 10-30 residents and deliver to tent city help serve meals or sort donations |
| On EC Campus Opportunities | | | | | |
| Peace and Justice Day 4 hours of service | all | | equates to 4 hours of community service service club every other month during EC3; contact pthurmann@eastsidecatholic.org | Eastside Catholic | watch for details in email |
| EC3 service club | all | N | | Eastside Catholic | work on various projects during EC3 Service Club volunteer with Admissions Department at open house events and visit days |
| Student Ambassador for Admissions | HS/MS | | must apply to be a student ambassador in the fall | Eastside Catholic | |
| Farms, Gardens, Markets | | | | | |
| 21 Acres Oxbow Farm | 13+ all* | | 13-15 need adult chaperone, 15+ need waiver signed age requirements vary, need waiver for minors | Woodinville Duvall | help with farming, keeping goats, beekeeping, gardening and in library conservation center |
| Sandwiches, Food Preparation | | | | | |
| Union Gospel Mission | all ages | Y | onsite <18 need adult chaperone for meal prep and service, sandwiches all ages | Kent, Seattle, home | |
| School | | | | | |
| Local elementary school districts | 18+ | N | under 18 must contact school directly to inquire about volunteer opportunities | anywhere | help out at various school based events |
| Senior Citizens | | | | | |
| Catholic Community Services | | N | check with individual organization for age requirements | King County | various volunteer opportunities within King County |
| Eastside Friends of Seniors | 16+ | N | COVID vaccine | Eastside | visit seniors and help with household chores |
| Veterans and Troops | | | | | |
| SeaTac USO | | | very little information available, contact for more info | SeaTac | |
| Event-Based Opportunities | | | | | |
| https://www.ils.org/volunteer | all | N | event based fund raising, need business approval | anywhere | |
| Relay for Life - American Cancer Society | all | Y | event based fund raising | anywhere | |
| Obliteride | all | Y | | Seattle | form a team and bike to raise funds |
| March of Dimes | all | Y | >16 need chaperone | Seattle | set up for annual walk |
| Other Possibilities | | | | | |
| Hidden Heros | | | military veteran support | fundraising | |
| Puget Sound Honor Flight | | | fly vets to WA DC to see memorials in their honor | fundraising | |

[United Way](#)

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Birthday Dreams
Mary's Place
World Vision
Echo Glen
Teen Link

hair care kits, snack kits, hygiene kits
medical supply kits
backpack, hygiene kits
suicide prevention support

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