LIST OF POTENTIAL HESED SITES

This is a list of potential organizations and social service projects to help get you started in discerning where you will complete your Hesed project. You are certainly not limited to these sites -- but these are places where NCDS students have volunteered and found to be successful in meeting the requirements of this project. The agencies and programs in bold are places students have volunteered in the past three or four years. Be creative and find a site that speaks to your interests, talents, and location!

Please note: We try our best to keep the contacts up-to-date, but there is frequent employee turnover in social services. Many of the contacts listed in this document may have moved on from these agencies. For that reason, placing phone calls will probably be more successful than sending emails! When you call, ask for the volunteer coordinator -- and be patient as they try to connect you with someone who can assist/answer your questions about becoming a volunteer. You may spend time investigating particular agencies via their websites because they often have specific instructions listed online that constitute applications or forms for potential volunteers to fill out.

Keep in mind that service agencies are busy places, so making several calls may be necessary!

The list is broken down into multiple categories, please note that **entries in bold** have hosted NCDS students very recently!

- Elderly and End of Life Care
- Hospital Medical Care Placements
- Children or Adults with Disabilities
- Children and/or Teens (Education & Wellness)
- Housing and/or Food Insecurity
- Immigrant Services
- Ecology, Environment & Sustainability
- International Volunteer Opportunities and Other Resources

Elderly & End of Life Care:

- **Avita of Needham Memory Care Facility, Needham**

Contact: Jazzmine CVitan; jcvitan@avitaofneedham.com, 781-444-2266
Visiting with the elderly, accompanying people with various stages of dementia in memory care.

- **Benchmark Senior Living on Clapboardtree, Norwood**

Contact: Carrie Kenney, 781-253-2030
Visiting with the elderly, helping in the day-to-day activities and programs at this senior center..

- **Cabot Park Village, Newtonville**

Contact: Program Director, 617-286-5452
Visiting with the elderly, helping in the day-to-day activities and programs at this senior center.

- Cape Verdean Adult Day Health Center, Dorchester

Contact: 617-288-0300
Prepare and serve food to elders, play games, offer a listening ear; learn about Cape Verdean culture.

- Care One, Newton

Contact: Mike Croteau, Director of Activities, 617-969-4660
Visit with skilled nursing and rehabilitation center patients across from Newton Wellesley Hospital.

- East Boston Social Centers, East Boston

Contact: Jean Spinazola, 617-569-3221 ext. 36
Assist with senior activities and daily programs.

- East End House, Cambridge

Contact: 617-876-4444
Work with seniors in activity program.

- **Elizabeth Seton Residence and Marillac Residence, Wellesley Hills**

Contact: Nicki Lanceleve, nlanceleve@schalifax.org, 781-997-1100
Visit with the elderly (many of whom are retired nuns), engage in activities, provide social support.

- **The Falls at Cordingly Dam, Newton**

Contact: Kasey Larsen, Program Director, klarsen@benchmarkquality.com, (617) 454-4456
Socialize with residents in various activities.

- German Centre for Extended Care (Deutsches Altenheim), West Roxbury

Contact: Daffney Guey, 617-390-3234
Engage with the elderly in various activities.

- Golda Meir House, 2Life Communities, Newton/Brighton

Contact: Laura Isenberg, 617-912-8400
Work with elderly and coordinate learning programs.

- **Hearth, Inc., Boston** (Roxbury and South End)

Contact: 617-369-1565; *Virtual volunteer activities available
Interact with elderly friends, play bingo; organize other recreational activities.

- Hebrew Senior Life and Rehabilitation Center, Roslindale

Contact: Jodie Portman, 617-363-8459
Interact with elderly, assist in senior exercise program; participate in other activities with elderly.

- **Hopkinton Senior Center, Hopkinton**

Contact: Robyn Goldberg, rgoldberg@hopkintonma.gov
Interact with elderly, assist in serving meals; participate in other activities with elderly.

- Jesmond Nursing Home, Nahant

Contact: Alice Millett, Activities Director, 978-237-1829
Interact with elderly residents through games and activities

- **NewBridge on the Charles, Dedham**

Contact: Andrew Alpert; andrewalpert@hsl.harvard.edu 781-234-9350
Interact with elderly residents through visiting, games, and activities.

- New Pond Village Retirement Home, Walpole

Contact: 508-660-1555
Socialize with residents and assist in activities.

- North Hill, Needham

Contact: Rosey Beckford, 781-433-6639
Interact with residents and promote their well-being.

- **South Shore Elder Services, Braintree**

Contact: Bridget Campbell, bcampbell@sselder.org, 781-848-3939 x336
Meet the challenges of hunger and social isolation by preparing and delivering Meals on Wheels.

- **Stone Rehabilitation and Senior Living Center, Newton Upper Falls**

Contact: Volunteer Coordinator, 617-527-0023
Interact and socialize with residents and assist in activities.

- Sunrise Senior Living, Cohasset

Contact: Lisa Hartmann, 781-383-6300
Socialize with residents in various activities.

- Sunrise Senior Living, Wayland

Contact: Susan Hobart, 508-652-6393
Socialize with residents in various activities.

- Sunrise Senior Living, Weston

Contact: Robin Zucker, 781-893-2936
Socialize with residents in various activities.

- Truro Council on Aging, North Truro

Contact: Susan Travers, 508-487-2462
Socialize with the elderly.

- Veronica Smith Multi-service Senior Center, Brighton

Contact: Cynthia Wilcock, 617-635-6120
Participate in social activities with elderly.

- **Wingate at Needham, Needham**

Contact: Paul Wilgren, pwilgren@wingatehealthcare.com, 781-455-9090
Help with exercise, arts, nail polishing, coordinating socials.

- Wingate at Sudbury, Sudbury

Contact: Dina Ferera, 978-443-2722
Help with exercise, arts, nail polishing and other activities.

- York Senior Center, York, Maine

Contact: Robin, 207-363-1036
Socialize with seniors in various activities.

Hospital & Medical Care Placements:

- Beth Israel Deaconess Hospital, Boston

Contact: Shannon Lawson, 617-667-3026
Greet and support individuals impacted by traumatic brain injuries.

- **Beth Israel Deaconess Hospital, Needham**

Contact: Online Volunteer Application, Tracy Murphy, tvmurphy@bidneedham.org, or 781-453-5499
Summer Student Volunteer Program runs for six weeks during July & August.

- **Boston Children's Hospital, Boston**

Contact: Barbara Blundell, 617-355-7885
Visit patients, entertain them in the playroom
www.childrenshospital.org/help **Apply soon (as early as January) for summer internship!**

- Camp Sunshine, Casco, Maine

Contact: Beth Packard, 207-655-3800
Work as a camp counselor for children who are off-treatment oncology patients; support siblings.

- Cape Cod Hospital, Hyannis

Contact: Deborah Darling, 508-862-5292
Transport patients and care for the elderly patients.

- **Christopher's Haven, Boston**

Contact: Catie Botting, (860) 420-7521
A home for kids and their families while they battle cancer.

- **Newton Wellesley Hospital, Newton**

Contact: Laurie B. Gregorio, lbgregorio@partners.org
Summer Volunteer Program for High School Students runs during July & August.

- Norwood Hospital, Norwood

Contact: Linda Gregoire, 781-769-2950 x6322

- Massachusetts General Hospital, Boston

Contact: 617-726-8540
Must be 16 years in order to volunteer…www.massgeneral.org/volunteer

- **Veterans Administration Hospital, West Roxbury**

Contact: Mary Lou Girard, (617) 323-7700 ext. 35135
Visit with veterans and share stories.

Children or Adults with Disabilities:

- **Belmont/Watertown S.P.O.R.T.**

Contact: Justine Evans/ Susan Weiner, 617-993-2760.
Coach swimming for the Special Olympics.

- **BINA Farm, Lexington**

Contact: Jenna Kaplan, 508-651-2462; or click on their volunteer website.
Support youth with disabilities in horseback riding and other adaptive exercises.

- **Camp Arrowhead, Natick**

Contact: Online Application for 1:1 volunteers,
Volunteer Coordinator: Carter Haydon, 508-647-6530, camparrowheadnatick@gmail.com
Work at summer day camp for children and adults with special needs.

- Camp Jabberwocky, Vineyard Haven

Contact: Jeff Carthers, 508-693-2339
Work with children and adults who have special needs.

- **Campus School at Boston College, Chestnut Hill**

Contact: 617-552-4249; cs.volunteers@bc.edu or campusschool@bc.edu .
Assist teacher with students who have complex physical disabilities.

- Cardinal Cushing Center, Weymouth

Contact: Margaret Lelakes, 781-829-1246
Assist young adults with special needs in workshops (i.e.: cooking).

- **Carroll Center for the Blind, Newton**

Contact: Angelina Todaro, angelina.todaro@carroll.org, 617-964-6200 (x245)
Organize group activities for blind teens and individuals during summer.

- **Charles River Center, Needham**

Contact: 781-972-1000
Work with children with mental disabilities in the after-school program or summer camp.

- **Community Boating Inc., Universal Access Program (Sailing), Boston**

Contact: Andrew Alletag and Alex Catullo, 617-523-1038
Teach sailing to adult/child with disabilities.

- **Community Rowing Para & Adaptive Programs, Nonantum**

Contact: Jenny Sichel, 617-799-8267
Work with individuals with various disabilities learning to row.

- **Cranberry Sunset Farm, Marston Mills (Cape Cod)**

Contact: Leslie Ballotti, 860-930-4301 or Peter Dyrness, 610-739-3767
Support youth with disabilities in therapeutic horseback riding and other adaptive exercises.

- **Franciscan Hospital for Children, Brighton**

Contact: Maria Fragala-Pinkham, 617-254-3800; press 1 then 2280
Support children with special needs, teaching children how to ride bikes during summer camp.

- Friends for Tomorrow, Lincoln

Contact: Allie Dingman, 617-823-5271
Support children with special needs through horseback riding. Good summer site.

- **HOPe, House of Possibilities, Easton (Stonehill College campus)**

Contact: Abby Waldron, a.waldron@houseofpossibilities.org, 508-205-0555; Volunteer Interest Form.
Offer support to children and adults with special needs through the arts, cooking and other activities.

- **Ivy Street School, Brookline**

Contact: Brianna Campbell, bcampbell@ivystreetschool.org, 617-256-5629
A therapeutic day and residential program, helping teens and young adults who have physical, social, intellectual, and emotional needs gain the skills they need to successfully transition to adult life.

- **Lovelane Special Needs Horseback Riding Program, Weston**

Contact: Cassie Clarke 781-259-1177
Work with disabled children/young adults in therapeutic horseback riding program.

- Pappas Rehabilitation Hospital for Children, Canton

Contact: 781-830-8517, (781) 828-2440
Work with disabled children or adults in summer camp or horseback riding programs.

- New England Disabled Sports, Loon Mountain, NH

Contact: Fred Law, 401-323-5443
Instruct physically and mentally handicapped children and adults in skiing or snowboarding.

- **Newton Athletes Unlimited (also Camp Echo Bridge), Newton**

Contact: Karen Peirce, Associate Director, (617) 796-1538 also, see volunteer Sign Up Form
Work with developmentally disabled children or adults in recreational and athletic programs.

- **Perkins School for the Blind, Watertown**

Contact: Linda Oleson or Mike Cataruzolo, 617-972-7233
You must be 16 years old. Work with disabled children in their summer camp program.

- **REACH at Milton High School, Milton**

Contact: Bridget Renehan, brenehan@miltonps.org
This is a summer program for middle schoolers with complex cognitive and neurological differences.

- **RecTogether, Burlington, MA**

Contact: Emma Jones, Therapeutic Recreation Specialist, 781-270-1600, ejones@burlington.org
A social and recreational program for teens and young adults with neurological differences.

- Sail to Prevail, Newport, RI

Contact: Molly Sylvia, 401-849-8898
Teach sailing to individuals with disabilities

- **The Boston Home, Dorchester**

Contact: Kerri Donohue, kdonohue@thebostonhome.org, 617-825-3905/ 617-326-4277
Work with individuals with Multiple Sclerosis- participate in art projects and other activities.

- **Waterville Valley Adaptive Snow Sports, NH**

Contact: Cynthia Powell, watervilleadaptive@gmail.com 603-236-8311, ext. 3175
Teach students with various disabilities how to ski.

- **Waypoint Adventure, Lexington**

Contact: Steve Dasman, 781-325-7980
Experiential and adventure-based programs transforming the lives of individuals with disabilities through outdoor activities such as kayaking, climbing, cycling, hiking, and ropes courses.

Children and Teens (Mentor/Tutor/Athletic Activities):

- **ABCD HeadStart, Brighton**

Contact: Just Holm, 617-783-1235
Work with children in preschool setting during the summer.

- ABCD HeadStart, Dorchester

Contact: Joyce Rene, 617-929-6200 or Kelly Graceffa, 617-348-6554
Play with kids in preschool program.

- **ABCD HeadStart, East Boston**

Contact: Danielle Logan, 617-567-0130
Work with children in preschool setting during the summer.

- ABCD HeadStart, Roxbury

Contact: Cheryl Gomes, 617-541-6935 x222
Support and interact with children in various activities.

- **ABCD HeadStart, Boston**

Contact: Lillian Harris or Donna Grimaldi, 617-426-2855, ext. 707
Work with children in day-care/ preschool program aimed to serve low-income families.

- **Arlington Boys and Girls Club, Arlington**

Contact: Lauren Duddy Topham, lduddy@abgclub.org, 781-648-1617
Volunteer in any number of roles working with kids in academics, sports, and recreation.

- Asian American Civic Association, Boston

Contact: Alexandra Lucas, 617-426-9492, x 205
Tutor children in English and math.

- **Boston United Track & Cross Country Club, Boston**

Contact: Alice Kramer, akramer@bostonunitedtrackclub.com
Mentor/coach and perhaps tutor Boston-area youth involved in this track & field program.

- Boston University Intergenerational Literacy Project, Chelsea

Contact: Barbara Krol-Sinclair, 617-889-2375
Watch and tutor children while the parents learn ESL.

- **Boston Youth Sanctuary, Dorchester**

Contact: 617-322-3380
(BYS) is an innovative therapeutic after-school program for youth ages 6-11 that have experienced traumatic events or circumstances in their lives.

- Cape Cod Child Development Program, Hyannis (Cape Cod)

Contact: Patti Bradley/Emily Scissons, 508-418-5506
Work with children ages 3-7 in summer program.

- **Casserly House, Roslindale**

Contact: Donna Stiglmeier, 617-469-6457
Work with immigrant families and children in summer camp or after-school tutoring program.

- **Charlestown Boys and Girls Club, Charlestown**

Contact: Daylisa Alonzo, (617) 242-1775
Teach dance/ theater to youth.

- **Children's Center, Harwich Port (Cape Cod)**

Contact: Abby Newberry, 508- 432-0152
Play, read, draw, paint with kids in need.

- **Council of Social Concern, Woburn**

Contact: Jessie Bencosme, jessie@socialconcern.org, 781-935-6495
Work with teachers and take care of children ages 0-5 years old.

- **Curtis Hall, Jamaica Plain**

Contact: 617-635-5193
Work with youth in summer program activities.

- **East End House, Cambridge**

Contact: 617-876-4444
Work with kids in after school program or summer program.

- **Ellis Memorial, Boston**

Contact: Lucy Davidson, 617-695-9307
Play with children in child-care setting.

- **Family Access of Newton**

Contact: Linda Miller, 617-969-5906
Work with kids in after-school program or in summer program.

- Family Equality Council, Youth Adventures, Provincetown (Cape Cod)

Contact: Alexandra Shinsky, 617-502-8700
Support the children of LGBT parents through games, arts and summer activities.

- **Girls Inc. of Lynn, Lynn**

Contact: 781-592-9744
Work with girls in various summer activities.

- Immigrant Family Services Institute, Inc (IFSI-USA), Mattapan

Contact: Volunteer Registration Form
Opportunities to tutor and engage elementary-aged immigrant children.

- Kathy's Place, Winthrop

Contact: Cathy Delvento, 617-816-3400
Assist lead teachers, facilitating project-based activities for youth.

- **Keylatch Summer Program, Boston**

Contact: Diana Acosta, 301-395-6655
Work as a junior counselor

- **Boys and Girls Club of the Lakes Region, Laconia, NH**

Contact: Cheryl, 603-217-7982
Supervise youth in summer activities.

- Martha's Vineyard Boys and Girls Club, Edgartown

Contact: Ashley Fauteux/Peter Lambos, 508- 627-3303
Supervise and organize children at summer camp.

- **Medford Family Network, Medford**

Contact: Marie Cassidy, 781-393-2106
Care for children in summer day-camp.

- **Mother Caroline Academy, Dorchester**

Contact: Lousillia Bailey, lbailey@mcaec.org, 617-427-1177
Provide tutoring to girls during the school year.

- **Nantucket Boys and Girls Club, Nantucket**

Contact: Fernando Jones, fernando@nantucketbgc.org, 508-228-0158
Help children with arts, crafts, recreation, and sports.

- **Nativity Preparatory School of Boston, Jamaica Plain**

Contact: 857-728-0031
Tutor middle-school boys, helping with homework and organizing sports during summer camp

- **Nazareth Child Care Center (Catholic Charities), Jamaica Plain**

Contact: 617-522-4040
Support children in child-care/preschool setting.

- **Pope John Paul II School, Boston & Dorchester**

Contact: Claire Sheridan, principal, 617-265-0019
Work with children in academic and after school program in June.

- **Project D.E.E.P., Dorchester**

Contact: Beth, 617-635-5027
Tutor individual children in a mentoring program.

- **Project STEP: Focus Program, Boston**

Contact: Javier Caballero, 617-267-5777
Tutor youth and help with teaching music.

- **Pediatric's SPARK Center (Boston Medical Center), Mattapan**

Contact: 617-534-2050
Caring for children who are vulnerable to due illness, or family and life circumstances

- **South Boston Neighborhood House "the Ollie"**

Contact: Kathy Lafferty, klafferty@sbnh.org, 617-269-4090
Oldest continuously-operated community based non-profit in South Boston, providing activities and services to youth preschool through 12 years old. Online volunteer application.

- **Squashbusters, Roxbury**

Contact: 617-373-7368
Teach and coach squash to middle school students.

- **St. Columbkille Summer Program, Brighton**

Contact: Jean O'Connor, 617-943-5333 ; joconnor@stcps.org
Support children served by St. Columbkille's School and neighborhood as part of summer camp.

- B-SAFE St. Stephan's Summer Program, Boston

Contact: 617-262-9070
Play and direct activities for children's summer camp.

- Science Club for Girls, Boston

Contact: 617-391-0361, ext. 101
Mentor underserved girls in the study and application of science.

- **School on Wheels MA, Dedham**

Contact: Jonathan Vincent, jvincent@sowma.org
Provides educational support to Massachusetts students facing homelessness, seeking tutors.

- **Tenacity Tennis, Boston**

Contact: 617-562-0900
Teach tennis and tutor children in various neighborhoods in and around Boston.

- The Italian Home for Children, Jamaica Plain

Contact: Sr. Margaret Yennock, 617-524-3116
Interact and teach Bible School to vulnerable children who have experienced trauma.

- Village at Cataumet, Bourne (Cape Cod)

Contact: Paula Mallard, 508-563-7619
Work with children in a family shelter environment.

- **West End House Boys and Girls Club, Allston/Brighton**

Contact: 617-787-4044
Work with children from various cultural communities in Boston.

- Walter Denney Youth Center, Boys & Girls Club of Dorchester, Dorchester

Contact: Queenette Santos, qsantos@bgcdorchester.org,
or Mary Kinsella Scannell mkinsella@bgcdorchester.org , 617-512-2668
Volunteer Information: opportunities to work with children in education, recreation, athletics, etc.

- **Haitian Multi-Service Center, Dorchester**

Contact: Sr. Esther Garcia, 617-506-6600
Work with children in preschool/classroom setting.

- YMCA, Quincy

Contact: Courtney Cahill, 617-479-8500
Serve as a Leader-in-Training, play games and organize arts and crafts at summer camp.

Housing and/or Food Insecurity:

- **A Place at the Table, St. Barnabas Episcopal, Falmouth (Cape Cod)**

Contact: To volunteer, contact parish office at 508-548-3863, office@stbfalmouth.org
This program serves a hot lunch to people in need every Tuesday and Thursday.

- **About Fresh, Boston**

Contact: Stephen James, stephen@aboutfresh.org, 617-297-7685
The Fresh Truck program brings affordable, nutritious food to communities that need them.

- **American Red Cross Boston Food Pantry, Boston**

Contact: Laurie Canezin, laurie.canezin@redcross.org
Variety of tasks related to collecting, packing, and distributing food to people in need.

- **Arlington Eats, Arlington**

Contact: Natasha Strom; nstrom@arlingtoneats.org or 339-707-6757 x1005 or Click Here
Organize and prepare food and groceries for distribution to people in need.

- **Brookline Food Pantry, Brookline**

Contact: Arielle Chernin, Operations Manager. Online Volunteer Registration, 617-800-5339
Variety of tasks related to collecting, packing, and distributing food to people in need.

- **Brookview House, Dorchester**

Contact: Vernice Johnson, vjohnson@brookviewhouse.org, (617) 265-2965
Brookview is a nonprofit organization led by Black and Latinx women that works for justice, equity, and systemic change for low-income mothers and their children living in Boston.

- Catholic Charities Food Pantries, Boston

Contact: Fredson Moreno, 617-506-6628
Various sites in Metro Boston, including Somerville, Dorchester, South End. Unload deliveries, restock shelves, pre-pack grocery bags, distribute to people in need.

- **The Centre for Faith, Art & Justice, Jamaica Plain**

Contact: Volunteer Page for the **Food Hub**
This organization collects all sorts of donated goods and fresh produce, packages them, and delivers them to families in need. Online sign-up and shift calendar including weekdays and Saturdays!

- **Centre Street Food Pantry, Newton**

Contact: **Volunteer Information Page**
Variety of tasks related to collecting, packing, and distributing food to people in need.

- **Common Art, Boston**

Contact: Heidi Lee or Mary Eaton, 978-618-4668

Provide a presence of support at a day program for individuals experiencing hunger and homelessness. This site invites the homeless for a meal and offers the opportunity to do art.

- **Community Outreach Services, Kennebunk, ME**

Contact: Kristen Hingam, pantry@coskennebunks.org
Greeting and working with clients seeking food assistance. Organizing, packing, and distributing food to people in need.

- **Community Servings, Jamaica Plain**

Contact: Via website, or Jenna Lyons, jlyons@servings.org, 617-522-7777 x227
Provides medically tailored, nutritious, scratch-made meals to chronically and critically ill individuals and their families.

- Cor Unum, Lawrence

Contact: Diane Jarvis, 978-688-8900
Help prepare and serve meals.

- **Family Pantry of Cape Cod, Harwich (Cape Cod)**

Contact: Pat Brophy, 508-432-6519
Opportunities to help staff the pantry -- sorting and distributing food.

- **Family Promise Metrowest, Natick**

Contact: Paula Brown, paula@familypromisemetrowest.org, 508-318-4820
Engage with children and families impacted by housing insecurity and homelessness.

- **Gather, Portsmouth, NH**

Contact: Amy Kay, akay@gathernh.org or Volunteer@gathernh.org or CLICK HERE
Variety of tasks related to collecting, packing, and distributing food to people in need.

- **Haley House, Boston**

Contact: Grace McEnery, gmcenery@haleyhouse.org, 617-236-8132
Help cook, serve, clean up. They serve breakfast and lunch.

- **Hope and Comfort, Needham**

Contact: Abby MacDonald, (617)795-1608
Collects and provides hygiene products to young people in need.

- **Horizons for Homeless Children, various locations**

(Boston, Cambridge, Lynn, Newton, Malden, Medford, Somerville, Waltham, Weymouth)
Contact: Lynne Sheridan; Go to www.horizonsinitiative.org.
Work with homeless children as play-space leader.

- **Medway House Family Shelter, Medway**

Contact: Janet Michalos, 508-533-1487

Baby-sit children to allow their parents time for meetings at the shelter.

- **Needham Community Council, Needham**

Contact: Judy Lambert, jlambert@needhamcouncil.org
Community center providing food and a thrift store to area residents in need. Online application.

- **New Life Furniture Bank of MA**, Walpole

Contact: Amanda Hartley, amanda.hartley@newlifefb.org
Many opportunities to sort donations, paint/repair donations, organize and distribute donations.

- **Paulist Center Supper Club, Boston**

Contact: Jeff Buckley, da_red_dogg@hotmail.com
Volunteers prepare, serve, and host a meal for over 200 neighbors who are hungry every Wednesday.

- Pine Street Inn, Boston

Contact: Coffie Fields, 617-482-4944
Help cook, serve food. A good summer site.

- **Rosie's Place (Summer Social Justice Institute for teens), Boston**

Contact: Tammy Blocker, tblocker@rosiesplace.org, 617-442-9322
Help prepare and serve lunch or dinner in this soup kitchen only for women.

- Village at Cataumet, Bourne (Cape Cod)

Contact: Paula Mallard, 508-563-7619
Work with children in a family shelter environment.

- **Welcome Home Newton, Newton**

Contact: Julie Plaut Mahoney, jrplaut1@hotmail.com
Help organize and distribute home goods to families in need.

- **Wellfleet Food Pantry at Grace Chapel, Wellfleet (Cape Cod)**

Contact: Constance Witham, conwitham@gmail.com, (508) 349-3036
Staff the food pantry: stocking, packing and distributing food to people in need.

- **Women's Lunch Place, Boston**

Contact: Allegra Marra, Volunteer Manager, allegra@womenslunchplace.org, 617-267-1722
Work in a soup kitchen only for women. Good summer site. Volunteers must attend an orientation session, shifts can be scheduled online.

Immigrant & Refugee Services

- **Casserly House, Roslindale**

Contact: Donna Stiglmeier, 617-469-6457
Work with immigrant families and children in summer camp or after-school tutoring program.

- Immigrant Family Services Institute, Inc (IFSI-USA), Mattapan

Contact: Volunteer Registration Form
Opportunities to tutor and engage elementary-aged immigrant children and families

- **The Immigrant Learning Center, Malden**

Contact: Jeannie Helen, jhelen@ilctr.org
Volunteer with adults who have recently arrived in the US.

- Refugee and Immigrant Assistance Center, Boston & Lynn

Online volunteer application. Work in a variety of ways supporting recently arrived people.

- Rian Immigrant Center (Formerly the Irish International Immigrant Center), Boston

A variety of internships and volunteer opportunities to support immigrants to the Boston area.
Online volunteer application.

Environmental & Ecological Sustainability

- **About Fresh, Boston**

Contact: Gustey Vilme, gustanielle@aboutfresh.org, 617-297-7685
Fresh Truck program brings affordable, nutritious food to communities that need them.

- **Natick Community Organic Farm, Natic**k

Contact: Catherine Sullivan (NCDS '06), catherine@natickfarm.org, 508-655-2204
NCOF is a non-profit, certified organic working farm offering educational programs for people of all ages and abilities.

Immersive Travel, International Opportunities, & Other Resources:

- **Global Leadership Adventures - Various locations abroad.**

Specifically, the travel opportunities related to the themes of *Community Development*, *Medicine & Public Health,* and *Youth & Education* incorporate interpersonal community service that would be compatible with Hesed. Note: program descriptions include estimated number of community service hours.

- **Go Beyond Travel (China Program and British Isles Program)**

Support orphan children at the China Little Flower and participate in educational initiatives.

- **Nuestros Pequeños Hermanos - Various locations in Latin America**

Visit and volunteer at one of these dynamic orphanages providing education and care for "our little brothers and sisters" in Honduras, Guatemala, or Peru.

- **Putney Student Travel Service Programs - Various locations domestic & abroad**

Offers community service programs domestic and abroad for high school and middle school students in numerous countries throughout Africa, Asia, Latin America, and the South Pacific. Recently, an NCDS student traveled to Hawaii for a trip focused on environmental sustainability.

- **Rustic Pathways — Global Community Impact Programs (Fiji, Costa Rica, etc.)**

Contact: 1-800-321-4353
Work with children at local schools, build schools and distribute food to the hungry in a variety of locales. Recently an NCDS student traveled to Fiji.

- **School the World—Guatemala, Honduras, & Panama**

Contact: Meg Gilman, Service Learning & Global Citizenship Coordinator,
meg.gilman@schooltheworld.org, 617-867-9500
Help to construct and furnish a school, interact with local youth.

Other Resources for finding the right fit!

- **Teen Life Boston, www.teenlife.com**
- **Volunteer Match, www.volunteermatch.org**
- **Boston Cares, www.bostoncares.org**