

Beacon High School Community Service Guide



Why volunteer?

Volunteer work is soon to be part of a community service requirement at Beacon High School. It is also an opportunity to enrich our lives. Volunteering can help us get out of our immediate comfort zones, meet new people, develop empathy, improve the lives of others, and become an integral part of our surrounding communities. We may meet people that we would have never come across in our daily lives, helping us interact with others in ways that prepare us for "the real world" after high school. There is an inherent value to volunteering our time as a way of giving back to our community. Take a moment and think back to volunteers who have been a part of your life: coaches, tutors, troop leaders, religious education volunteers, parents in your classrooms, and others. The best way to thank these people is with your own gift of time to others!

Many students discover a career or personal interest through their volunteer experience. Volunteering can help students obtain work experience in a field. For example, students interested in veterinary and animal sciences have volunteered at animal hospitals and shelters. Students considering politics have volunteered for legislative officials. Health related volunteer projects, hospice programs, and working with children are ways to learn more about psychology and social services. However, even if a student's career interests differ from his/her community service work, volunteer organizations offer opportunities to learn skills that will help in *any* field: team work, time management, communication, and planning. Community service can strengthen your resumé!

Where should I volunteer?

There are many organizations to choose from on the following pages, some in and around the Beacon High School area and others in *your* home town. Please also search towns that neighbor yours to expand your options! This is by no means a complete and comprehensive list of all opportunities out there. To find more, there are several online volunteer databases listed below. You can easily put in your zip code, areas of interest, and other variables to explore opportunities that may fit you the best. Give them a try and start finding opportunities to serve others, learn new things, explore your interests, and make new friends!

Why/how should I document my volunteer work?

Work is underway to establish a community service requirement for all students at Beacon High School. Those hours must be verified via the Community Service Verification Form available on the Guidance-Community Service section of the website. You need to fill out the form and have it signed by a supervising adult at the place of service, and turn that in to the Guidance Department in order for that time to count towards fulfilling the requirement. You can get started now!

It is also important to have accurate records of your volunteer work, especially if you volunteer at the same place regularly for a good length of time, because you should have that on your resume. You can also use your signing volunteer work supervisor as a reference when applying to jobs, or even to write a recommendation letter for you in the college application process.



www.volunteermatch.org



www.idealists.org



www.volunteersolutions.org



<http://www.bostoncares.org/>



Ideas for Community Service

We hope this list will give you some ideas for community service where you live and go to school. They are organized by location first, and then by issue or field. If you have had a positive volunteer experience that is not on this list, please let me know so that I can add it. Email: afarooki@beaconhighschool.org Thank you.

Please note that not all volunteer opportunities may be available at any given time. Some are restricted to certain times of the year. Other organizations may have filled their volunteer needs for a particular period of time. Always contact the organization personally to for more details if you have questions!

Acton

Animal Rights & Care

- **Yankee Golden Retriever.** Humane societies. (978) 263-7301
- **Second Chance Fund for Animal Welfare.** Only about 20 minutes away from Acton. Simple volunteer form available on their website. <http://www.secondchancefund.org>

Arts

- **Emerson Umbrella.** Community Arts Center, located only about 15 minutes from Acton! 40 Stow St., Concord, MA 01742. Volunteer opportunities include Theatre House Managers, Art Marketplace Assistances, Arts Center Volunteers, etc. Contact Carrie Flood (978) 371-0820.

Charitable Fundraising

- **National MS Society- Greater New England Chapter, 2011 Concord Walk for MS.** This particular walk event will be at Concord-Carlisle High School, only about 16 minutes from Acton! The National Multiple Sclerosis Society funds MS research, offers many services to people with MS and provides professional education on MS. Volunteers needed for set-up and registration, passing out t-shirts, setting up food and rest-stops, cheering at the finish line, and much more! Contact Sandy Baldi at Sandra.baldi@nmss.org or 781-693-5138.

Education, Library and Museum

- **Acton Memorial Library.** 486 Main Street, Acton MA 01720. Young adult volunteers are welcome to keep shelves in order, assist in Reference, Children's and Technical services or the Circulation Departments, or perform other tasks. Fill out a quick volunteer application available at <http://www.actonmemoriallibrary.org/yadult.htm> and either bring it in or mail it.
- **The Discovery Museums.** 177 Main St Acton, MA 01720. There are many ways to get involved—from working with kids in the hands-on exhibits, to helping maintain the gardens and grounds at the Museum. To inquire about volunteer opportunities, please call 978.264.4200 or email: volunteers@discoverymuseums.org.

Senior Citizens

- **Acton Council on Aging.** Volunteers needed for a variety of roles that serve homebound seniors. Contact Jean Fleming. (978) 264-9643. 472 Main Street, Acton, MA 01720
- **Neighbor to Neighbor Handyman Program** (Harvard Council on Aging). Opportunity to assist local seniors with simple home and yard chores, with the goal of helping to keep seniors safe and independent in their own homes. Typical requests include yard work, snow shoveling, simple indoor repairs, e.g., dripping faucet, change smoke detector batteries, replace cracked window pane, organize/cleanup, change overhead light bulbs, etc. Only about 20 minutes drive from Acton! Contact Laura Bridges 978-456-4120

Environment & Outdoors

- **Acton Garden Club.** PO Box 2137, Acton, MA 01720 www.actongardenclub.org Contact Peggy Garrison. (978) 263-7934
- **Acton Stream Teams.** Seeks to reduce sources of pollution to Acton's waterways and raise awareness of the wildlife habitat and recreational uses of Acton's streams. www.actonstreams.org email: info@actonstreams.org
- **Green Acton.** A group of volunteers working to conserve local resources and protect our environment for future generations. Green Acton meetings are held on the 2nd Tuesday of each month. Join us for our next meeting. See the Green Acton website calendar.greenacton.org for location or email info@greenacton.org

Health and Wellness

- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>
- **National MS Society- Greater New England Chapter, 2011 Concord Walk for MS.** This particular walk event will be at Concord-Carlisle High School, only about 16 minutes from Acton! The National Multiple Sclerosis Society funds MS research, offers many services to people with MS and provides professional education on MS. Volunteers needed for set-up and registration, passing out t-shirts, setting up food and rest-stops, cheering at the finish line, and much more! Contact Sandy Baldi at

Sandra.baldi@nmss.org or 781-693-5138.

Food & Shelter

- **Acton Community Supper & Food Pantry.** Volunteer crews are needed for: Food pick up at local donation sites, sorting and storing food at the Pantry, food shopping for the Supper, Wednesday night Supers: setup/cleanup, cooks, servers. Contact: Kathy Casaletto at FoodPantryVolunteer@actoncommunitysupper.org
- **The Food Project,** Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Community Needs and Outreach

- **Neighbor to Neighbor Handyman Program** (Harvard Council on Aging). Opportunity to assist local seniors with simple home and yard chores, with the goal of helping to keep seniors safe and independent in their own homes. Typical requests include yard work, snow shoveling, simple indoor repairs, e.g., dripping faucet, change smoke detector batteries, replace cracked window pane, organize/cleanup, change overhead light bulbs, etc. Only about 20 minutes drive from Acton! Contact Laura Bridges 978-456-4120
- **Citizen Action Team-Acton.** Volunteers needed to make calls to schools looking for donations of books and school supplies, make calls to shelters to assess needs, help with gathering donations and loading trucks. <http://www.citizenactionteam.org>

Sports

- **The Miracle League of Massachusetts** is a 501(c)(3) charitable organization that provides children with mental and/or physical challenges an opportunity to play baseball as a team member in an organized league. PO Box 524 Acton, MA 01720. Contact miracleleagueofma@yahoo.com or call Lauren at (978) 263-3043

Arlington

Animal Rights & Care

- **GREY2K USA** is a national, non-profit organization working to end dog racing and promote greyhound adoption nationwide. Located less than 15 minutes from Arlington! Contact Christine at 617-666-3526 visit <http://www.grey2kusa.org>
- **SeniorPet Program.** Volunteers are needed to provide pet assistance to seniors and people with disabilities. Assistance could be bringing food and supplies if needed, nail trims, veterinarian appointments, care of a pet while a senior is in the hospital or not feeling well, etc. Only 15 minutes from Arlington! 61 Medford Street, Somerville, MA 02143

Arts/Theatre/Music

- **Arlington Center for the Arts.** 41 Foster St., Arlington. www.acarts.org Art programs and workshops for youth and adults. Contact Adria Arch, 781-648-6220, adria@acarts.org
- **Arlington Friends of the Drama.** 22 Academy St., Arlington. www.afdtheatre.org Community Theatre. Contact Melissa Fenton, melissajopenney@yahoo.com
- **Regent Theatre.** 7 Medford St., Arlington. www.regenttheatre.com Local theatre and entertainment venue. Contact Leland Stein/Richard Stavros 781-643-4488 info@regenttheatre.com
- **Cyrus Dallin Museum.** 631 Mass Ave., Arlington. www.dallin.org Museum celebrating the life and art of Arlington resident Cyrus Dallin. Contact Susan Svencer who will put you in touch with James McGough at the museum. ssvencer@town.arlington.am.us

Children and Youth

- **Arlington Boys & Girls Club.** Pond Lane Arlington, MA 02474. Many opportunities including helping kids with homework hour, coaching sports, front desk work, assist with toddler parties, etc Volunteer contact: Dee Savioli, dsavioli@abgclub.org.
- **Arlington Enrichment Collaborative.** 63 Acton Street, Arlington MA 02476. An after school enrichment program for middle school age youth. General contact: info@arlingtonenrichment.org
- **Children's Room.** 1210 Mass Ave., Arlington. www.childrensroom.org Support for grieving children and families. Contact Tricia Seery, 781-879-9476, handtricia@aol.com
- **Fidelity House.** 25 Medford St., Arlington. www.fidelityhouse.org Activities and Programs for kids of all ages. Call main number, 781-648-2005 and ask about volunteering.
- **Little Fox Shop.** Fox Library, 175 Mass Ave., Arlington. www.littlefoxshop.com Resale shop for children's clothing at the Fox Library. 781-316-3157.
- **Leadership Enrichment Adventure Project.** 2 Orchard Pl., #2 Arlington, MA 02476. Youth development organization with a variety of enrichment and community service programs. Contact Kim Kay Holt, kimkayholt@gmail.com

Communication/Media

- **Arlington Community Media Inc.** 85 Park Ave., Arlington. www.acmi.tv Local cable channel (3 channels) and online streaming of programs. Contact Jeff Munro, 781-777-1115, jeff@acmi.tv

Education and Library

- **Free Books of Boston.** <http://bookthing.unchi.org> Solicits donations of books from organizations and individuals and redistribute the books to schools, homeless shelters, people in prison, and food pantries. Also maintains shelves of free books in Arlington shops. Call Ana Watson 781-641-1398.
- **Fox Library.** 175 Mass Ave., Arlington. 781-316-3198. Organize and shelve books.
- **Robbins Library.** 700 Mass Ave., Arlington. www.robbinslibrary.org Shelve books and tapes- 2 hours/week, organize Children's Room. Call Jennifer De Remer 781-316-3204. Be a book buddy to a K-2nd grader, teach people how to use their cell phones (tech clinic), be a part of the Teen Advisory Group, help with the Fall Festival (November 15), etc. Contact Emily Cadiff, 781-316-3226.

Food/Shelter

- **Arlington Housing Corporation.** 20 Academy St., Arlington. www.housingcorporation.org Promotes social and economic diversity by providing affordable housing for low and moderate income in Arlington. Contact Joanna Ain, 781-316-3606 jain@housingcorporation.org
- **Boston Area Gleaners.** Redistributes food from farms and retailers that would otherwise be thrown out. Contact Hayden Crilley, 781-641-4339 haycrill@comcast.net
- **Farmer's Market leftovers distribution.** Sell fresh farmer's market food to Menotomy Manor residents at a discounted price. Contact Vicki Rose, vrose@town.arlington.ma.us
- **The Food Project,** Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

LGBTQ

- **Arlington Schools GLBT Day of Dialogue events.** Contact Abbi Holt, Arlington High School, for information. aholt@arlington.k12.ma.us

Health/Medicine/Science

- **Arlington Board of Health.** Contact Christine Sharkey 781-316-3170.
- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>

Outdoor education/Environment

- **Friends of Robbins Farm Park.** Care and maintenance of Robbins Farm Park. Contact Christian Klein, friends@robbsfarmpark.org or Oakes Plimpton, 781-648-5117, plimag@rcn.com
- **Friends of Arlington Great Meadow.** Care and maintenances of the Arlington Great Meadow. Contact Don Miller, 781-646-4965, donaldbmiller@comcast.net
- **Friends of Menotomy Rocks Park.** Care and maintenance of Menotomy Rocks Park. Contact Judy Weinberg, judyweinberg@remax.net, 781-646-0643.
- **Mystic River Watershed Association.** 20 Academy St., Suite 306, Arlington. www.mysticriver.org Restore clean water to the Mystic River watershed, protect natural resources and establish public education programs. Contact Kim Provo, kim@mysticriver.org

Recreation/Sports

- **Arlington Department of Recreation.** Help manage kids within rec. programs, Call for more info. Joseph Connelly, 781-316-3881 JConnelly@town.arlington.ma.us

Seniors/Elderly

- **Arlington Council on Aging.** Contact John Jope, 781-316-3400 jjope@town.arlington.ma.us
- **Sunrise Assisted Living.** 1395 Mass Ave., Arlington. Contact Mary Morgan, 781-643-2100.
- **Park Ave. Nursing and Rehabilitation Center.** 146 Park Ave, Arlington. Contact Betsy Wheeler, 781-648-9530 ext 107
- **SeniorPet Program.** Volunteers are needed to provide pet assistance to seniors and people with disabilities. Assistance could be bringing food and supplies if needed, nail trims, veterinarian appointments, care of a pet while a senior is in the hospital or not feeling well, etc. Only 15 minutes from Arlington! 61 Medford Street, Somerville, MA 02143

Belmont

**Check out the Watertown and Arlington Sections for nearby opportunities!*

Animal Rights & Care

- **Habitat Education Center and Wildlife Sanctuary.** Contact Lisa Becker or Sandy Vorce, 617-489-5050
- **Lion Conservation Fund.** Opportunities within 5 miles of Belmont! Potential volunteer opportunities to design brochures and posters, help with graphic design, marketing, and wildlife research. <http://www.lionconservationfund.org>

Arts

- **New Repertory Theatre.** At the Arsenal Center for the Arts, 321 Arsenal St, Watertown. Less than 5 miles from Belmont. Looking for volunteer ushers. Contact Rachael Donnelly 617-923-7060 x101 <http://www.newrep.org>

Food/Shelter

- **Belmont Food Pantry.** Serving the town of Belmont by providing food for Belmont residents with transitional needs. Contact Patricia Mihelich at patricia.mihelich@tufts.edu
- **The Food Project,** Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>

Recreation/Sports

- **Belmont Sport.** They are a Special Olympics MA location. Contact Sue Weiner skweiner@aol.com for information on all available programs.

Bolton

Animals

- **Second Chance Fund for Animal Welfare.** P.O. BOX 118, Bolton, MA 01740. Simple volunteer form available on their website. <http://www.secondchancefund.org>
- **Lucky Horse Equine Rescue.** 185 Century Mill Road, Bolton, MA. <http://www.LuckyHorse.org>
- **Volunteer Humane Society** (in nearby Lancaster) , a cat only shelter. Contact Christina Brodeur at 978-365-9470.

Arts

- **Symphony Pro Musica** (in nearby Hudson) is a volunteer, non-profit community orchestra. Contact Debra Franks 978-562-0939

Food & Shelter

- **The Food Project,** Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>

Recreation/Sports

- **Nashoba Unified Sports.** A west section partner for Special Olympics, MA. Contact Bob at 978-985-0038 or BMoalli@comcast.net

Boston

Animal Rights & Care

- **Alliance for Animals Metro Action Clinic.** 232 Silver Street Boston, MA 02127 (617) 268- 7800. Many different types of volunteer opportunities available from helping design fliers and posters for education, to assisting the veterinary staff with caring

for animals.

- **Animal Rescue League of Boston-Adoption Center & Headquarters.** 10 Chandler Street Boston, MA 02116. (617) 426-9170. Many types of work available for volunteers. Fill out an application available at http://www.arlboston.org/site/PageServer?pagename=get_volunteer to get started! (Minimum age 16).
- **MSPCA Animal Care and Adoption Center.** 350 South Huntington Avenue Boston, MA 02130 (617) 522-5055. Volunteers needed to help run the center and enrich the lives of the animals!
- **Franklin Park Zoo.** One Franklin Park Road in Boston, MA02121. www.zoonewengland.org For more information about volunteering at Franklin Park Zoo please e-mail fzvvolunteers@zoonewengland.com . If you would like to speak to someone regarding the individual volunteer program call 617-379-5176. For questions regarding group opportunities call 617-989-2017
- **New England Aquarium,** Central Wharf, Boston, MA, www.neaq.org

Charitable Foundations and Advocacy

- **RFK Children's Action Corps.** 11 Beacon Street, Suite 200. Boston, MA. To volunteer for one of their events, contact Lisa Sikora at 617-227-4183 or lsikora@rfkchildren.org
- **Marine Toys for Tots Foundation.** Collecting toys for underprivileged children for the holidays. Boston contact: Sgt. Clint Schibner 617-737-0500

Education & Museum

- **Children's Museum,** 300 Congress Street, Boston, MA www.bostonkids.org
- **Museum of Science,** Science Park, Boston, MA, www.mos.org

Food & Shelter

- **Greater Boston Food Bank.** 70 South Bay Ave, Boston MA 02118. <http://www.gbfb.org/volunteer/faqs.cfm>
- **Pine Street Inn.** 444 Harrison Avenue Boston, MA 02118 Provides housing and needed services to homeless men and women. Volunteers call 617.892.9186
- **Project Bread / Walk for Hunger.** On the first Sunday in May each year, more than 40,000 Walkers and 2,000 Volunteers start off from the Boston Common to make a difference in the lives of our neighbors. In Massachusetts, more than 554,000 people do not have enough food to eat. The Walk for Hunger raises millions of dollars for the 400 emergency food programs that support families in crisis. <http://www.projectbread.org>
- **The Food Project,** Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>

Senior Citizens

- **Hebrew Rehabilitation Center,** 1200 Centre Street, Boston, MA, www.hebrewseniorlife.org Contact Volunteer Services: Jodie Portman, 617-363-8459 portman@hsl.harvard.edu

Brookline

Charitable Foundations

- **Boston Marathon Jimmy Fund Walk** 10 Brookline Place West, 6th Floor, Brookline MA 02445. Raises money to support cancer research. Minimum age 16. Contact Danielle Grossman Danielle_grossman@dfci.harvard.edu

Elder Care/Senior Citizens

- **Brookline Senior Center.** 93 Winchester Street, Brookline MA 02246. Helping Brookline seniors maintain their independence and be active community members. Contact Vivian Vivian_freeman@town.brookline.ma.us

Food & Shelter

- **The Food Project,** Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>

Recreation/Sports

- **Brookline Recreation.** A listed partner for Special Olympics, MA. Contact Rebecca Sherlock rebeccas@brooklinequest.org to ask about opportunities.

Carlisle

Food & Shelter

- **The Food Project,** Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>
- **National MS Society- Greater New England Chapter, 2011 Concord Walk for MS.** This particular walk event will be at Concord-Carlisle High School. The National Multiple Sclerosis Society funds MS research, offers many services to people with MS and provides professional education on MS. Volunteers needed for set-up and registration, passing out t-shirts, setting up food and rest-stops, cheering at the finish line, and much more! Contact Sandy Baldi at Sandra.baldi@nmss.org or 781-693-5138.

Concord

Food & Shelter

- **The Food Project,** Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>
- **National MS Society- Greater New England Chapter, 2011 Concord Walk for MS.** This particular walk event will be at Concord-Carlisle High School, only about 16 minutes from Acton! The National Multiple Sclerosis Society funds MS research, offers many services to people with MS and provides professional education on MS. Volunteers needed for set-up and registration, passing out t-shirts, setting up food and rest-stops, cheering at the finish line, and much more! Contact Sandy Baldi at Sandra.baldi@nmss.org or 781-693-5138.

Recreation/Sports

- **Minuteman ARC.** A listed partner for Special Olympics, MA. Contact Darcie Heller DHeller@minutemanarc.org for opportunities.

Dedham

Animal Rights & Care

- **Animal Rescue League of Boston. Pine Ridge Animal Center,** 55 Anna's Place at 238 Pine Street, Dedham MA 02026. (781) 326-0729. email: dedham@arlboston.org

Food & Shelter

- **The Food Project,** Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>

Everett

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society**. www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association**. <http://www.lungusa.org/get-involved/>

Framingham

Education and Library

- **The Learning Center for the Deaf**. Framingham campus. Internship and Volunteer application found on their website at this page <http://www.tlcdeaf.org/forms/internshipVolunteerApplication.html>

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society**. www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association**. <http://www.lungusa.org/get-involved/>

Georgetown

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society**. www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association**. <http://www.lungusa.org/get-involved/>

Harvard

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society**. www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association**. <http://www.lungusa.org/get-involved/>

Holliston

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please

email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>

Lexington

Food & Shelter

- **The Food Project,** Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>

Recreation/Sports

- **Lexington (LABBB)** A listed partner for Special Olympics, MA. Contact Paula Rizzo aperec@juno.com

Medfield

Food & Shelter

- **The Food Project,** Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>

Melrose

Animals

- **Melrose Humane Society.** <http://melrosehumanesociety.org>

Food & Shelter

- **The Food Project,** Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>

Millbury

Food & Shelter

- **The Food Project,** Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please

email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>

Milton

Food & Shelter

- **The Food Project,** Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Outdoors & Environment

- **Blue Hills Trailside Museum.** To request a volunteer application, call (617) 333-0690 ext. 223

Health and Wellness

- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>

Needham

Animals

- **Highland Animal Hospital,** 31 Wellesley Avenue, Needham, MA, 781-433-0467. Minimum age: 16.

Arts/Theatre/Music

- **Black Sheep Knitting Company,** 1500 Highland Ave, Needham, www.blacksheepknitting.net (knitting for charity)
- **Needham Community Theater,** www.needhamtheatre.org There are many opportunities to get involved, such as sewing costumes, finding props, building sets, working stage crew, publicizing the show, selling tickets, and more. Contact (781) 444-4740 info@needhamtheatre.org
- **Needham Cultural Council,** www.needarts.org for links to supported organizations you may want to join, and also check for both ongoing and short term volunteer opportunities (helping with various events).

Charitable Foundations

- **Asthma & Allergy Foundation of America, New England.** 109 Highland Ave. Needham, MA 02494. Contact: Elaine Erenrich-Rosenberg. aafane@aafane.org
- **Dana-Farber Cancer Institute Pan-Massachusetts Challenge,** www.pmc.org. (781) 449-5300 ext 307. Raises money for life-saving cancer research and treatment. Summer opportunity!

Children & Youth

Communications

- **The Needham Channel,** 257 Chestnut Street, Needham (assist with production of weekly cable show), Marc Mandel, 781-449-6964
- **The Needham Times** (cover high school sporting events), contact sports editor listed in weekly paper.

Education and Library

- **Needham Historical Society,** 1147 Central Avenue, Needham, www.needhamhistory.org.

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

LGBT Health and Wellness

- **American Cancer Society**. www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association**. <http://www.lungusa.org/get-involved/>

Museums Outdoor education/Environment Politics

Senior Citizens

- **Needham Council on Aging**, 83 Pickering Street, Needham, 781-455-7555
- **Avery Manor**, 100 West Street, Needham, 781-433-0202
- **Briarwood Health Care**, 150 Lincoln Street, Needham, 781-449-4040
- **North Hill**, 865 Central Avenue, Needham, 781-433-6526

Social Services/Community Outreach

- **The Charles River Center**. 59 E. Militia Heights Dr. Needham, MA 02492. Improve the quality of life of those with mental retardation and developmental disabilities. Contact: Stephanie Stevens sstevens@charlesrivercenter.org Minimum age 16.
- **Needham Cares** (Hurricane Outreach), www.needhamcares.org
- **Needham Women's Club**, An intergenerational service and social club. www.needhamwomensclub.org, click the link to "student community service" to learn about opportunities. If interested, please contact Sharyn Greenstein at sagreenstein@comcast.net or 781-444-3436 for more information.

Sports

- **Needham Basketball Association** (grades 1-4), Chris Considine, 781-444-8036
- **Charles River YMCA**, contact Doug Heyer, sports director, dheyer@ymcaboston.org
- **Needham Girls' Youth Lacrosse**, Carey Stenberg, 781-449-9503
- **Needham High School Booster Club**, Carol Stento, cstento@comcast.net
- **Needham Little League**, www.needhambaseball.com
- **Needham Park and Recreation Commission**, Summer Programs, 781-455-7521
- **Needham Soccer Club**, Maura Steeves, 781-444-3444
- **Needham Summer Swim Team**, Martha Hooper, 781-444-3229
- **Needham Track Club**, 781-559-8388
- **Needham Youth Football and Cheerleading**, Lynn Palmatier, lpalmatier@comcast.net
- **Needham Youth Hockey**, Jeanette Duval, 781-444-6055

Newton

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society**. www.cancer.org Click "Get involved" for Volunteer information.

- **American Lung Association.** <http://www.lungusa.org/get-involved/>

Recreation/Sports

- **Newton Parks & Recreation** A listed partner for Special Olympics, MA. Contact Mark Kelly mkelly@newton.ma.gov
- **Newton Indoor Sports**, David Wainwright, david_wainwright@needham.k12.ma.us

Newtonville

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>

North Attleboro

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Recreation/Sports

- **Special Olympics, South Section.** Contact donna.stonge@specialolympicsma.org to see how you can get involved in North Attleboro.

Health and Wellness

- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>

Northboro

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society.** www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association.** <http://www.lungusa.org/get-involved/>

Revere

Animals

- **Animal Umbrella.** 320B Charger Street, Revere, MA A no-kill volunteer humane organization dedicated to rescue, care, rehabilitation and adoption of abandoned cats. Call Annmarie at 508-877-1194. <http://www.animalumbrella.org/>

Environment and Outdoors

- **Revere Beach Partnership.** 150 Beach Street, Revere MA. A non-profit group to build financial and political support on behalf of Revere Beach in order to preserve its historic character and unique natural features. <http://reverebeachpartnership.com/>

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society**. www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association**. <http://www.lungusa.org/get-involved/>

Recreation/Sports

- **May Institute Revere** A partner for Special Olympics, MA. Contact Michelle Graham mgraham@mayinstitute.org for opportunities.

Roslindale

Health and Wellness

- **American Cancer Society**. www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association**. <http://www.lungusa.org/get-involved/>

Food & Shelter

- **Habitat for Humanity Boston**, Roslindale site. To sign up for an available volunteer opportunity, fill out and submit our online Sign-Up Form. You will be contacted within 1-3 days of your submission with a confirmation of sign-up and details about your build! <http://www.habitatboston.org/individualregistration.html>
- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Sudbury

Animal Rights & Care

- **Buddy Dog Humane Society, Inc.** 151 Boston Post Road Sudbury, MA 01776. Contact the Director of Volunteer Services, Donna DeWallace at (978) 443-6990
- **German Shepherd Rescue of New England** 14 Russet Ln, Sudbury MA. (978) 443-2202

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org
- **Sudbury Community Food Pantry** 160 Concord Rd, Sudbury. (978) 443-9233

Health and Wellness

- **American Cancer Society**. www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association**. <http://www.lungusa.org/get-involved/>

Waltham

Charitable Foundations and Advocacy

- **Stand for Children**. 77 Rumford Ave., Suite #2 Waltham, MA. www.stand.org Stand for Children's mission is to use the power of grassroots action to help all children get the excellent public education and strong support they need to thrive.
- **Toys for Tots** (Marine Toys for Tots Foundation, Waltham local) Contact Robert Harrington 781-899-4176

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society**. www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association**. <http://www.lungusa.org/get-involved/>

Wakefield

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society**. www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association**. <http://www.lungusa.org/get-involved/>

Watertown

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society**. www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association**. <http://www.lungusa.org/get-involved/>

Wellesley

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society**. www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association**. <http://www.lungusa.org/get-involved/>

Recreation/Sports

- **Wellesley STARS Aquatics**. A listed partner with Special Olympics, MA. Contact Karen Bernardo kcbarnard2@aol.com for available opportunities.

Senior Citizens

- **Elizabeth Seton Residence**. 125 Oakland St, Wellesley Hills. 781-237-2161. www.elizabethseton.org

Wenham

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society**. www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association**. <http://www.lungusa.org/get-involved/>

Recreation/Sports

- **Eagles TOPSOCCER**. A listed partner with Special Olympics, MA. Contact Paul Karrlsson-Willis for opportunities registrar@eaglestopsoccer.org

Weston

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society**. www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association**. <http://www.lungusa.org/get-involved/>

Recreation/Sports

- **Eastern Mass XC Ski @ Weston Ski Track**. A listed partner with Special Olympics, MA. Contact Jennifer Saffran Jennifer.saffran@gmail.com for possible volunteer opportunities.

Winchester

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society**. www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association**. <http://www.lungusa.org/get-involved/>

Woburn

Food & Shelter

- **The Food Project**, Volunteer at various local farms. All volunteers must register online www.thefoodproject.org/volunteer Please email for questions or more information: participate@thefoodproject.org

Health and Wellness

- **American Cancer Society**. www.cancer.org Click "Get involved" for Volunteer information.
- **American Lung Association**. <http://www.lungusa.org/get-involved/>