



### **A Better Society/Project Life Cycle**

A Better Society is a non-profit organization located in Chanhassen, Minnesota. Their longest running project is Project Life-Cycle (PLC). Volunteers of PLCS learn how to repair donated bikes that are given to people in need in the local community.

Interest Category: Community, Environment, Family, Healthcare, Wellness

Opportunities: Assist with Project Life-Cycle events. Become trained in bicycle repair and prepare donated bikes for distribution in the West Metro (1-2 times a month). Visit their office (1453 Park Road, Chanhassen) between 4:00-8:00 p.m. on Tuesdays to learn more about what they do and how you can help. Volunteers are asked to commit to an on-going 1-2 times per month role. Other group opportunities include helping with warehouse organization and special project work (non-cycle).

Age Restrictions: Dependent on activity/project

Volunteer Contact: [info@abettersociety.org](mailto:info@abettersociety.org)

### **AbleLight (Formerly Bethesda) Thrift Shop**

Able Light Thrift Shop raises funds to support people with disabilities.

Interest Category: Adults & Children with Disabilities

Opportunities: Sort donations and work in resale shop (Minnetonka location).

Age Restrictions: 14 and older

Volunteer Contact: Lisa Leger, [lisa.leger@ablelight.org](mailto:lisa.leger@ablelight.org), 952-939-0989

### **Arc's Value Village Thrift Stores**

Arc's Value Village Thrift Stores are a revenue generating and public awareness vehicle for The Arc Minnesota, a statewide non-profit organization that works to promote and protect the human rights of people who have intellectual and developmental disabilities. Arc's Value Village accepts clothing, housewares, art, media, books, and related items.

Interest Category: Community, Adults & Children with Disabilities, Environment, Family

Opportunities: Assist in resale stores (10 a.m.-6 p.m. daily). Help organize, size items, stock sales floor, and assist with donation retrieval. Volunteers need to work for at least a 2-hour shift. Individuals and groups are welcome.

Age Restrictions: 15 and older (independently), 8-13 with an accompanying adult

Volunteer Contact: Michelle Theisen, [michelletheisen@arcminnesota.org](mailto:michelletheisen@arcminnesota.org)



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## **Art Buddies**

Art Buddies brings one-on-one creative mentorship to thousands of children at Twin Cities' highest need schools and communities.

Interest Category: Community, Family

Opportunities: Work with students (ages 8-11) on a Character Creation Costume, as an art mentor, or a pen pal buddy (new in 2024). Help with community outreach (April 21). Certain positions require regular (1 time per week/8 weeks) participation.

Age Restrictions: 15 and older

Volunteer Contact: [mari@artbuddies.org](mailto:mari@artbuddies.org)

## **Bountiful Basket Food Shelf**

Bountiful Basket Food Shelf provides free nutritious food to individuals and families experiencing food insecurity in the Easter Carver County (but not limited to specific geographical boundaries).

Interest Category: Homelessness, Hunger

Opportunities: Assist clients with distribution and orders on Monday nights or Saturday mornings. Pick up donated food in Chanhassen and Chaska. Spanish speakers welcome.

Age Restrictions: 15 and older (high school age)

Volunteer Contact: [Volunteer Application](#)  
[volunteer@bountifulbasketfoodshelf.org](mailto:volunteer@bountifulbasketfoodshelf.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, Housing, Senior Citizens

Opportunities: Work at sorting donations in the warehouse, help as a shopping assistant to clients, or assist with office work. Groups can help unload/load items at warehouse, fund/build dressers for clients, and create essential packs for clients. They ask that volunteers commit to 7-3 hour shifts every 6 months.

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

Volunteer Contact: [Bridging Volunteers Application](#)  
[joel.bisser@bridging.org](mailto:joel.bisser@bridging.org)



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## **Bunny Besties**

Bunny Besties' mission is to provide impactful Animal Assisted Interactions to support the emotional wellness of our community. They provide sanctuary to rabbits in their program, as well as resources and education to rabbit owners in the community.

Interest Category: Animals, Community, Family, Senior Citizens, Wellness

Opportunities: Assist with therapy interactions and other programming in schools, senior centers, and outreach events. Help in the Bunny General Store (Minnetonka), with animal care, and with social media communication.

Age Restrictions: None

Volunteer Contact: [Jsmith@bunnybesties.org](mailto:Jsmith@bunnybesties.org) or [hello@bunnybesties.org](mailto:hello@bunnybesties.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. We also operate Camp Tanadoona (Chanhassen).

Interest Category: Community, Environment, Family

Opportunities: One-time volunteer opportunities ([Volunteer Clean-Up-April 29](#)), hiring 2023 Summer Camp Junior Counselors. <https://campfiremn.org/camps/work-at-camp/>

Age Restrictions: 16 and older (counselors), all ages for outdoor projects

Volunteer Contact: [info@campfiremn.org](mailto:info@campfiremn.org)

## **City of Shorewood & Shorewood Community Center**

The City of Shorewood offers volunteer and seasonal employment opportunities in the City of Shorewood.

Interest Category: Community, Environment, Family

Opportunities: Volunteer opportunities available in the park system and at community events. Seasonal employment opportunities are also available. [Volunteer/Employment Flyer](#)

Age Restrictions: Age depends on position

Volunteer Contact: [cityhall@ci.shorewood.mn.us](mailto:cityhall@ci.shorewood.mn.us)



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### Courage Kenny Rehabilitation Institute

Courage Kenny (a division of Allina Health) provides a wide range of inpatient and outpatient rehabilitation services to children and adults.

Interest Category: Family, Health, Wellness

Opportunities: Assist with swimming lessons, organized games and activities, and bring a pet to visit with patients. Seasonal sports and recreation positions available (track & field, rock climbing, golf, cycling, tennis). [Volunteer Flyer](#)

Age Restrictions: Dependent on position

Volunteer Contact: [CKRivolunteerservices@allina.com](mailto:CKRivolunteerservices@allina.com)

### Deephaven Woods Senior Living

Deephaven Woods is a senior living community located in Deephaven, Minnesota. They offer a variety of senior living options.

Interest Category: Senior Citizens

Opportunities: Entertain residents, help with community events and parties, assist with recycling efforts, and gardening. Engage with residents by playing board games and cards, crafting, and running bingo. Great opportunity for groups and families.

Age Restrictions: Dependent on position, 16 and older for most positions, but options for all ages

Volunteer Contact: [katy.swanson@fairview.org](mailto:katy.swanson@fairview.org)

### FamilyWise Services

FamilyWise Services works to educate, empower, and enrich families who are struggling with poverty, substance abuse, mental health issues, homelessness, and domestic violence.

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

Opportunities: Create craft kits for families or host a donation drive. Adult supervision monitors, front desk help and mentoring positions also available (adult roles).

Age Restrictions: Dependent on position

Volunteer Contact: [volunteer@familywise.org](mailto:volunteer@familywise.org)



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## Feed My Starving Children

Feed My Starving Children provides volunteer-packed nutritiously complete meals for starving people around the world.

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: Kristy Mattys, Development Specialist

[www.fmssc.org/get-involved/volunteer-info](http://www.fmssc.org/get-involved/volunteer-info)

## Free Geek

Free Geek Twin Cities is dedicated to addressing the problems of The Digital Divide and electronic waste in our local community through direct, tangible action. Free Geek works to keep technology out of landfills and refurbish items for resale or donation.

Interest Category: Community

Opportunities: Volunteers can assist in recycling technology parts and refurbish computers and other technology. Volunteers can work at Free Geek or at home.

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

Volunteer Contact: Dave, [Volunteer Information](#), 612-223-5967

## 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 the manager with horses and projects on the property. Training required and provided by Freedom Farm.

Age Restrictions: 14 and older with horse experience

Volunteer Contact: Susie Bjorklund, [info@freedomfarmmn.org](mailto:info@freedomfarmmn.org)



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### Gigi's Playhouse

Gigi's Playhouse is a non-profit organization that provides free therapeutic programs for individuals with Down syndrome.

Interest Category: Adults & Children with Disabilities, Family

Opportunities: Assist participants with programming to improve social skills and engage in music, dance, teen drama, cooking, and fitness. Help with special events and provide marketing support.  
[Volunteer Flyer](#)

Age Restrictions: 16 and older (if working directly with participants)

Volunteer Contact: [Volunteer Interest Form](#)  
[hfreeman@gigisplayhouse.org](mailto:hfreeman@gigisplayhouse.org)

### Good in the Hood

Good in the Hood is a non-profit organization focused on supporting community members experiencing food or housing insecurity.

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

Opportunities: Help sort and organize shoes for the Shoe Away Hunger program, assist staff with food distribution for their Food Shelf in a Box or Food in the Hood programs, provide outreach to the Soles for Souls program, and help with other special events. Great opportunity for groups.  
[Shoe Away Hunger](#), [Food Shelf in Box](#), [Soles for Souls](#), [Holiday Event](#)

Age Restrictions: Dependent on activity

Volunteer Contact: [info@goodinthehood.org](mailto:info@goodinthehood.org)

### Greater Minneapolis Crisis Nursery

Greater Minneapolis Crisis Nursery's mission is to end child abuse and neglect and create strong, healthy families.

Interest Category: Community, Family, Healthcare, and Wellness

Opportunities: Cook or sponsor a meal for children staying at the Crisis Nursery, provide childcare, create snack kits, or lead an enrichment activity (music, indoor or outdoor games, craft, etc.).

Age Restrictions: 18 and older independently, 12-17 with an accompanying adult

Volunteer Contact: [eklahn-grove@crisisnursery.org](mailto:eklahn-grove@crisisnursery.org)





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### Habitat for Humanity Twin Cities

Twin Cities Habitat brings people together to create and preserve homeownership in our neighborhoods, to partner with low-income families to be successful homeowners, and to inspire action that promotes affordable housing for everyone in our community.

Interest Category: Community, Homelessness

Opportunities: Help build or repair a home with Habitat on site! No construction experience is required. Full-day opportunities available for individuals or groups (homebuilding, home repairs). Assist in Habitat's ReStore retail space. Help load in donations, sort, and merchandise the store.  
[Volunteer Flyer](#)

Age Restrictions: 16 and older independently (construction sites), 14 and older (Restore and landscaping)

Volunteer Contact: [lizzy.reilly@tchabitat.org](mailto:lizzy.reilly@tchabitat.org)

### Hammer Residences

Hammer Residences' mission is to provide adults with disabilities the opportunity to live life to its fullest.

Interest Category: Community, Adults & Children with Disabilities, Wellness

Opportunities: Participate in the Make-a-Friend-Be-A-Friend program, which pairs up volunteers with a resident (1-2 times a month). Assist Hammer at fun, family events. [Volunteer Guide](#)

Age Restrictions: 16 and older independently, 14-16 with an accompanying adult

Volunteer Contact: [cthoma@hammer.org](mailto:cthoma@hammer.org)

### Havenwood-Minnetonka

Havenwood is a senior living and memory care facility located in Minnetonka.

Interest Category: Senior Citizens

Opportunities: Help assist with memory care unit programming, provide support with music, crafts, creative projects, and social visits. Great opportunity for groups and families.

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

Volunteer Contact: [lfricke@havenwoodofminnetonka.com](mailto:lfricke@havenwoodofminnetonka.com)



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### Helping Paws, Inc.

Helping Paws trains service dogs for veterans and first responders with PTSD, people with physical disabilities, and people who have experienced trauma.

Interest Category: Animals, Community, Wellness

Opportunities: Recruiting foster home trainers for litters of Golden Retrievers that will start training in late spring or early summer. 1 time a week class commitment. Adults/families typically train for 2 years. Families can also dog sit for abbreviated periods of time. [Volunteer Flyer](#)

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

Volunteer Contact: Chelsey Bosak, [cbosak@helpingpaws.org](mailto:cbosak@helpingpaws.org)

### His House Foundation/Food Abundance Program

His House is a full holistic agency that helps local community members in need (homelessness, sustainable housing, emergency services). His House has a full resource center in Chaska and captures and redistributes food from many sources (restaurants, grocery stores, farmers markets, etc.).

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

Opportunities: Help organize resource center donations and manage donations being distributed to other network partners. Help with donation drives of essential supplies throughout the year.

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

[Volunteer Contact Form](#)

Volunteer Contact: [HisHouseNonProfit@gmail.com](mailto:HisHouseNonProfit@gmail.com)

### Hope House/Open Hands Foundation

Hope House is a teen shelter in Excelsior for 14-19 year-old young adults. Hope House offers a safe place, shelter, food, clothing and support for young adults to get back on track.

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

Opportunities: Assist Hope House on **May 13** at their Border Battle Event, hosted by the Chanhassen and Minnetonka varsity baseball teams. Volunteers needed to help with spike ball tournament, food trucks, and general logistics.

Age Restrictions: 14 and older independently

Volunteer Contact: [Dianne.dekoning@openhandsfoundation.com](mailto:Dianne.dekoning@openhandsfoundation.com)





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### 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: [info@hoperides.org](mailto:info@hoperides.org)

### Hope Springs of Minnetonka

Hope Springs of Minnetonka is the smallest nursing home in the state located ¾ of a mile from Minnetonka High School.

Interest Category: Healthcare, Seniors, Wellness

Opportunities: Assist residents with activities (art, games), dining, and provide entertainment (music, theater, dance, etc.)

Age Restrictions: 14 and older

Volunteer Contact: [jrsprinkel@lmcare.com](mailto:jrsprinkel@lmcare.com) 952-474-4474

### 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, Homelessness, Housing, Hunger, 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. Great opportunity for groups and families.

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

Volunteer Contact: [Humanity Alliance Volunteers](#)



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## **ICA Food Shelf**

ICA offers hope and aids our neighbors in need, through their food shelf, homelessness prevention initiatives, and employment.

Interest Category: Homelessness, Housing, Hunger

Opportunities: Help distribute donated food/produce and help with special events (Postal Drive, Tour de Tonka, Big Island and Back, Holiday Meal Giveaway).

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

Volunteer Contact: [Volunteer Events Link](#)  
[volunteer@icafoodshelf.org](mailto:volunteer@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, Homelessness, Housing, Hunger

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

Age Restrictions: 16 and older (resale store/food shelf/donation door), 12 and older with an accompanying adult

Volunteer Contact: [Volunteer Form](#)  
[awyatt@iocp.org](mailto:awyatt@iocp.org)

## **Loaves and Fishes**

Loaves & Fishes is a non-profit organization serving free, healthy meals to Minnesotans. They coordinate a variety of meal programs supported by creative food sourcing, their own farm and gardens, and food rescue efforts.

Interest Category: Community, Family, Hunger

Opportunities: Individuals and small groups can help package and serve meals. 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. Great opportunity for groups and families.

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

Volunteer Contact: [Loaves and Fishes Volunteer Site](#)  
[Imoening@loavesandfishesmn.org](mailto:Imoening@loavesandfishesmn.org)



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### Many Hands Many Meals

Many Hands Many Meals is a volunteer-driven non-profit organization with a mission to inspire, engage, and educate people by packing life-saving meals that ease world hunger.

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

Opportunities: Assist in packing meals during packathon and private group events. Great opportunity for groups and families. Private events can be scheduled for larger groups.

Age Restrictions: 15 and older, 5 and older with an accompanying adult

Volunteer Contact: [mhmm@mountcalvary.org](mailto:mhmm@mountcalvary.org)

### Methodist Hospital-Park Nicollet

Park Nicollet Methodist Hospital is in St. Louis Park and serves the greater Twin Cities area.

Interest Category: Community, Family, Health, Wellness

Opportunities: Assist staff with transporting patients, making deliveries to patient rooms, greeting patients and visitors, and assembling patient packages. Shifts available 7 days a week.

Age Restrictions: 16 and older (must be able to commit 100 hours per year)

Volunteer Contact: [Park Nicollet Methodist Volunteer Application](#)

[nancy.holden@parknicollet.com](mailto:nancy.holden@parknicollet.com)

### Minneapolis Toy Library

The Minneapolis Toy Library is a toy lending program for families of children ages birth to 5 years. Like a book library, you can check out up to five toys, take them home for 2-4 weeks and exchange them for new ones when you return. A great way to reduce waste and foster community.

Interest Category: Community, Environment, Family

Opportunities: Help organize, clean, and repair toys at the library. Conduct community outreach about the program at local events.

Age Restrictions: All ages

Volunteer Contact: [mplstoylibrary@gmail.com](mailto:mplstoylibrary@gmail.com)



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### 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 (Youth Triathlon, Tour de Tonka, Firecracker Run, Minnewashta Mud Run).

Age Restrictions: Typically, high school ages and older, but some events can accommodate younger students/families

Volunteer Contact: Lauren Riedel, [lauren.riedel@minnetonkaschools.org](mailto:lauren.riedel@minnetonkaschools.org)

### Minnetonka Community Education-Youth Development Council

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, Environment, Family

Opportunities: Assist as an event volunteer (Dodgeball Tournament, Minnetonka East Meets Minnetonka West, 5<sup>th</sup> Grade Finales).

Age Restrictions: High school ages and older

Volunteer Contact: Josh Benesh, [joshua.benesh@minnetonkaschools.org](mailto:joshua.benesh@minnetonkaschools.org)

### Mount Olivet Careview Home

Mount Olivet Careview Home is a retirement community in south Minneapolis providing a continuum of care for its residents.

Interest Category: Community, Senior Citizens, Wellness

Opportunities: Assist Mt. Olivet Careview Home with pampering activities for their residents. Provide fun “spa” experiences (nails and hand massage) to residents. Some activities may require a background check. Great opportunity for a friend group or parent/child activity.

Age Restrictions: 15 and older

Volunteer Contact: [Volunteer Contact Form](#)  
[lhancer@mtolivethomes.org](mailto:lhancer@mtolivethomes.org)



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### Mount Olivet-Rolling Acres

Mount Olivet Rolling Acres is a local non-profit organization which provides community services and homes for individuals with disabilities. They enhance personal growth for people with disabilities by offering unique services supported by a caring, dedicated, and knowledgeable team.

Interest Category: Community, Adults & Children with Disabilities, Senior Citizens, Wellness

Opportunities: Assist Mt. Olivet Rolling Acres with annual parties (4-5 a year), make a meal for a group home, share music and fellowship with residents, or assist with summer camp for youth with autism. Become a House Ally and help regularly with household tasks and interact with residents. Great opportunity for groups and families.

Age Restrictions: Age dependent on activity

Volunteer Contact: [Volunteer Contact Form](#)  
[sahennes@mtolivet-mora.org](mailto:sahennes@mtolivet-mora.org)

### MoveFwd

MoveFwd is a non-profit organization that provides at-risk and homeless youth case management and barrier free counseling services. MoveFwd has a drop-in center located at Eisenhower Community Center in Hopkins where they can get personal products, food, and other resources.

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

Opportunities: Volunteer for events, provide meals, or collect donations for the drop-in center. Good opportunity for groups or families.

Age Restrictions: Age dependent on activity

Volunteer Contact: [skemp@movefwdmn.org](mailto:skemp@movefwdmn.org)



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### myHealth for Teens & Young Adults

myHealth for Teens & Young Adults is a non-profit resource for young people ages 12-26. They provide medical care and mental health counseling.

Interest Category: Community, Family, Healthcare, Wellness

Opportunities: Opportunity to apply to be on their Youth Advisory Board (YAB). The Youth Advisory Board meets every other week for the entire school year to work on capstone projects, advise myHealth on relevant topics, and provide peer education in the community. The board consists of young people ages 15-18 who represent myHealth in their schools and communities. Strong interest in public health is preferred.

Age Restrictions: 15 and older

Volunteer Contact: [Jaces@myhealthmn.org](mailto:Jaces@myhealthmn.org)

### Open Arms of Minnesota

Open Arms of Minnesota is a local non-profit organization that prepares and delivers nourishing meals to critically ill Minnesotans and their families and caregivers.

Interest Category: Healthcare, Hunger, Wellness

Opportunities: Volunteer in their kitchen, bakery, on farms, and with meal shipping or delivery. Multiple days/shifts. Registration required.

Age Restrictions: 16 and older independently, under 15 with an accompanying adult

Volunteer Contact: [antony@openarmsmn.org](mailto:antony@openarmsmn.org)

### Opportunity Partners

Opportunity Partners is a Minnesota non-profit 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, Adults & Children with Disabilities, Family, Healthcare, Wellness

Opportunities: Volunteer in a classroom, on the 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. Great opportunity for groups or families.

Age Restrictions: Dependent on activity

Volunteer Contact: [aboxer@opportunities.org](mailto:aboxer@opportunities.org)





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### Pinky Swear Foundation

Pinky Swear Foundation is a non-profit organization that helps children with cancer and their families with economic and emotional support.

Interest Category: Community, Family, Wellness

Opportunities: Write encouraging letters and create uplifting artwork for patients being treated for cancer.

Age Restrictions: None

Volunteer Contact: [info@pinkyswear.org](mailto:info@pinkyswear.org)

### People Serving People

People Serving People is the largest and most comprehensive emergency shelter for families experiencing homelessness in Minnesota.

Interest Category: Community, Environment, Family

Opportunities: Serve meals to families in the shelter and do housekeeping in the shelter. Create winter essentials packs, snack kits, activities kits, and execute donation drives. Great opportunity for groups and families.

Age Restrictions: 18 and older independently, 16-17 with an accompanying adult, off-site projects any age

Volunteer Contact: [volunteering@peopleservingpeople.org](mailto:volunteering@peopleservingpeople.org)

### Reach for Resources

Reach for Resources supports 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, Adults & Children with Disabilities, Family, Wellness

Opportunities: Volunteers can work directly with clients, assist us with a special skill as well as assist at one of their adaptive recreation programs (weekdays and weekends). Help with events (Bowl-a-Thon/[April 22](#), Reach on Tap/[June 19](#), Golf Tournament/[July 17](#)). To volunteer you must go through an interview process and complete an orientation training session. [Volunteer Flyer](#)

Age Restrictions: 16 and older independently, 8-16 with an accompanying adult and youth waiver form

Volunteer Contact: [Volunteer Form](#) or (952) 393-4277



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## **ResourceWest**

ResourceWest supports individuals and families in the West Metro through collaborative programs and connections to resources as they move toward greater stability. They also provide social services and children and youth programming.

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

Opportunities: Many one-time volunteer opportunities including, organizing donations, and assisting with the distribution of school supplies/winter gear/toys to families who register for these programs. Options for individuals and groups to create donation drives (Back-to-School, Winter Warm Wear, and Toy Chest).

Age Restrictions: 15 and older independently, Donation drives all ages

Volunteer Contact: [Volunteer Application](#)  
[alison@resourcewest.org](mailto:alison@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. RMH provides food, lodging, comfort, and support to families.

Interest Category: Family, Healthcare, Wellness

Opportunities: On-site and off-site opportunities are currently available. Cooking, cleaning, activities help, and gardening are all options for volunteers. Great for groups and families. [On-Site Volunteer Flyer](#), [Off-Site Volunteer Flyer](#)

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

Volunteer Contact: [twelch@rmhc-uppermidwest.org](mailto:twelch@rmhc-uppermidwest.org)

## **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: Animals, Environment

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

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

Volunteer Contact: [volunteering@secondhandhounds.org](mailto:volunteering@secondhandhounds.org)



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## Second Harvest Heartland

Second Harvest Heartland is one of the nation's largest food banks. They help distribute food to non-profits assisting families who are experiencing food insecurity.

Interest Category: Homelessness, Housing, Hunger

Opportunities: Assist with sorting, packaging, weighing, and labeling various food items.

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

Volunteer Contact: [volunteer@2harvest.org](mailto:volunteer@2harvest.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.

Interest Category: Community, Senior Citizens

Opportunities: Help seniors with snow removal and technology support and assist in the office. Great opportunity for groups and families. [Individual Volunteer Flyer](#), [Group Volunteer Flyer](#)

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

Volunteer Contact: [scsvolunteer@seniorcommunity.org](mailto:scsvolunteer@seniorcommunity.org) or call 952-767-7894

## Simpson Housing Services

Simpson Housing Services' mission is to house, support, and advocate for those experiencing homelessness.

Interest Category: Homelessness, Hunger, Wellness

Opportunities: Help staff with laundry, dishes, supplies, etc. Assist with daytime prep cooking, serving meals, and volunteer at annual fundraisers. Interview and application process required. Volunteers to commit to 2 hours per month. [Volunteer Flyer](#)

Age Restrictions: Age dependent on activity

Volunteer Contact: [kjaksha@simpsonhousing.org](mailto:kjaksha@simpsonhousing.org) (donation drives/volunteer opportunities)

[aramos@simpsonhousing.org](mailto:aramos@simpsonhousing.org) (serving meals in emergency shelter)



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### Sojourner Project

Provide support services to victims of domestic violence and sexual assault.

Interest Category: Community, Family, Homelessness, Housing

Opportunities: Assist with outdoor clean-up, organization of donation spaces, childcare (evenings and weekends), adopt a room to redecorate, and creating donation drives. [Volunteer Flyer](#)

Age Restrictions: 16 and older independently, 16 and under dependent on activity

Volunteer Contact: [Volunteer Application](#)  
[becca@sojournerproject.org](mailto:becca@sojournerproject.org)

### The Glenn Minnetonka

The Glenn is a senior living community located 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. Help with gardening and landscaping. Great opportunity for groups and families. [Volunteer Flyer](#)

Age Restrictions: 15 and older (in person), 15 and under with an accompanying adult, any age (virtual)

Volunteer Contact: [advorak@greatlakesmc.com](mailto:advorak@greatlakesmc.com)

### The PROP Shop

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

Interest Category: Community, Family

Opportunities: Assist with organization of donations and outdoor projects. Create donation drives, create "Build-a-Kitchen packages, and bake occasionally for events. Need help on weekdays (3-5 p.m. & 5-7 p.m.) and weekend afternoons in the warehouse and sales floor. [Volunteer Flyer](#)

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

Volunteer Contact: [Alicia@propshopep.org](mailto:Alicia@propshopep.org)



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### Three Rivers Parks District

Three Rivers Parks District is a local government park district that focuses on outdoor education, recreation, and natural resources management.

Interest Category: Animals, Community, Environment, Family

Opportunities: Three Rivers has several volunteer opportunities (one time or on-going) at various parks, as well as paid summer internship programs (Pathways) and seasonal employment opportunities. [Internship/Employment Flyer](#)

Age Restrictions: 14 and older

Volunteer, Internship & Employment Contact: [caitlin.russell@threeriversparks.org](mailto:caitlin.russell@threeriversparks.org)

### Three Rivers Parks District (Lowry Nature Center)

Three Rivers Parks District is a local government park district that focuses on outdoor education, recreation, and natural resources management.

Interest Category: Animals, Community, Environment, Family

Opportunities: This winter help with animal/reptile care or assist with special events. Great opportunity for groups and families. [Lowry Nature Center Flyer](#)

Age Restrictions: 14 and older, under 14 with accompanying adult (group projects)

Volunteer Contact: [Three Rivers Volunteers](#),  
[volunteer@threeriversparks.org](mailto:volunteer@threeriversparks.org)

### Tonka CARES-MHS Student Advisory Club

Tonka CARES Coalition is a diverse community coalition that provides a platform for healthy youth development in our community. They seek to promote mental health, substance use prevention, early intervention, and recovery among Minnetonka youth.

Interest Category: Community, Family, Healthcare, Wellness

Opportunities: Student Advisory Club members act as a bridge between the student population and larger Tonka CARES Advisory Board. Act as a peer mentor, help with programming and outreach, and provide important feedback on programs and policies.

Age Restrictions: High school students (MHS Club)

Volunteer Contact: [Christine.arulanantham@minnetonkaschools.org](mailto:Christine.arulanantham@minnetonkaschools.org)



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### 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. They offer a variety of services and programs for their residents.

Interest Category: Healthcare, Senior Citizens

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

Age Restrictions: None

Volunteer Contact: [awebb@trouvaillehomes.com](mailto:awebb@trouvaillehomes.com)

### Twin Cities PBS/Twin Cities Public Television

Twin Cities PBS is non-profit television station dedicated to using the power of media to advance the arts, spur learning, help young people succeed and help adults age vitally.

Interest Category: Community, Family

Opportunities: Help PBS serve snacks, register people, lead tours, welcome guests into their space, run crafts, usher people at concerts and screenings, and much more!

Age Restrictions: 16 and older

Volunteer Contact: [Volunteer Form](#)  
[sgrangaard@tpt.org](mailto:sgrangaard@tpt.org)

### Walker Methodist

Walker Methodist operates senior living communities across the Twin Cities area.

Interest Category: Healthcare, Senior Citizens, Wellness

Opportunities: Volunteers provide one on one visits with seniors, assist with outings, provide music and entertainment, and one on one music and memory work with seniors.

Age Restrictions: Age dependent on position

Volunteer Contact: [Volunteer Registration](#)  
[ljrodewald@walkermethodist.org](mailto:ljrodewald@walkermethodist.org)





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### WeCAN

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

Interest Category: Community, Family, Homelessness, Hunger

Opportunities: Volunteers assist with projects at WeCAN facility in Mound, conduct donation drives (school supplies, winter clothing, holiday gifts), and assist at special events.

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

Volunteer Contact: [executivedirector@wecanmn.org](mailto: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, Adults & Children with Disabilities, Healthcare, Wellness

Opportunities: Volunteers assist with side walking and leading horses in therapy classes. This requires training, which is provided to new volunteers. Build or create something that would help their program and help at special events (a couple of times a year).

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

Volunteer Contact: [angelm@wecanride.org](mailto:angelm@wecanride.org)

### Wingspan Life Resources

Wingspan empowers people with disabilities to live their best lives.

Interest Category: Community, Adults & Children with Disabilities, Family, Wellness

Opportunities: Be an activity buddy to a resident, help with yard work, or help with the annual gala.

Age Restrictions: 15 and older

Volunteer Contact: [dgray@wingspanlife.org](mailto:dgray@wingspanlife.org)



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### West Metro Learning Connections-Excelsior

West Metro Learning Connections is dedicated to connecting children and young adults identified with Autism Spectrum Disorders with resources and essential skills programming.

Interest Category: Community, Adults & Children with Disabilities, Family, Wellness

Opportunities: Assist with different programming activities (summer day camp, after school programs, etc.). Training required a once a week (4-hour commitment). Opportunity to move into employment after a few weeks.

Age Restrictions: Age dependent on position

Volunteer Contact: [mwyatt@wmlc.biz](mailto:mwyatt@wmlc.biz)

### YMCA-Camp Christmas Tree

Help create a safe and fun outdoor camp experience for youth ages 4-14 while also developing leadership, team building, and collaboration skills. Opportunities include property maintenance, group projects, counseling/leading groups of campers.

Interest Category: Community, Adults & Children with Disabilities, Family, Wellness

Opportunities: Be an activity buddy to a resident, help with yard work, or help with the annual gala.

Age Restrictions: 14 and older

Volunteer Contact: [maxwell.ostenso@ymcamn.org](mailto:maxwell.ostenso@ymcamn.org)



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## Additional Student/Family Volunteer Resources

[Hands On Twin Cities](#)



[Doing Good Together](#)



[Volunteer Match](#)



[Minnetonka High School Service Clubs](#)

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