



[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.

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

[AbleLight Thrift Shop \(Formerly Bethesda\)](#)

AbleLight Thrift Shop raises funds to support people with intellectual and developmental disabilities.

Opportunities: Sort donations or work as a cashier or stock sales floor in the resale shop (Minnetonka location).

Age Restrictions: 16 and older (independently), 14 -16 with an accompanying adult or adult permission

Volunteer Contact: [Volunteer Flyer](#)
lisa.leger@ablelight.org, 952-939-0989

[Animal Humane Society of Minnesota](#)

Animal Humane Society is one of the nation's leading animal welfare organizations and is transforming the way shelters care for animals and engage their communities. They provide direct care and services to help nearly 100,000 animals in need across Minnesota.

Opportunities: Help with cleaning, feeding, distribution of pet food, act as an adoption greeter, or serve as a community outreach representative at events. 2-hour shifts at least 2 times per month.

Age Restrictions: 16 and older

Volunteer Contact: [Volunteer FAQ](#), [Summer Youth Volunteer](#)
snewbury@animalhumanesociety.org



[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.

Opportunities: Assist in resale stores (10 a.m.- 6 p.m. daily). Help organize, size and price 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: [Volunteer Flyer](#)
[Volunteer Registration](#)
michelletheisen@arcminnesota.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).

Opportunities: Help with front desk reception, assisting clients while they shop, pack or deliver mobile orders, stock shelves, or assist with food rescue.

Age Restrictions: 15 and older (high school age)

Volunteer Contact: [Volunteer Application](#)
volunteer@bountifulbasketfoodshelf.org

[Bridging](#)

Bridging empowers people to thrive in their homes by providing quality furniture and household goods for those transitioning out of homelessness and poverty.

Opportunities: Work at sorting donations and moving furniture, bags, and boxes in the warehouse. Help as a shopping assistant to clients or assist with office work. Groups can fund/build dressers for clients and create [essential packs](#) for clients. Volunteers commit to 7 3-hour shifts every 6 months/semester.

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

Volunteer Contact: [Volunteer Flyer](#)
[Volunteer Profile Form](#)
joel.bisser@bridging.org



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.

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 or hello@bunnybesties.org

Camp Fire Minnesota

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

Opportunities: One-time volunteer opportunities (outdoor clean-up, indoor camp project work), and counselor opportunities (seasonal). [Spring Volunteer Day, April 28, 2024](#), [Counselor Employment](#)

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

Volunteer Contact: info@campfiremn.org

City of Minnetonka

The City of Minnetonka is an inclusive community committed to excellence where all residents, workers and visitors are welcome in a beautiful, sustainable place, supported by quality, dependable city services.

Opportunities: Volunteer opportunities available in the park system and at community events. Help with [natural resources and habitat restoration](#) and [police explorers \(age 14-21\)](#). Seasonal employment also available.

Age Restrictions: Dependent on position

Volunteer Contact: [Volunteer Resource](#)
[Employment Opportunities](#)
adavy@minnetonkamn.gov



[City of Shorewood & Shorewood Community Center](#)

The City of Shorewood is a municipal government that focuses on community and community events.

Opportunities: Volunteer opportunities available in the park system and at community events. Student [election judges](#), recreation staff & [Safety Camp Counselors](#), event staff, [Adopt-a-Garden sponsor](#), [Shorewood Recycling Committee](#), and [parks seasonal worker positions](#) available.

Age Restrictions: Dependent on position

Volunteer Contact: [Volunteer/Employment Flyer](#), [Safety Camp Counselor Flyer](#)
cityhall@ci.shorewood.mn.us

[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.

Opportunities: Assist with swimming lessons (evenings or Saturday a.m.), and organized games and activities. Seasonal sports and recreation positions available (track & field, rock climbing, golf, cycling, yoga, skiing & snowboarding, tennis).

Age Restrictions: 16 and older

Volunteer Contact: [Volunteer Flyer](#)
eileen.harness@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.

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



Every Meal

Every Meal fights child hunger and focuses on filling the food gaps children face on weekends, extended breaks, and summer when they're not able to access school meal programs. Through multiple food gap programs, they provide children and families experiencing food insecurity with access to good food at more than 500 locations in Minnesota.

Opportunities: Assist with packing food and food distribution, help with warehouse organization and projects, or grow food in your own garden.

Age Restrictions: Dependent on position

Volunteer Contact: [Volunteer Resources](#)
info@everymeal.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.

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

Feed My Starving Children

Feed My Starving Children provides volunteer-packed nutritiously complete meals for hunger relief programs around the world.

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: [Volunteer Registration](#)
info@fmsc.org



[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.

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: [Volunteer Information](#)

Dave, 612-223-5967

[Freedom Farm](#)

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

Opportunities: 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: [Volunteer Registration](#)

Susie Bjorklund, info@freedomfarmmn.org

[Gigi's Playhouse](#)

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

Opportunities: Assist participants with programming to improve social skills and engage in music, dance, teen drama, cooking, and fitness. Act as a literacy or math tutor. Help with special events and provide marketing support.

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

Volunteer Contact: [Volunteer Interest Form](#)

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.

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/program

Volunteer Contact: 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.

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: Keith Johnson, k.johnson@crisisnursery.org

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.

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.

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

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



Hammer Residences

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

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 family events, make meals for residents, or help with outdoor clean-up/landscaping at homes.

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

Volunteer Contact: [Volunteer Guide](#)

Cathy Thoma, cthoma@hammer.org

Havenwood-Minnetonka

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

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

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.

Opportunities: Recruiting dog sitters for foster dogs and dogs in training. A great family opportunity.

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

Volunteer Contact: [Volunteer Flyer](#)

[Volunteer Form](#)

cbosak@helpingpaws.org



Hope Rides

Hope Rides is a faith-based mentorship program utilizing horse, husbandry, and ranch related life. Hope Rides allows people from all walks of life the opportunity to connect to horses in a safe, loving environment intended to encourage, equip and empower people to live their best lives to further facilitate healing, growth and find hope.

Opportunities: Assist with projects around the ranch (gardening, building), arts & crafts, and with various fundraising projects/teams.

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

Volunteer Contact: [Volunteer Application](#)
info@hoperides.org

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).

Opportunities: Help with food rescue, food prep, cooking, and delivery of meals to families in need. 5,000 meals are prepared weekly in the Twin Cities. Great opportunity for groups and families.

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

Volunteer Contact: [Humanity Alliance Volunteers](#)

ICA Food Shelf

ICA offers hope and aids our neighbors in need, through their food shelf, homelessness prevention initiatives, and employment. Their mission is to create a healthy and stable community for all.

Interest Category: Homelessness, Housing, Hunger

Opportunities: Help distribute donated food/produce, help with special events (Postal Drive, Tour de Tonka, Big Island and Back, Thanksgiving Turkey Sales/Cub Foods), or act an interpreter for clients (multiple languages needed).

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

Volunteer Contact: [Volunteer Flyer](#)
marthak@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.

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](#)

Ashley Wyatt, awyatt@iocp.org

[Jewish Family and Children's Service of Minneapolis](#)

JFCS provides essential services to people of all ages and backgrounds to sustain healthy relationships, ease suffering and offer support in times of need.

Opportunities: Help with various activities connected to diverse programming. Give rides to isolated clients, help with youth programming, coordinate supply drives, create cards for isolated adults, and assist with special events.

Age Restrictions: Age dependent on activity

Volunteer Contact: [Volunteer Registration](#)

[Volunteer Resources](#)

[Volunteer Flyer](#)

dshapiro@jfcsmpls.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.

Opportunities: Individuals and small groups can help package and serve meals, help with clean up during distribution and at the end of the evening. Great opportunity for groups and families. Summer internships also available.

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

Volunteer Contact: [Volunteer Flyer](#)

lmoening@loavesandfishesmn.org



[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.

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

[Methodist Hospital-Park Nicollet](#)

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

Opportunities: Assist staff with transporting patients, making deliveries to patient rooms, greeting patients and visitors, assembling patient packages, or performing as a musician for patients. Shifts available 7 days a week. Most volunteers commit to 3-4 hour shifts weekly and teen volunteers with advanced musical ability commit to 1-2 hour shifts weekly.

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

[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.

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



[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.

Opportunities: Assist as an event volunteer (Youth Triathlon, Fall de Tonka, Rake-a-Thon, 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

[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.

Opportunities: Assist as an event volunteer ([Dodgeball Tournament](#), [Minnetonka East Meets Minnetonka West](#), [5th Grade Finale MME](#), [5th Grade Finale MMW](#)).

Age Restrictions: High school ages and older

Volunteer Contact: alex.fairfield-johnson@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.

Opportunities: Assist Mt. Olivet Careview Home with pampering activities for their residents. Provide fun "spa" experiences (nails and hand massage) to residents, work in the gift shop, bring a pet to visit with residents, or call bingo. 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



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.

Opportunities: Assist Mt. Olivet Rolling Acres with annual parties (4-5 a year), make a meal for a group home, share a talent (music, art, science, etc.) and fellowship with residents, chaperone outings, help with outdoor clean-up, or assist with summer camp for youth with autism. [House Ally Flyer](#), [Outing Volunteer Flyer](#), [Spring Clean Up Flyer](#), [Summer Camp Flyer](#). Volunteers can create a specific project based on their interests. Great opportunity for groups and families.

Age Restrictions: Age dependent on activity, paid opportunities for 16 and older

Volunteer Contact: [Volunteer HUB](#)
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.

Opportunities: Volunteer for events, provide meals, or collect donations for the drop-in center. Serve on the Youth Advisory Board (ages 15-24) and help plan awareness building events for the community.

Age Restrictions: Age dependent on activity

Volunteer Contact: skemp@movefwdmn.org

myHealth for Teens & Young Adults

For over 50 years, myHealth has been a non-profit clinic that offers comprehensive, preventative and youth-focused medical services like primary care, mental health counseling and reproductive health care to the West Suburban Community.

Opportunities: Opportunities to apply to be on their Youth Advisory Board (YAB). The Youth Advisory Board meets every other Monday for the entire school year to work on capstone project, advise myHealth on relevant topics, and provide peer education in the community. The board consists of young people ages 14-18 who represent myHealth in their schools and communities. Strong interest in public health is preferred for both opportunities.

Age Restrictions: 14 and older

Volunteer Contact: [Advisory Board Application -due March 29, 2024](#)
clairew@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.

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

[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.

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

[Pinky Swear Foundation](#)

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

Opportunities: Write encouraging letters and create uplifting artwork for patients being treated for cancer, create fundraisers, or help in their pantry.

Age Restrictions: Dependent on activity

Volunteer Contact: [Volunteer General Flyer](#)

[Volunteer Youth Flyer](#)

jessica.hansen@pinkyswear.org



People Serving People

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

Opportunities: Serve meals to families in the shelter, volunteer in the Education & Childcare Program, or assist and special events. Create winter essentials packs, snack kits, activities kits, and execute donation drives. Great opportunity for groups and families.

Age Restrictions: 18 and older independently, 13-17 with an accompanying adult, off-site projects any age

Volunteer Contact: volunteering@peopleservingpeople.org

Reach for Resources

Reach for Resources supports over 1,300 children, adults with disabilities and their families by providing individualized services that maximize independence, promote community involvement, and improve physical and mental well-being. Their services include adaptive recreation, case management, employment supports, housing supports, inclusion, independent living skills, in-home supports and mental health.

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), assist in the office, act as a recreation & inclusion birding volunteer, and help with events. Recreation & Sports Internship available (requires experience working with people with disabilities. Training provided to all volunteers.

Age Restrictions: 14 and older independently, 8-14 with an accompanying adult and youth waiver form

Volunteer Contact: [Volunteer Flyer](#)
[Volunteer Application Form](#)
mfowler@reachforresources.org

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.

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: 16 and older independently, Donation drives all ages

Volunteer Contact: [Volunteer Application](#)
ally@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.

Opportunities: On-site and off-site opportunities are currently available. Cooking, cleaning, activities help, and gardening are all options for volunteers. Create craft kits or snack packs for children. 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: rpodzimek@rmhc-uppermidwest.org or sschaefer@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.

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

[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.

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

[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.

Opportunities: Help seniors with spring yard clean-up and technology support and assist in the office. Great opportunity for groups and families. [Spring Clean-Up Flyer](#), [Individual Volunteer Flyer](#), [Group Volunteer Flyer](#)

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

Volunteer Contact: [Volunteer Application](#)
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.

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.

Age Restrictions: Age dependent on activity

Volunteer Contact: [Volunteer Flyer](#)

kjaksha@simpsonhousing.org (donation drives/volunteer opportunities)

aramos@simpsonhousing.org (serving meals in emergency shelter)

[Sojourner Project](#)

Sojourner's mission is to provide emergency shelter, support, and legal advocacy services to those victimized by domestic violence and other forms of interpersonal violence.

Opportunities: Assist with outdoor clean-up, organization of donation spaces, childcare (weekly or bi-weekly on evenings and weekends), adopt a room to redecorate, and creating donation drives. Create housewarming baskets and toiletry packs.

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

Volunteer Contact: [Volunteer Flyer](#), [Childcare Flyer](#)

[Volunteer Application](#)

becca@sojournerproject.org

[The Glenn Minnetonka](#)

The Glenn is a senior living community located in the Glenn Lake area of Minnetonka.

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.

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

Volunteer Contact: [Volunteer Flyer](#)

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.

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.

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

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

Three Rivers Parks District

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

Opportunities: Three Rivers has several volunteer opportunities (one time or on-going) at various parks. They also offer employment to high school aged students at various park programs.

Age Restrictions: 14 and older (volunteer), 16 and older (employment)

Volunteer, Internship & Employment Contact: [Volunteer Resources](#)
[Volunteer Opportunities \(Teens\)](#)
[Lake Minnetonka Regional Park Employment](#)
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.

Opportunities: Help with animal/reptile care, assist with special events, or act as a summer day camp assistant. Great opportunity for groups and families.

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

Volunteer Contact: [Three Rivers Volunteers](#) [Lowry Nature Center Flyer](#)
kirk.mona@threeriversparks.org



[Tonka CARES-MHS Student Advisory Club](#)

The Tonka CARES Student Club acts a bridge between students and the greater Tonka CARES community. Our objective is to elevate student voice and promote mental health, substance use prevention, early intervention, and recovery among Minnetonka youth.

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. Help grow a body of students who are dedicated to a healthier future for all.

Age Restrictions: High school students (MHS Club)

Volunteer Contact: tonkacares@minnetonkaschools.org

[Trouvaille Homes of Excelsior](#)

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

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

[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.

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



[Twin Cities Tamil Association](#)

Twin Cities Tamil Association is dedicated to preserving and promoting Tamil language, arts, and culture in Minnesota's Twin Cities' area.

Opportunities: Assist with special events and help with registration and attendance at weekly classes (throughout the metro area).

Age Restrictions: Dependent on activity

Volunteer Contact: contactus@tctamn.org

[Walker Methodist](#)

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

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

[WeCAN](#)

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

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

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

Volunteer Contact: [Volunteer Flyer](#)
volunteercoordinator@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.

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

[Wingspan Life Resources](#)

Wingspan empowers people with disabilities to live their best lives.

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

[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.

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



[YMCA of the North](#)

The YMCA is committed to nurturing the potential of every child and teen. From cradle to career, the Y empowers young people to lead inspired, successful lives.

Opportunities: Assist with childcare, act as a lifeguard and swim Instructors, or help at summer camps/after school programming activities. Training required a once a week (4-hour commitment). Opportunity to move into employment after a few weeks.

Age Restrictions: Age dependent on position (typically 15 and older)

Volunteer Contact: [Volunteer Portal](#)

Lisa Yahn, Lisa.Yahn@ymcamn.org

[Ziggy's Art Bus](#)

Ziggy's provides free, accessible, and joyful art experiences to children in hospice and with life-threatening conditions. Recognizing the challenges faced by families with medically complex children, they bring creative experiences directly to their doorsteps each week (Crescent Cove Hospice and the Ronald McDonald House), and they gift Children's Minnesota with over 700 Art Kits each year to comfort young patients during extended stays and treatments.

Opportunities: Help lead art projects for small groups of children at Ronald McDonald House locations, assist art teachers at youth respite and hospice sites, and help at special events.

Age Restrictions: Age dependent on position (typically 15 and older)

Volunteer Contact: [Volunteer Interest Form](#)

[Volunteer Overview](#)

info@ziggysartbus.org



Additional Student/Family Volunteer Resources

[Hands On Twin Cities](#)



[Doing Good Together](#)



[Volunteer Match](#)



[Minnetonka High School Service Clubs-All MHS Students Can Participate](#)

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