

Volunteer Opportunities

Carlisle Council on Aging

Level of Commitment: 1X/month

The Carlisle Council on Aging always welcomes volunteers. Any skill or talent can be put to use, but the current areas where we can use the most help include: Friendly Driving (helping seniors by taking them to doctor's appointments in the area), and Meals on Wheels lunch delivery. We deliver two times a week on Tuesdays and Thursdays to about 8-10 seniors. Meals are picked up in Bedford. There is no minimum time commitment to volunteer For the COA. A one time training in the form of shadowing a volunteer or staff person is required to deliver Meals on Wheels.

For more information please contact:

Angela Smith

Carlisle Council on Aging Outreach
Coordinator &

Program Manager

66 Westford Street, Carlisle, MA
01741

978-371-2895

asmith@carlisle.mec.edu

If someone has another skill to offer,
please visit

http://www.carlislema.gov/Pages/CarlisleMA_COA/Volunteer_Application_For2015.pdf

Communities for Restorative Justice

Level of Commitment: 1 year

CRJ began in 2000 when two women in the community cared passionately about offering another option to people affected by crime. Known as "restorative justice," the emerging field offers a process for victims to voice their feelings, for offenders to

take responsibility and make amends, and for community members and police to bring support, healing and understanding to all involved. The difference between CRJ and a court proceeding is that those who are affected by the crime decide.

Volunteer Needs fall into 2 main categories:

- Volunteering on a team to process cases. Training takes place twice per year in the fall and spring on a Friday afternoon and Saturday. Teams meet once per month and casework requires between 1-3 hours per week. Cases usually last 4-6 months. There is a lot of flexibility in terms of hours that you volunteer. Minimum commitment is 1 year.
- Help with a semi-annual fundraising event in April (silent auction, recruiting in kind donations and sponsors, networking, speaker engagement, etc.) No training required.

For More Information please contact us and/or fill out our volunteer application:

www.c4rj.com/VolunteerApplication.php

Erin Freeborn

Communities for Restorative Justice

219 Walden Street

Concord, MA 01742

978-318-3447

info@c4rj.com

Concord Children's Center

Level of Commitment: 3 months

Concord Children's Center welcomes volunteers interested in assisting our teachers. We would love an enthusiastic volunteer who can commit for a minimum of 3 months to come in 1 to 3 afternoons/per week during our busiest hours 11:30-1:30. We serve infants through school age children. No training is necessary. *For more information please contact:* Pat Nelson, Executive Director
Concord Children's Center
1300 Main Street, Concord, MA 01742
978-369-3747
www.concordchildrenscenter.org

Concord Council on Aging

Level of Commitment: 1X/month

The Concord Council on Aging could use volunteer help in the following roles:
Friendly Visitors – Volunteers to make social visits to lonely or isolated seniors. Stay for a cup of tea or coffee; read aloud from a favorite book, or newspaper; or just sit and chat! Commit to at least 1ce per week for 6 months. An orientation is required.
Teach Classes – All classes can be worked around your schedule. We would especially love a language teacher! We are looking for volunteers to offer Basic language classes or facilitate a conversation meet-up for our seniors that want to practice their second language. Commitment is 5 or 6 weeks for a language course, but other courses can be a single session if desired. Some examples are Digital Photography, Computer Workshops – be it a class on Microsoft Office, “photo upload pictures to social media” or thlike. High School students are

welcome and can help out throughout the school year if desired.

On-Call Drivers - For transportation to medical appointments. We need you any day you can help. No minimum commitment of hours.

For more information please contact:

Lauren Barretta
lbarretta@concordma.gov or 978-318-3111

Council on Aging
Harvey Wheeler Community Center
1276 Main Street
Concord, MA 01742

Cooperative Elder Services

Level of Commitment: 1X/month

Cooperative Elder Services, Inc. (CESI) welcomes volunteers at our adult day health center in Concord! We work with volunteers to identify opportunities best suited to each one; most often this entails assisting CESI staff as they lead therapeutic activities (e.g., gardening or a craft project) for the seniors and adults with medical or cognitive challenges that we serve. CESI's Concord Center is open 8:00am to 4:00pm Monday through Friday. Volunteers of all ages are welcome, and must undergo a CORI check prior to volunteering. No advance training is necessary.

For more information please contact: Melissa Cull at (781) 863-1166 x101.
Director of Development
Cooperative Elder Services, Inc.
2352 Main St., Suite 108 | Concord, MA 01742
Office: 781-863-1166 | Fax: 781-863-1477

Discovery Museums

Level of Commitment: 3 months

Make a child's visit memorable and fun! We welcome volunteers to help out at the museums on weekdays. Volunteers engage visitors with hands-on exhibits and dynamic programs. They will also help to maintain a friendly, safe, and clean exhibit floor. Scheduling is flexible, and we look for a minimum commitment of three months. The volunteer application is available on our website at <http://discoverymuseums.org/sites/default/files/uploads/Volunteer%Application.pdf>

For more information please contact Molly Bloom

The Discovery Museums
177 Main Street
Acton, MA 01720
978-264-4200 Ext.129

Domestic Violence Services

Network

Level of Commitment: 2X/month

The Domestic Violence Services Network, Inc. (DVSN) is a unique community collaboration among central Middlesex police departments and non-profit agencies. We train volunteers to proactively advocate for victims of domestic violence and to offer immediate and follow-up crisis intervention services, including risk assessment, safety planning, and connection with supportive community resources. Training is offered 3X per year (October, March and May). It encompasses 40 hours in the classroom and 12-14 hours in the field. Volunteers are asked to take only two, 3 hour shifts per month. DVSN is very flexible with time commitments.

For more information please contact:

Jacquelin Apsler
Executive Director
P.O. Box 536
Concord, MA 01742
Phone: (978) 318-3421
Fax: (978) 318-3442
dvvap@concordma.gov

English At Large

Level of Commitment: 3 months

EAL provides free English language tutoring and small group instruction to hundreds of adult learners in 21 Boston area cities (including Concord) and towns, helping them improve their English language skills, adapt to American life, and participate in their communities. Positions include:
One-to-One Tutor: To be an English tutor, you don't need previous teaching experience. You don't even need to know another language. As a volunteer one-to-one tutor with English At Large, you will be trained in a 12-hour workshop and matched with an adult learner in your area. Work with your learner for 1.5 to 2 hours per week for minimum commitment of 50 hours.

Conversation Group Facilitator: Facilitate group meetings in which advanced ESOL learners practice English conversation. This is a weekly, 1.5 hour commitment for a minimum of 3 months.

Career Readiness: This is a short-term commitment with a 2-hour orientation and 5 hours volunteering over 2 weeks. Help a learner build their career skills and confidence conducting mock interviews and resume review sessions. Career mentoring is always welcomed.

For more information please contact:

volunteer@englishatlarge.org or info@englishatlarge.org
or call 781-395-2374
English At Large
800 West Cummings Park
Suite 5550
Woburn, MA 01801

FISH of Concord

Level of Commitment: 1X/month

We are a small public and social services organization in Concord. We welcome volunteers who are willing to transport individuals to their medical appointments. Please give us a call.

For more information please contact:
Barbara Tothpothier
167 Elsinore St Apt 3
Concord, Massachusetts 01742-2335
978-369-2244

Gaining Ground

Level of Commitment: 1X/month

Gaining Ground, a non-profit organic farm in Concord, Massachusetts, grows vegetables and fruit with the help of hundreds of community volunteers and donates all of this fresh food to area meal programs and food pantries. We Welcome volunteers to work alongside our staff—planting, weeding and harvesting.

For more information and to easily sign up to volunteers please contact:
<http://gainingground.org/volunteer/sign-up-to-volunteer>
Gaining Ground
341 Virginia Road
Concord, MA 01742
978-610-6086

Household Goods

Level of Commitment: 1X/month

Household Goods, Inc. provides a full range of donated furniture and household items, free of charge, to help people in need make a home. Volunteer opportunities are varied and the hours are flexible. Whether you can spare as little as three hours a month, or a day or more a week, we invite you to join us in our mission to assist those in need. Our volunteer jobs include: Client Assistants to help clients find what they need at our Acton facility, Furniture Loaders, Donor Helpers, Sorters, Drivers. We are also looking for volunteers to work on public relations, quality control, training and recruiting. Orientation and training sessions required. Minimum 14 years of age unless accompanied by a parent or guardian.

For more information please contact:
Volunteer Coordinators, Brigid or Pennie
617-635-1710 X6
or visit website
www.householdgoods.org
Household Goods
530 Main Street
Acton, MA 01720

Minute Man Arc for Human Services

Level of Commitment: 1X/month

Nonprofit agency providing supports for people of all ages who have disabilities including autism, Down syndrome, and cerebral palsy.

Need 1-3 volunteers 17+ years old for these areas on Fridays

- Musical Volunteers with interest in singing (potentially accompanying on piano) as an inclusive community

Participant with our Adult Chorus. Weekly on Friday 3:00-4:00p.m.

- Social Volunteers with interest in dancing to assist with event set-up/cleanup and social facilitation to support our Dances . Every two months on Friday 6:00-10:00p.m.
- Artistic Volunteers with creative talents to assist with facilitating activities, even set-up/cleanup, and participant support during Painting Parties & Holiday Craft events. Every 2-3 months on Friday 6:00-9:00p.m.
- Chorus Performance Volunteers with hospitality skills to support reception & even set-up/cleanup, refreshment preparation, and Audience Greeters & Ushers. 2-3 times per year usually on Friday 4:00-9:00p.m.
- Support in Greenhouse for someone good with horticulture skills who enjoys working with our population
- Volunteer for the annual Minuteman March. Help with planning and attend the event on May 1:

For more information please contact:
Darcie Heller, Assistant Director For Social Integration
Email: dheller@minutemanarc.org
978-201-2481 cell
978-287-7936 work

Stephanie Parish, Chief Development Officer
sparish@minutemanarc.org
978-287-7932

Minute Man Arc
35 Forest Ridge Road
Concord, MA 01742
978-287-7900
978-287-7900

Minuteman Senior Services

Level of Commitment: 2X/month

Join the team of Minuteman volunteers who make a real difference in the lives of their neighbors. Commitment is to deliver Meals on Wheels 2 or more days/month or become certified to lead Healthy Living Workshops to be a SHINE counselor and assist Medicare consumers in understanding health insurance benefits. Other opportunities include assisting seniors with bill-paying and other banking tasks, and Nursing Home Ombudsman, advocating for quality care and resolving complaints of residents in long term care. Training, support and a meaningful connection provided.

For more information please contact:
elderinfo@minutemansenior.org

Minuteman Senior Services

26 Crosby Drive
Bedford, MA 01730
(781) 272-7177
(888) 222-6171 (toll free)

The Nature Connection

Level of Commitment: 1X/month

Our mission is to bring the power of nature to people with limited or no access to the outside world. Through regular programs delivered to at-risk youth, people with disabilities, and elders, we connect individuals with nature's capacity to heal, teach, and create joy.

Volunteer to visit client sites on a bi-weekly or monthly basis. We provide training to bring educational and therapeutic nature programs to hospitals, residential schools, at-risk youth programs, special needs facilities, nursing homes, and Alzheimer's care programs. What we present changes every visit but always combines seasonal natural materials, live animals, and hands-on activities that engage the participants and expand the boundaries of their lives.

General Volunteers – We always welcome help with photography, writing, general office and event assistance, research projects and natural materials gathering/sourcing.

For more information please contact:

The Nature Connection

P.O. Box 155

Concord, MA 01742

Phone: (978) 369-2585

Email: info@nature-connection.org

Sophie Wadsworth, Executive Director

Open Table

Level of Commitment: 1X/month

Open Table's mission is to provide healthy food, friendship, and support to those in need while respecting their privacy and dignity.

We provide a welcoming community of support and assistance to families and individuals, including many seniors and children – open to all who come.

Open Table needs volunteers to:

- Prepare dinners and serve dinners on Thursdays
- Donate groceries
- Pick up food at local retailers and farms on the weekend and deliver it to Open Table

- Host a “targeted food drive” like “Super Bowl Soup Drive”
- Drive/Ride to the Greater Boston Food Drive to bring back our truckload of food on Monday mornings
- Work in our AM Pantry set-up crew
- Work in our PM Pantry Distribution Team especially Tuesdays 12:45-3:00 p.m.

For more information about training and a complete list of volunteer jobs, please contact:

volunteer@opentable.org

Open Table-Concord

First Parish Church

20 Lexington Road

Concord, MA 01742

978-369-2275

Virginia Thurston Healing Garden

Level of Commitment: 1X/month

“The Healing Garden” is a beautiful facility set in 8 acres of quiet woodlands and lovely gardens. Our mission is to optimize the quality of life for all those affected by cancer. We provide cancer care to men and women, regardless of cancer diagnosis, or financial limitations. Volunteers are needed for data entry in the Electronic Medical Record Program, answering phones, giving garden tours, providing seasonal help in the garden and helping with grounds maintenance. The Healing Garden also welcomes volunteers for help with their Annual Events: the Perennial Walk and Ride and the Winery Fundraiser.

For more information please contact:

Kelly Marchand

Kelly@healinggardensupport.org

Phone: 978-456-3532 X103
The Healing Garden
145 Bolton Road
Harvard, MA 01451
Phone: 978-456-3532 X103