

SPokane Volunteer Opportunities

- updated 12/4/09

Business	Type of Activity	Contact Name	Phone	e-mail and/or website
American Cancer Society	Relay for Life, Speak Out, Daffodil Days, etc			www.cancer.org/docroot/com/com_4_1.asp Click on volunteer opportunities
American Diabetes Association	Various activities	Ted Duncan	263-6281	www.diabetes.org
American Red Cross	Various activities	Dawn Holman	326-3330 x214	www.spokaneredcross.org JohnsonL@spokaneredcross.org
Americorp - ESD101 special programs (Culm Senior Project, Construction training programs)	Various community activities	Mark Altmar	535-1613	maltmar@esd101.net
Arthritis Foundation Pacific Northwest Chpt	Jingle Bell Run & Walk helpers - Nov 21, 2009	Julie Gebelein	547-2707	http://www.arthritis.org/chapters/pacific-northwest
Best Friends Network Washington -	Spreading the mission of no more homeless pets	Tiffani Hill	435-644-2001	http://network.bestfriends.org/volunteer/
Bloomsday Volunteers	Several opportunities available			www.bloomsdayrun.org
Books First	Organize a book drive		845-729-7378	http://www.booksfirst.org bryan.wright@booksfirst.org
Camp Fire USA - Spring Break Camp Quest	Counselor for youth age 3 & up			
Camp Fire USA - Teens in Action	Various community activities	Jaclyn Mallery	747-6191	www.campfireinc.org 800-386-2324
Catholic Charities of Spokane Yard Care for Elderly or Adult w/disability	Various opportunities	Judy Marte Tom Carroll	358-4250	www.catholiccharitiesspokane.org
Cancer Patient Care	Assist w/events - bulk mailings	Pam Goforth	456-0446	www.cancerpatientcare.org pamg@cancerpatientcare.org
Deaconess Hospital	Junior Volunteer Program	Ms Joey Frost	473-5415	www.deaconessmc.com/volunteering
Exploring - Learning for Life	Various career related oport.		325-4562	www.learning-for-life.org
Friends of the Centennial Trail	Trail cleanup, office help, etc (Fundraising in April - age 18+)	Kaye Turner	624-7188	www.spokanecentennialtrail.org
Friend to Friend	Nursing Home Activities	Jan Kendrick	483-1600	
Gonzaga - Campus Kitchen	Prepare & deliver meals		323-6939	ckgu@campuskitchens.org (email) http://campuskitchens.org/schools/gonzaga/volunteer/
Goodwill Industries	Various		344-0169	www.discovergoodwill.org
Greater Spokane Substance Abuse Council	General Office Duties	Dean Wells	922-8383	www.gssacpreventioncenter.com admin@gssacpreventioncenter.com
Habitat for Humanity	Various duties - general constr		534-2552 x21	www.habitat-spokane.com volunteercoordinator@habitat-spokane.org
Holy Family Hospital	Junior Volunteer Program		482-2253	www.holy-family.org/services/volunteer.asp
Holy Names Music Center - Age 13+	General office duties, marketing Shelve library items	Janelle Scott	326-9516	www.hnmc.org/get_involved.asp
Hoopfest Spokane	Various opportunities	Chad Smith	624-2414 x14	www.spokanehoopfest.net/volunteer/ chad@spokanehoopfest.net
KYRS Thin Air Community Radio	Outreach, posting fliers, etc	Sarah Tinkle	747-3012	www.kyrs.org
Lilac Blind Foundation	Various office duties	Chris Huss	389-9532	www.lilacblindfoundation.org
Meals on Wheels Spokane	Deliver meals to seniors	Heidi Mott		http://mowspokane.org volunteer@mowspokane.org

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Mobius Kids - Childrens Museum	Assist with children's art activities	Karen Hudson	624-5437 x305	http://mobiusspokane.org/volunteer/khudson@mobiusspokane.org
Muscular Dystrophy Assoc Summer Camp	Counselor Assistant - 16+		325-3747	www.mdausa.org spokane@mdausa.org
NE Child Development Center - Newsletter Writer - Age 14+	Help with writing articles for the newsletter	Shel Riggins	444-0374	www.volunteermatch.org http://spocofspokane.org
New Hope Resource Center	Transportation, chores, errands for elderly	Janeen Leachman	467-2900	www.newhoperesource.org nhrecenter@yahoo.com
Nicodermus Wilderness Project	Ecology based vounteer opportunities - \$500 scholarship	Yih-Ming		mail@wildernessproject.org http://www.wildernessproject.org
NW Museum of Arts and Culture	Various duties	David Brum	363-5324	www.northwestmuseum.org davidb@northwestmuseum.org
Page Ahead	Children's literacy program Various opportunities		789-3548	www.pageahead.org/volunteer.php spokane@pageahead.org
Peak 7 Adventures - Age 18+	Whitewater Rafting and Backpacking Trips serving at risk youth		467-5550	info@peak7.org www.peak7.org/about/employment.htm
Pet Savers, age 16+	Office work	Jenna Bell	924-7826	http://www.petsavers-spokane.org info@petsavers-spokane.org
Project Move - Age 18+	Mentoring youth w/disability transitioning from high school		328-6683	http://www.projectmove.org
Riverside State Park	Various duties		465-5537	www.riversidestatepark.org/employment.htm
Sacred Heart Hospital - age 15-18	Summer Jr Volunteer Program One 4 hr shift/week	Apps Due 3/21	474-3166	www.shmc.org/index.php/page/84 Johanna.Bakker@providence.org
Salvation Army	Various in-store duties Serve Food, ring bells for donations, sort food, help clients shop, Thanksgiving distribution	Leslie Rogers	329-2721	www.salvationarmyspokane.org/volunteer/
SCRAPS - Spokane Cnty Regional Animal Protection Society	Animal care, etc Volunteer orientation 2nd Sat each month		477-2532	www.spokanecounty.org/animal
Second Harvest Food Bank Age 14+	Sorting Produce/Packing boxes Project Handup - Food Drives help load bags into vehicles	Julie Nesbitt	252-6242	www.2-harvest.org jnesbitt@2-harvest.org
Shriners Children's Hospital	Junior Volunteer Program 18+		623-0458	www.shrinershq.org
Southside Senior Activity Center	Landscaping/gardening crew help	Nina Mott	535-0803	sssac.org/ssac.asp
SpokAnimal C.A.R.E.	Animal care, etc	Kandace Watkins	534-8133 x209	outreach@spokanimal.org
Spokane Civic Theatre Cleanup Day	Various, ushers, grounds maint	Doris or Toni	325-1413	www.spokanecivictheatre.com/donations/ april@SpokaneCivicTheatre.com
Spokane Humane Society	Animal care, help with Pet Fest, Parade of Paws, etc.	Jena Bell	467-5235 x28	www.spokanehumanesociety.org jbelle@spokanehumanesociety.org
Spokane Neighborhood Action Plan (SNAP)	Maint & repair, grounds maint, clerical assist, food bank assist special events, etc.	Myla Sety	456-7111x226	www.snapwa.org/volunteering/opportunities/

SPOKANE VOLUNTEER OPPORTUNITIES

Spokane Public Library	Staff book store, help with book sales		444-5307	www.spokanelibrary.org Click on Support Your Library at top
Starlight Childrens Foundation age 16+	Help with events/activities		474-2810	volunteer@starlight-washington.org www.starlight.washington.org/washington/volunteer/
Touchmark Foundation	Visit with seniors at Waterford Retirement Center 1-2 hours			info@touchmarkfoundation.org http://touchmarkfoundation.org
Transitions - Where Women & Families grow	Various		325-9877	www.help4women.org/33/volunteer@help4women.com
Union Gospel Mission Ministries Youth After School Program Anne Ogden	Help w/homework, mentoring Other various opportunities	Laurie Wilson	535-8510	www.ugmspokane.org/GettingInvolved.aspx
USAF Auxiliary - Civil Air Patrol Cadet Program	Learn about aerospace education leadership training, etc.	Rande Lindner	509-235-4614	cadetcommander@spokanecap.org http://www.spokanecap.org
Volunteers of America - Development office	Office duties, Special events Quick Projects	Linsey Strader	509-624-2378	http://www.voaspokane.org lstrader@voaspokane.org
Washington Trails Association Youth Volunteer Vacations	Building and maintaining hiking trails in WA state - summer	Alyssa Kreider	206-625-1367	www.wta.org alyssa@wta.org
Wishing Star Foundation	Wish kid events, Christmas, blankie drive, etc.		744-3411	www.wishingstar.org sarahc@wishingstar.com
Women's & Children's Free Restaurant Tues & Thurs 4:00 - 6:30 age 16+	Store Room Organizer, servers Put away tables, food, cleanup		324-1995	volunteer@wcferspokane.org www.wcferspokane.org