

SPOKANE VOLUNTEER OPPORTUNITIES

Updated June 2017

Business	Type of Activity	Contact Name	Phone	e-mail and/or website
American Cancer Society	Relay for Life, Speak Out, Daffodil Days, etc		800-227-2345	https://www.cancer.org/ Click on get involved - sign up to volunteer
American Diabetes Association	Various activities	Ted Duncan	624-7478	www.diabetes.org/donate/volunteer Click on My Community, then Volunteer
Arthritis Foundation Pacific Northwest Chpt	Jingle Bell Run & Walk helpers - November			http://www.arthritis.org/ Click on Get Involved
Best Friends Network Washington -	Spreading the mission of no more homeless pets			http://bestfriends.org/ Click on Events
Big Brothers and Sisters of Spokane	Mentoring children		328-8312 ext. 214	http://www.northwestbig.org click on Volunteer
Bloomsday Volunteers	Several opportunities available		489-0741	www.bloomsdayrun.org http://www.bqcspokanecounty.org
Boys & Girls Club of Spokane	Mentoring disadvantaged kids			www.campfireinc.org 800-386-2324 club@campfireinc.org
Camp Fire USA - Spring Break Camp Quest	Counselor for youth age 3 & up			
Camp Fire USA - Teens in Action	Various community activities			
Catholic Charities of Spokane	Various opportunities	Bridg Krause	358-4270	bkrause@ccspokane.org www.catholiccharitiesspokane.org
Deaconess Hospital	Junior Volunteer Program Various other opportunities	Tuckerjm@empirehealth.org	473-7675	http://www.deaconessspokane.com/Deaconess-Hospital/volunteers.aspx Click on Community, then Volunteering
Exploring - Learning for Life	Various career related opport.		325-4562	www.learning-for-life.org
Franklin Hills Health & Rehabilitation Center	1 on 1 w/elderly doing activities		489-3323	www.franklinhillsskillednursing.com
Free Rein Therapeutic Horseback Riding	Sidewalking, helping people with disabilities or physical therapy needs		979-1468	http://freerein.spokane.com/ Under Support, click on Volunteer
Friends of the Centennial Trail	Trail cleanup, office help, etc (Fundraising in April - age 18+)		624-7188	www.spokanecentennialtrail.org
Friend to Friend	Nursing Home Activities - visit residents that have no family		487-1603 x216	www.spokanecares.org
Gonzaga - Campus Kitchen	Prepare & deliver meals		313-6939	epaulson@campuskitchen.org
Goodwill Industries	Various - peer mentoring	Katherine Showalter	http://www.campuskitchens.org/summit/volunteer/	
Greater Spokane Substance Abuse Council	Various duties	Dean Wells	344-0169	www.discovergoodwill.org Katherines@gjin.org
Habitat for Humanity	Various duties - general constr and non-construction opps		922-8383	www.gssacpreventioncenter.com admin@gssacpreventioncenter.com
Holy Family Hospital	Junior Volunteer Program	Maureen Goins	534-2552 x21 482-2253	www.habitat-spokane.com volunteercoordinator@habitat-spokane.org

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Holy Names Music Center - Age 13+	General office duties, marketing Shelve library items	Janelle Scott	326-9516	http://hnmc.org/get-involved-2/		
Hoopfest Spokane	Various opportunities	Chad Smith	624-2414 x 14 209-2581	www.spokanehoopfest.net/volunteer chad@spokanehoopfest.net		
KYRS Thin Air Community Radio	Outreach, posting fliers, etc		328-9116	www.kyrs.org www.lilacblindfoundation.org info@lilacblind.org		
Lilac Blind Foundation	Various office duties					
MAPS - Mentoring After School Program	Mentoring grade school kids		444-4302			
Martin Luther King Jr. Family Outreach Ctr Teen Leadership Program	Develop social & work skills Mentor younger children Application is due mid-May - Program runs June 27 - August 31		455-8722 x 211	www.mlkspokane.org		
Meals on Wheels Spokane	Deliver meals to seniors	Amber Wilkenloh	456-0397	http://mowspokane.org volunteer@mowspokane.org		
Mobius Kids - Childrens Museum	Assist with children's art activities	Selina Worley	321-7219	http://mobiusspokane.org/volunteer/		
Muscular Dystrophy Assoc Summer Camp	Counselor Assistant - 16+		325-3747	www.mda.org		
New Hope Resource Center	Transportation, chores, errands for elderly		467-2900	www.newhoperesource.org		
Nicodermus Wilderness Project	Ecology based volunteer opportunities - \$500 scholarship			http://www.wildernessproject.org		
NW Museum of Arts and Culture	Various duties	David Brum	363-5324	www.northwestmuseum.org david.brum@northwestmuseum.org		
Page Ahead	Children's literacy program Various opportunities			www.pageahead.org/volunteer.php		
P.e.a.c.h. Community Farm	Help grow food for low-income	Bryan Brown	216-9273	www.peachlocal.com Lynn@Peak7.org		
Peak 7 Adventures - Age 18+	Whitewater Rafting and Backpacking Trips serving at risk youth (Driving, photos, etc)		467-5550	www.peak7.org/about/employment.htm		
Providence Emily Court Assisted Living	Shopping, Visiting, Crafts, etc http://washington.providence.org http://senior-care/emilie-court-assisted-living/volunteer/		474-2550			
Riverside State Park	Various duties	Megan	465-5537	http://parks.state.wa.us/573/Riverside		
Ronald McDonald House	Teen Board, helping with children activities		509-624-0500	info@rhmcspokane.org https://rhmcinlandnw.org/volunteer/		

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Sacred Heart Hospital - age 15-18	Summer Jr Volunteer Program One 4 hr shift/week	Apps Due 3/21	795-4609 Maureen.Goins@providence.org
http://washington.providence.org/hospitals/sacred-heart-medical-center-and-childrens-hospital/donate-and-volunteer/volunteer-services/			
Salvation Army	Various in-store duties Serve Food, ring bells for donations, sort food, help clients shop, Thanksgiving distribution	Crystie Sellers	329-2721 www.salvationarmyspokane.org/volunteer/
SCRAPS - Spokane Cnty Regional Animal Protection Society	Animal care, etc Volunteer orientation 2nd Sat each month	Francine Moniz	477-2532 www.spokanecounty.org/animalfrmoniz@spokanecounty.org
Second Harvest Food Bank Age 14+	Sorting Produce/Packing boxes Project Handup - Food Drives help load bags into vehicles		252-6257 www.2-harvest.org volunteer@2-harvest.org
Shriners Children's Hospital	Junior Volunteer Program 18+ Landscaping/gardening crew help		455-7844 www.shrinershq.org
Southside Senior Activity Center	Animal care, etc		535-0803 x100 ssac.org/ssac.asp
SpokAnimal C.A.R.E.	Various, ushers, grounds maint		534-8133 x209 325-2507 opt 1 www.spokanecivictheatre.com/volunteer/ Deanna@spokaneCivicTheatre.com
Spokane Civic Theatre Cleanup Day			
Spokane Humane Society	Animal care, help with Pet Fest, Parade of Paws, etc.	Jena Bell	467-5235 x228 www.spokanehumanesociety.org jbell@spokanehumanesociety.org
Spokane Public Library	Staff book store, help with book sales		444-5300 www.spokanepubliclibrary.org Click on Support Your Library at top
Transitions - Where Women & Families grow	Fight poverty by helping low-income & homeless women		328-6702 www.help4women.org/33/
Union Gospel Mission Ministries Youth After School Program Anne Ogden	Help w/homework, mentoring Other various opportunities	Laurie Wilson	535-8510 www.ugmispokane.org e-mail: info@ugmispokane.org
USAF Auxiliary - Civil Air Patrol Cadet Program	Learn about aerospace education leadership training, etc.	Rande Lindner	509-235-4614 http://www.spokanecap.org cadetcommander@spokanecap.org
Vanessa Behan Crisis Nursery	16+, Child Care - 1 three hour shift per week for 4 months		509-535-3155 509-624-2378 ext. 111 http://www.voasspokane.org santrim@voasspokane.org
Volunteers of America - Development office	Office duties, Special events Quick Projects, various other duties		509-625-1367 www.vta.org krista@vta.org
Washington Trails Association Youth Volunteer Vacations	Building and maintaining hiking trails in WA state - summer		206-625-1367 www.wta.org krista@vta.org
Windriver Assisted Living Center	Read, play games, story telling	Gerry Peterson	509-325-1242 www.wishingstar.org
Wishing Star Foundation	Help with Wish Kid programs activities and events.	Sarah	744-3411 sarahc@wishingstar.org
Women's & Children's Free Restaurant	Store Room Organizer, servers	Karen Orlando	324-1995 x300 volunteer@wcfspokane.org

SPOKANE VOLUNTEER OPPORTUNITIES

Tues & Thurs 4:00 - 6:30 age 16+

Put away tables, food, cleanup

www.wcftspokane.org

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