# Volunteer Opportunities
**VITAL: Volunteering in Teaching and Learning**

<table>
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<tr>
<th>Place</th>
<th>Description of Activity Choices</th>
<th>Age &amp; Diversity &amp; VITAL Category</th>
<th>Location</th>
<th>Notes</th>
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</table>
| Anne Carlsen Center       | **Grand Forks Options**                                                                                                                                                                                                             | Birth-Adult                                                          | Location 1: 2016 So. Washington St., Grand Forks, ND  
Location 2: 701 3rd St. NW, Jamestown, ND | Students can stop in to the Field Placement Office to learn about the different programs offered (see brochures)  
SPED Minor students  
Early Childhood, Elementary, Secondary students  
T&L 315 Ed of Exceptional  
T&L 319 Inclusive Strategies  
There may be opportunities to go on a field trip to Jamestown as a volunteer opportunity |
|                           | - Participate with clients in feeding group, social group, arts & crafts, techno group, sensory Santa Claus event  
- Clients include early intervention in-home care, autism program for children 8+ with diagnosis, and community services program for adults 21+ years old with rec/leisure activities, life skills | Diversity: Special Education  
VITAL: Special Needs, School-related, Community-related |          |                                                                                                                                                                                                 |
|                           | **Jamestown Options**                                                                                                                                                                                                               | Birth-Adult                                                          |          |                                                                                                                                                                                                 |
|                           | - Tour the facility and do hands-on with the Medically fragile unit, adults and students who attend the facility for school or to live  
- Champ the dog services – how he calms the students down  
- Apple certified school, so see how special comp. programs are designed specific to the need of the student. | Diversity: Special Education  
VITAL: Special Needs, School-related, Community-related |          |                                                                                                                                                                                                 |
| Grand Forks Juvenile      | **Options**                                                                                                                                                                                                                         | Adolescents                                                         | 151 So. 4th St. Grand Forks, ND | No food or gum or drinks in facility.  
No giving favors (food items, sharing iPod, phone, etc. |
|                           | - Tutoring residents in education room  
- Visiting with residents, playing a game with them | Birth-Adult                                                          |          |                                                                                                                                                                                                 |
| Detention Center | Oversight of recreation time | Diversity: Multiple Ethnicities, At-Risk, Special Education (E/BD + LD sometimes)
VITAL: depending on the experience at the time, it can qualify as multiple ethnicities, Special Needs, school related, or community-related | Students must go through background investigation, prefer junior+ status or high level of maturity.
Students must go through 2-hour orientation (=1 VITAL hour as long as they guarantee a minimum of 2 hours additional volunteering).
Students must agree and adhere to the Dos & Don’ts policy.
Students must maintain confidentiality & rules, and must sign waiver.
Any straying from these rules and any other rules of the Center will result in immediate removal from facility. |
|---|---|---|---|
| Altru Health System’s Reach Out & Read Program | Students volunteer to read with children and youth in long-term stay area(s) | Early Childhood – Adolescence
Diversity: Special Education for Other Health Impairments
VITAL: Community-related, possibly school-related | Students are expected to sign up at the beginning of each semester and come to the facility consistently each week at the same time.
Students are required to go through an Orientation & go through a 2-part TB Test (diagnostic health test) |
| St. Michael’s After School Activities Program (ASAP) | Students will work directly with preK-grade 5 children in this after school program
Tutoring in the Homework Club portion (1:1 or 1:2 ratio)
Activities will students in gym, on playground, in Early Childhood – Elementary grades
Diversity & VITAL: Religious-based education | 1200 So. Columbia Rd. Grand Forks, ND | Volunteering here may lead to paid positions later😊
Hours of operation: 3:00-6:00pm M-F |
<table>
<thead>
<tr>
<th>Organization</th>
<th>Activities</th>
<th>Age Groups</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Altru Family YMCA</strong></td>
<td>• Assisting youth to senior age groups with a variety of options depending upon needs</td>
<td>Early Childhood – Adults</td>
<td>215 N. 7th St.</td>
<td>• Volunteers needed – Monday – Friday &amp; Saturday and Sunday; 5:30 AM – 10:30 PM&lt;br&gt;• When starting you must check in with the Department Chair</td>
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<tr>
<td><strong>Art Wise</strong></td>
<td>• Assist with art show and festival support (contact the director for specific dates and information based on event needs)&lt;br&gt;• Duties may include: committee work, preparing project ideas, working with children in a hands on setting with art activities</td>
<td>Early Childhood – Elementary grades&lt;br&gt;Diversity: N/A&lt;br&gt;VITAL: School-related</td>
<td></td>
<td>• Dress code - Semi casual (Jeans ok, no low cut shirts, baggy jeans, large logo shirts, etc.)</td>
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<tr>
<td><strong>East Grand Forks Library</strong></td>
<td>• Work with children during: Summer on Wednesday’s with the children’s program School Year – contact for needs, projects, and details</td>
<td>Early Childhood – Elementary grades&lt;br&gt;Diversity: ELL &amp; low SES at times&lt;br&gt;VITAL: School-related</td>
<td></td>
<td>• Dress code - Semi casual (Jeans ok, no low cut shirts, baggy jeans, large logo shirts, etc.)</td>
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<tr>
<td><strong>East Grand Forks Head Start Family Service Center</strong></td>
<td>• Working with children in classrooms&lt;br&gt;• Reading with children&lt;br&gt;• Setting up for lunch&lt;br&gt;• Help with playground duties</td>
<td>Early Childhood&lt;br&gt;Diversity: depending on population, low SES, and multiple ethnicities&lt;br&gt;VITAL: School-related</td>
<td></td>
<td>• Dress code - Semi casual (Jeans ok, no low cut shirts, baggy jeans, large logo shirts, etc.)&lt;br&gt;• Must wear shoes with backs</td>
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<tr>
<td><strong>Girl Scouts</strong></td>
<td>• Office experience</td>
<td>Early Childhood –</td>
<td></td>
<td>• Volunteer’s are needed –</td>
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<tr>
<td>Organization</td>
<td>Description</td>
<td>Grade Levels</td>
<td>Diversity</td>
<td>VITAL</td>
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<td>Dakota Horizons <a href="http://gsdakotahorizons.org">gsdakotahorizons.org</a></td>
<td>Work with adults and/or Girls Scouts during special events, programs, camps, etc.</td>
<td>Elementary grades</td>
<td>N/A</td>
<td>Community-related</td>
</tr>
<tr>
<td>Grand Forks Area Youth For Christ <a href="http://www.gfyfc.org">www.gfyfc.org</a></td>
<td>Helping with office administrative tasks, set up for after school clubs, organization and service at a local community wide event</td>
<td>Children – Adults</td>
<td>depends on what program they are working with</td>
<td>Community-related (religious)</td>
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<tr>
<td>LaGrave Learning Center <a href="http://www.lagrave.com">www.lagrave.com</a></td>
<td>Work with children/students in grades K-5 with homework and crafts acting as a mentor to them</td>
<td>Elementary grades</td>
<td>Special Education</td>
<td>Special Needs</td>
</tr>
<tr>
<td>Northern Lights Council Boy Scouts <a href="http://www.nlcsba.org">www.nlcsba.org</a></td>
<td>Work with children and adults on current projects</td>
<td>Early Childhood – Elementary grades</td>
<td>N/A</td>
<td>Community-related</td>
</tr>
<tr>
<td>Grand Forks Park District <a href="http://www.gfparks.org">www.gfparks.org</a></td>
<td>Assist with special events, December – Santa’s Village working with tree’s, crafts, and activities; Sporting event tournaments</td>
<td>Early Childhood – Elementary grades</td>
<td>N/A</td>
<td>Community-related</td>
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<tr>
<td>Organization</td>
<td>Description</td>
<td>Volunteering Details</td>
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| Greater Grand Forks Senior Citizens Association [www.gfseniorcenter.org](http://www.gfseniorcenter.org) | - Assist with Meals on Wheels  
- Assist with special events taking place throughout the year – contact Betty for event availability | Elderly Adults  
Diversity: N/A  
VITAL: Adults in Need, Poverty | - Volunteer’s are needed Tuesday Evenings – 5:00 PM-8:30 PM -- Dinner; Monday-Friday-10:30 AM-12:00 PM -- Meals on Wheels;  
- Hours vary for special events  
- Dress code - Casual |
| Home Delivered Meals, Inc. | - Help deliver meals  
- Will need to be in partners of 2 for this project | Elderly Adults  
Diversity: N/A  
VITAL: Adults in Need, Poverty | - Volunteer’s are needed Monday – Friday – 11:00 Am – 1:00 PM |
| Northlands Rescue Mission [www.northlandsrescue.org](http://www.northlandsrescue.org) | - Kitchen Help  
- Thrift Store Help  
- Front office/administrative help  
- Cleaning  
- Painting  
- Bible studies  
- Life skill classes  
- Game nights  
- Computer lab help  
- Kids room help | Adults & Families  
Diversity: low SES/Poverty  
VITAL: Poverty, Adults, Community-related | - Volunteers are needed based on specific schedules per project needs  
- Must check in at the front office  
- Dress code - None of the following: tank tops, low cut shirts, short shorts, leggings and must wear closed toed shoes |
| Salvation Army Salvationarmy.org | - Contact Lindy for current events/volunteer opportunities | Adults & Families  
Diversity: low SES/Poverty  
VITAL: Poverty, Adults, Community-related | - Hours based on project  
- Dress code – Jeans |
<p>| Society of St. Vincent de Paul | - Working in the thrift store and food pantry | Adults &amp; Families | - Volunteers needed - Mon, Tu, Th, Fri – 8:30 AM-5:00 PM; Wed- |</p>
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<tr>
<th>Organization</th>
<th>Services</th>
<th>Diversity:</th>
<th>Availability</th>
<th>Dress Code</th>
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<tbody>
<tr>
<td>Stjosephsocialcaregf.org</td>
<td>Sorting, Tagging, Organizing</td>
<td>low SES/Poverty, Adults, Community-related</td>
<td>8:30 AM-8:00 PM; Sat. 10:00 AM-5:00 PM</td>
<td>• Dress code - casual</td>
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<tr>
<td>UND Talent Search</td>
<td>Assisting different ages in academics and mentoring with both middle school and college age students</td>
<td>Adolescence, Multiple Ethnicities, low SES</td>
<td>• TRIO program covers – Talent Search, Upward Bound, Educational Opportunity Center, McNair Program, and Student Support Services</td>
<td>• Dress Code – Casual</td>
</tr>
<tr>
<td>The Arc, Upper Valley <a href="https://www.arc.uppervalley.org">www.arc.uppervalley.org</a></td>
<td>Help with special events for people with special needs</td>
<td>Youth – adult, Special Education, Community-related, Special Needs</td>
<td>• Must check in with Pam Solga when they start</td>
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<tr>
<td>St. Anne’s Guest Home</td>
<td>Help with the activity department with games and 1 on 1 visits with the tenants</td>
<td>Elderly Adults, Special Education for some</td>
<td>• Hours needed – Monday – Friday: 8:00 AM – 4:30 PM</td>
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<tr>
<td>School for the Blind, ND <a href="https://www.ndvisionservices.com">Ndivisionservices.com</a></td>
<td>Non-residential and non-contract, Working in the vision resource center and library</td>
<td>Adults, Special Education</td>
<td>• These individuals at this organization have mental illness</td>
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<td></td>
<td>VITAL: School-related, Special Needs</td>
<td>• Hours needed – Monday – Friday: 8:00 AM – 4:30 PM</td>
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<td></td>
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<td>• Dress Code - Dress pants, dress shirt/blouse, closed toed shoes</td>
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<td>• Must go through a screening process and provide 3 references, 2 work/school related</td>
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<td>• Dress code – casual – neat and clean</td>
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<tr>
<td>Organization</td>
<td>Description</td>
<td>Target Audience</td>
<td>Notes</td>
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| Area 5 – Special Olympics ND Specialolympics.org | - Working with individuals with daily activities  
- Work at tournaments  
- Being a coach  
- Being a partner and playing the game  
- Website provides a calendar of seasonal based activities  
- e.g. – Soccer practice, Monday and Thursday from 6:30 PM – 8:00 PM at Lions Park | Adolescents – Adults  
Diversity: Special Education  
VITAL: School-related, Special Needs | - Dress code – casual; based on activity  
- Notes - Must be able to commit to the season for being a partner. Make sure to commit even on a smaller amount of volunteer times. Let them know of how many times and amount of hours that you will be volunteering. |
| Grand Forks Montessori Academy | - Help put together baskets of Montessori materials for their curriculum for children at stations  
- Clean up after learning activities  
- Other duties as assigned | Early Childhood – Primary Elementary  
Diversity: N/A | 1420 24th Ave. So.  
Grand Forks, ND 58201  
Only those who are interested in Montessori and who wish to contribute ideas  
Early Childhood Education majors  
Elementary Ed students who are interested in primary grades |
| Grand Forks Public Schools English-Language Learners Magnet Programs | - Tutor ELL students with homework during or after school day | Elementary – Secondary grades  
Diversity: ELL, Multiple-Ethnicities  
VITAL: School-related | Various schools in GFPS  
Early Childhood – Adults, Families  
Diversity: ELL, Multiple Ethnicities, low SES  
Various locations |
| Global Friends Coalition | - Spend time with refugee families acclimating them to our culture/city  
- Bring families to grocery stores, etc. to get supplies | Early Childhood – Adults, Families  
Diversity: ELL, Multiple Ethnicities, low SES | Various locations |
| Development Homes | - Work with adults with special needs | Adults  
Diversity: Special | Various locations |
<table>
<thead>
<tr>
<th>Education</th>
<th>VITAL: School-related, Community-related</th>
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