

"It is better to show Love in Deeds than in Words"

St. Ignatius of Loyola

Volunteer Suggestions for Service Hours

Below are some suggested areas for your service requirement. For further sites or information check out www.volunteermaine.org and www.volunteermatch.org

I hope that this is helpful as you reach out into the community by being a person with and for others.

<u>Organization/Location</u>	<u>Contacts</u>	<u>Description</u>
Alzheimer's Association	772-0115 Gwen Basinger	
All Youth Sports Organizations		
American Red Cross 2401 Congress St. Portland ME 04102	874-1192	
Animal Refuge League 449 Stoudwater St. Westbrook, Maine	854-9771 ex. 325 Kathy Fleming www.arigp.org	Volunteer in the shelter
Audubon Society Gisland Farm Falmouth, ME	781-2330 ex 211	Variety of volunteer opportunities.
Barbara Bush Children's Hospital 22 Bramhall St. 04102		

Beagle Rescue Freeport	865-4279 Chris Abbe chabbe@aol.com	Walk dogs, cuddle puppies Kennel maintenance
St. Brigid School	797-7073	
Cathance River Educational Alliance Topsham, Maine	798-1913 Rick Wilson	Trail Maintenance
Camp Sunshine 35 Arcadia Rd. Casco, ME 04105	655-3800	Supporting children with life threatening illnesses and their families
Catholic Charities	523-1156	Thrift Store
The Cedars 630 Ocean Ave. Portland	221-7000	Spending time with the elderly
Center for Grieving Children 555 Forest Ave		Peer support for kids hurting from loss of parent/friend – office work etc
Children's Museum 142 Free St. Portland, Me	828-1234 ex 247 Jaime Andrew	Assisting preschool programs etc.
Churches (home parishes)		Helping with different events/programs at your church
Curtis Memorial Library 23 Pleasant St. Brunswick, ME 04011	725-5242	Number of service opportunities
Dress for Success 565 Congress St.	780-1686 Susan King	Clothing Center for Women

Easter Seals of Maine 125 Presumpscot St. Portland	828- 0754 ex 1015	
Falmouth By The Sea 191 Foreside Rd. Falmouth Me	781-4714 Allison Mason	Spending time with elderly residence
Goodwill Industries Cumberland Ave. Portland, Me	774-63-23 Carrie Burgin	Yard work at Group Homes Office help
Habitat for Humanity Greater Portland Area	772-2151 volunteer@habitatme.org	Help build homes -- must be 16
Habitat for Humanity Restore 83A Bell St. Portland ME	772-2151	
Iris Network 189 Park Ave Portland, ME	774-6273 sjoyce@theiris.org Serena Joyce	Work with the visually impaired.
Hospice of Southern Maine Us Route 1 Scarborough, ME 04074	AKraskerGavin@hopsiceofsouthernmaine.org	
Kids First Center 222 St. John St. Portland ME	780-0059 info@kidsfirstcenter.org	Works with kids of divorced parents Office work / other opportunities.
Maine Adaptive Dance 517 Forest Ave. Suite 2 Portland	Allison Thaxter athaxter@eastersealsme.org	NO dance required. Work with children in fun cognitive exercises to improve confidence and self-esteem.

Maine Historical Society 489 Congress St. #2 Portland ME	774-1822	
Maine Jewish Museum 267 Congress St. Portland	400-7510 Ani Helmick	Many opportunities available
Maine Medical Center 22 Bramhall St.	662-6353 mmcelp@mmc.org	Assist senior patients in companionship
Mercy Hospital 144 State St. Portland	879-3000	
Partners for World Health	885-1011 www.partnesforworldhealth.org	To help sort medical supplies for countries in need.
Portland Public Schools Multiligual and Multicultural Center	874-8135	Tutoring young kids
Port Resources 280 B Grannett Dr. S. Portland ME	828-0048	Empowering people with developmental disabilities
Portland Symphony 50 Monument Sq	773-6128	
Portland Public Library 5 Monument Square	871-1700	Variety of volunteer opportunities
Preble street Resource Center	831-0201	
Preble Street Soup Kitchen 252 Oxford St.	775-0026	Help prepare and serve meals for the homeless.

Portland Trails 305 Commercial St. Portland	775-2411	Help maintain Portland trails
Refugee and Immigration Services Catholic Charities Portland	523-27-29	Assistance with Refugee's moving into Portland
Root for ME!	841-4129 Jodie Hall	Helping on Saturday mornings. Open gym for children with special needs.
Ronald McDonald House 250 Brackett St. Portland	780-6282 housemgr@rmhportland.org	Prepare desserts, prepare rooms for guests, other household chores
Root Cellar 94 Washington Ave.	. 774-3197 Becky	
Ruth's Reusable's 39 Blueberry Rd	699-5565	Stocking shelves, unpacking boxes etc.
Safe Passage Yarmouth	846-1188 Michelle Smith	Help with fundraising events
Salvation Army	774-4172 ex 256	Various tasks
Snow Shovelers	Mrs. Baker	
State Street Clothing Center	774-6396 Mrs. Hendrix	
Strive	ksmalley@PSLservices.org	Working w young adults w disabilities; Help with Friday night socials etc.

Southern Maine Agency for Aging 136 US 1 Scarborough	396-6500	
The Tate House Museum	774-6177 Volunteercoordinator@tatehouse.org	
Thomas Memorial Library 6 Scott Dyer Rd Cape Elizabeth	799-1720	
United Way 1 Canal Plaza #300 Portland ME	847-1000	Work with local food pantries etc.
Victorian Mansion 109 Danforth St. Portland	772-4841	On-going office support
Volunteers of America Northern New England 14 Maine Street Brunswick, ME 04011	373-1140	
Wayside Warehouse 135 Walton St. Portland	775-4939 .	Help prepare meals. Prepare food for distribution
Wolfe's Neck Farm Freeport, ME	865-4469	Help with animal care, trail maintenance etc.
Woods at Canco	879-2531	Share interests and skills with the elderly
YMCA	ktucker@ymcaofsouthernmaineorg Karen Tucker	

Lyseth School

Ocean Ave School

East End School

Riverton School

Sylvie Montello
Montes@portlandschools.org