

Volunteering in Cambridge

A Resource Guide

Volunteers are tremendously important to the city of Cambridge. A recent volunteer census found that more than 4,500 volunteers gave more than 200,000 hours of their time to help make Cambridge a better community for all. These volunteers tutored and mentored children, teens and adults; pulled out invasive weeds at Fresh Pond; organized food at one of more than 15 food pantries in the city; served on city advisory boards; made buildings, houses, and nonprofits more energy efficient; cooked a meal for the homeless; participated in MLK Day of service; visited isolated elders, designed websites and much more.

Many Helping Hands 365 is a volunteer created and run organization whose purpose is to help make Cambridge a better place to live for all of its residents by increasing local volunteerism. When many hands come together to help make a difference in their community all of us benefit. We want to make it easy for you to find ways to lend a hand. Whether you want to volunteer for a day or every week, whether as an individual or as a family, there are a myriad of ways you can support the vibrant Cambridge community.

Cambridge Volunteer Clearinghouse matches potential volunteers with non-profits and agencies that need their skills and talents. It hosts regular workshops and provides one-on-one volunteering advice.

This guide is an overview of some just some of the organizations that could use your help addressing issues from hunger to homelessness to education. Many more volunteer opportunities can be found at:

ManyHelpingHands365.org and cambridgevolunteers.org

Arts

The rich Cambridge arts scene draws from cultural traditions the world over, featuring renowned professionals and blossoming young people. Virtually any location is a candidate performance space, from state-of-the-art theaters to places of worship, converted storefronts and parking spaces, and the banks of the Charles River.

For potential volunteers, this means a plethora of opportunities to work with peers in one-time or long-term projects. Help plan and organize, make costumes or sets, or usher. So, make new friends and find your place helping support arts in Cambridge.

American Repertory Theater

americanrepertorytheater.org • (617) 349-4380 • sign up online

Expands the boundaries of theater and immerses audiences in transformative theatrical experiences.

Volunteer options:

Scan tickets, usher shows, light cleanup. Black/white dress code.

Beyond the Fourth Wall

beyondthe4thwall.com • (617) 710-3864 • sign up online

Produces theater performances/classes for students age 4-13 after school, Saturdays, and over school breaks.

Volunteer options:

Build sets, paint, sew. Help with fundraising.

Cambridge Arts Council

cambridgema.gov/arts/supportcambridgearts • (617) 349-4380

A city agency that funds, promotes, and presents high-quality, community-based arts programming for the benefit of artists, residents, and visitors to Cambridge.

Volunteer options:

Support key events: Cambridge Arts River Festival, Summer in the City

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Cambridge Jazz Festival

cambridgejazzfestival.org/volunteer • sign up online

Major jazz festival every summer plus periodic concerts year-round to support music scholarships for aspiring Cambridge musicians.

Volunteer options: Dozens of day-of-festival jobs plus longer-term planning.

Central Square Theater

centralsquaretheater.org • ams@centralsquaretheater.org

Home of the Nora Theatre Company and Underground Railway Theater, with collaborations and year-round classes for diverse audiences of all ages.

Volunteer options:

Administrative assistance for both companies; ushers and day-of helpers.

Community Art Center

communityartcenter.org • (617) 868-7100 • info@communityartcenter.org

Year-round programming to engage youth whose powerful artistic voices transform their lives, their neighborhoods, and their worlds. Sponsors of **Do It Your Damn Self**, the nation's oldest youth film festival.

Volunteer options:

School Age After School, Teen Media, Summer Camp, Events, Facilities, more.

Dance Complex

dancecomplex.org • (617) 547-9363 • kara@dancecomplex.org

The Dance Complex hosts Cambridge's biggest and most diverse dance programs; collaborative structure.

Volunteer options:

Assist with class registration, special events, building maintenance in exchange for class hours.

Improbable Players

improbableplayers.org • (617) 926-8124 • players@improbableplayers.org

Theater performances & workshops address addiction, alcoholism, and the opioid epidemic. Based on true stories and performed by people in recovery.

Volunteer options:

Diverse projects: business, design, curriculum alignment, etc. See list online.

Jose Mateo's Ballet Theatre

ballettheatre.org • (617) 354-7467 • sfraser@ballettheater.org; online form

Creates new ballets for diverse audiences and diversifies participation with inclusive outreach and a belief that dance can create positive social change.

Volunteer options:

Performances/events; program support; marketing; tour programming.

Lilypad

lilypadinman.com • sign up online

Performance space for diverse artists

Volunteer options:

Help set up shows, greet guests; work on admin/office projects.

New School for Music

ballettheatre.org • (617) 354-7467 • sfraser@ballettheater.org; online form

A community music school for adults and children of all levels, offering music programs in a student centered learning environment from professional musicians .

Volunteer options:

Individualized volunteer positions.

The Spectrum Singers

spectrumsingers.org • concertushers@gmail.com

Cambridge-based chorus, one of greater Boston's finest, performs music from the Renaissance to present day. All volunteer singers, by audition.

Volunteer options:

Usher at concerts (2 tickets per); periodic admin help.

Cambridge

Past, Present & Future

Civic Engagement • History

There are many ways to become involved in the civic life of Cambridge – from volunteering as a Budget Delegate for the Participatory Budgeting Process to helping with media production at CCTV to volunteering to serve on a City Commission. More interested in the past, the Cambridge Historical Association and Mount Auburn Cemetery regularly need volunteers.

Cambridge Community TV

cctvcambridge.org • (617) 661-6900

A nationally recognized community media center that provides voice and vision for all residents, businesses and organizations in the city.

Volunteer options:

Work in media production, marketing & education, including computer literacy.

Cambridge Forum

cambridgeforum.org • (617) 495-2727 • director@cambridgeforum.org

Public lecture series on salient national and international issues from politics to technology, culture and climate. Broadcast on WBUR.

Volunteer options:

Usher during evening lectures; office/admin (full-time)

Cambridge Historical Society

cambridgehistory.org • (617) 547-4252 • rprevite@cambridgehistory.org

Connects the past with our present and future, serves as stewards of our collective history, and inspires curiosity in generations to come.

Volunteer options:

Computer help, office management, social media

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Cambridge Office for Tourism

cambridgeusa.org • (617) 441-2884 • djanec@cambridgeusa.org

Operates information kiosk in center of Harvard Square.

Volunteer options:

Answer tourists' questions from the info kiosk.

Cambridge Participatory Budgeting Committee

pb.cambridgema.gov/volunteer2 • (617) 349-4270 • pb@cambridgema.gov

Community members directly decide how to spend part of a public budget.

Volunteer options:

Outreach, proposal research and assessment, translation, voting event

City of Cambridge Commissions

Cambridgema.gov •

Community members can apply to serve on City commissions. Check the City website for current openings.

Volunteer options:

Serving on commissions as varied as *Human Rights Commission, Urban Forestry, Conservation Commission* and more.

Longfellow National Historic Site

nps.gov/long/getinvolved • (617) 876-4491 • garret_cloer@nps.gov

Henry W. Longfellow's home is rich with 19th century literature and arts, and served as General George Washington's headquarters in 1775-6.

Volunteer options:

Work in book shop, guide tours, coordinate education programs, research archives, assist with special events, maintain gardens.

Mt. Auburn Cemetery

Mountauburn.org • 617-547-7105 • friends@mountauburn.org

The nation's first "rural cemetery" continues to inspire and educate visitors with its history, landscape, horticulture, burials, artistry and birds.

Volunteer options: Visitor center, archival work, and more. Contact Jessica Busman, Education and Volunteer Coordinator.

Children & Families

While Cambridge is home to enormous human and economic resources, it is also home to much need. 15% of Cambridge residents have incomes below the federal poverty line. Almost 50% of Cambridge students qualify for free or reduced lunch.

A wide range of public and private programs support parents in their efforts to raise healthy, happy and successful children in strong, healthy families. Volunteers can receive training to provide direct care, instruction and mentorship of children and parents, or run donation drives for essential items, or help out in agency offices.

Cambridge Family & Children's Service

helpfamilies.org • (617) 876-4210

Provides support and advocacy for children, adults, and families to develop and nurture safe, permanent relationships and maximize individual growth

Volunteer Options:

Help with Cambridge events or lead life skills and finance workshops -- once or ongoing -- for Boston/Malden youth.

Center for Families

cambridgema.gov • (617) 349-6327 • cwoodward@cambridgema.gov

Diverse services for families with children 0-8yo including Dad support

Volunteer Options:

Short- or long-term options: from mailings to preparing art activities or leading workshops. Internships available.

Parents Helping Parents

parentshelpingparents.org • (617) 926-5008 x103

claudia@parentshelpingparents.org

Guiding individuals experiencing parenting struggles, through support groups and a parental stress hotline. Some jail-based groups.

Volunteer Options (in Boston):

Help assemble mailings, other office help; facilitate support groups; answer the stress phone line, care for children during workshops, etc.

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Children & Families

Cambridge YMCA Childcare

www.cambridgeymca.org • (617) 661-9622 • jbelanger@cambymca.org
Accredited daycare and education programs for ages 2.5-14 years

Volunteer Options: Read, create, play with preschoolers. After school, teach 5-14-y.o. a topic of your choice.

Children's Clothing Exchange

solutionsatwork.org/our-programs/childrens-clothing-exchange
(617) 576-0039 • triopelle@solutionsatwork.org

Begun and run by homeless people. Children's clothing, books and supplies "bought" by exchanging outgrown items or volunteering.

Volunteer Options:

Pick up donations, sort clothing, oversee children's playspace, special projects, office/admin/etc. Also see *Solutions at Work*.

Jewish Family & Children's Services

jfcsboston.org • (781) 693-5007 • volunteers@jfcsboston.org

Caring for vulnerable populations who seek support, guidance, and a purposeful, independent life.

Volunteer Options:

Work with seniors (Alzheimers groups, Parkinsons dance classes, etc), Holocaust survivors, disabled.

Also check **Beyond the Fourth Wall, Community Art Center, YWCA Cambridge, Salvation Army's Our Place**

Community and Multi-Service Agencies

Cambridge is a vibrant and diverse city of recent immigrants from over 80 countries, and long-time residents with deep New England roots. We are blessed to have excellent community services and multi-service agencies serving all ages and knitting our community together with support and diverse programming. They need you!

Agassiz Baldwin Community

www.agassiz.org/about/support-abc • (617) 349-6287

Living Well Network | (617)528-0643 | Diane Martin, dmartin@agassiz.org

Benefits the community with children's after-school and summer camp, youth employment, Maud Morgan Arts School, Living Well Network which enables seniors to remain living at home.

Volunteer options: Assist with children's programs, senior computer lab, help in the art gallery or help seniors at home with errands and visits.

Cambridge Community Center

cambridgecc.org • (617) 547-6811 • darrink@cambridgecc.org

Social, cultural, educational, and recreational activities to promote community cooperation and empower youth, individuals, & families.

Volunteer options: Tutor children with homework or reading, lead weekly workshops in an area of interest/skill, maintain building/landscape, assist farmers market & events.

Community Dispute Settlement Center

communitydispute.org • (617) 876-5376

Promotes conflict management through skilled pro bono mediators, training programs in mediation and conflict management, and community outreach.

Volunteer options: Become a mediator (fee charged), outreach, event planning, fundraising.

Community Legal Services & Counseling Center

clsacc.org • (617) 661-1010 • scorcoran@clsacc.org; sign up online

Free civil legal assistance and affordable psychological counseling for people with low incomes; significant programs for immigrants.

Volunteer options: Skilled legal and/or counseling help or office/data entry/admin, marketing, fundraising, etc.

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Community and Multi-Service

East End House

eastendhouse.org • (617) 876-4444 • xiomara@eastendhouse.org
Innovative, essential programs for all ages. Holistically supports personal and academic success of underserved youth transitioning to adulthood.

Volunteer options:

Mentoring, child care, administrative, food pantry, school age programs, etc!

Just A Start

justastart.org • (617) 494-0444 • gerryzipser@justastart.org
Dedicated to building the housing security and economic stability of low- to moderate-income people in Cambridge and nearby communities.

Volunteer options:

Tax preparation assistance, occasional help with holiday dinners

Many Helping Hands | 365

manyhelpinghands365.org • sign up online
Organizes MLK Day of Service, one of New England's largest service events, Co-organizes Cambridge gun buy back: *Safer Homes, Safer Community*.

Volunteer options:

Help organize these events. On MLK Day come create blankets, scarves, personal cards, organize donated food/supplies, drive/deliver to help approx. 10,000 people in need in Cambridge, Somerville and beyond.

Margaret Fuller Neighborhood House

margaretfullerhouse.org • (617) 547-4680
send completed online application to info@margaretfullerhouse.org

Reaches 4,000 Area IV residents/year: Food Pantry, Thanksgiving Turkey Day, After School & Summer education/arts, Senior activities, Computer lab, etc.

Volunteer options:

Stock food pantry, teach, assist seniors, holiday events, etc.

Salvation Army

massachusetts.salvationarmy.org/MA • (617) 547-3400
Thomas.Babbitt@use.salvationarmy.org or sign up online

Works particularly with homeless adults and children.

Volunteer options:

Childcare; cooking; senior activities; hospital/jail visits; holiday help, etc.

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Education

Cambridge educates 6,000+ children in 12 elementary, 4 middle/upper and one high school, plus two public charter schools. All strive for equally high expectations and opportunities for all. However, large demographic and individual gaps persist. Out-of-school programs boost achievement in academics, arts, leadership and life-skills. Adults can also gain needed skills in ESOL, translation, GED and computer literacy, or take in a lecture or semester-long course on virtually every topic. Volunteer in education in Cambridge and you'll help close the gaps.

Breakthrough Greater Boston

breakthroughgreaterboston.org • (617) 349-6647 • jcorwin@btgbmail.org
Academic enrichment and college preparation for middle school and high school students with high potential but limited opportunities.

Volunteer options:

Tutor students in academic subjects after school; Mentor 1-2 juniors/seniors through their college and scholarship application process..

Cambridge School Volunteers

csvinc.org • (617) 349-6794 • [sign up online](#)

Supports the academic and personal success of Cambridge public school children in every grade and school, before/during/after school, in person and via email.

Volunteer options:

Tutor academic subjects K-12, assist in libraries, homework room. mentor including corporate partnerships that fit mentoring into the business day.

City Sprouts

citysprouts.org • (617) 876-2436 • alocke@citysprouts.org

Introduces school gardens as a core element of children's public education.

Volunteer options: Garden, translate materials, plan events, fundraise etc.

Community Charter School of Cambridge

ccscambridge.org info@ccscambridge.org

Public charter school near Kendall Square serving 360 Grade 6-12 students.

Volunteer options:

Host an intern, tutor, assist with college applications, interviewing, etc.

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Education

Harvard Museums of Science and Culture

hmsc.harvard.edu • online contact form

Four education and research institutions: Natural History, Archaeology & Ethnology, Semitic Culture, Scientific Instruments

Volunteer options:

Gallery guides, readers, sketching facilitators, lecture/program assistants.

Learning Ally

learningally.com • volunteer@LearningAlly.org

For people with print disabilities e.g. blindness or dyslexia.

Volunteer options: Record Audiobooks from home.

Read to a Child

readtoachild.org • (781) 489-5910 • info@readtoachild.org
kristen.baxter@readtoachild.org, linda.winin@readtoachild.org

Inspiring caring adults to read aloud to at-risk children to increase their reading ability and interest, and create better opportunities for their future.

Volunteer options:

Read one-on-one with an elementary school student during lunch.

Tutoring Plus

tutoringplus.org • 617-349-6588 x422 • info@tutoringplus.org

Support and encourage students' academic, personal, and social growth through tutoring *plus* mentoring/leadership development.

Volunteer options:

Build formative relationships while tutoring at-risk students after school.

*Also check **Immigration, Youth***

Environment

Cambridge's ecosystem – like everywhere else on our warming, heavily used planet, needs help. The city squeezes over 107,000 residents into 7 square miles, making it the 5th densest city in the nation and pressuring our natural resources. We applaud our local government's efforts to improve practice and policy, but volunteers are needed to help prevent, monitor or undo habitat degradation and to encourage environmentally friendly alternatives. Thanks for pitching in!

Cambridge Energy Alliance

cambridgeenergyalliance.org • (617)-349-5323

eadvisor@cambridgeenergyalliance.org

City of Cambridge service helps residents, businesses, and institutions become more energy efficient and access renewable energy services.

Volunteer Options:

Community outreach and neighborhood engagement; gather/analyze data

Charles River Conservancy

thecharles.org • svallieres@thecharles.org • sign up online

Dedicated to the stewardship, renewal, and enhancement of the parklands along the urban Charles River.

Volunteer options:

Planting, painting, removing invasive species, trimming brush and trash cleanup, etc. including monthly, year-round drop-in projects.

Charles River Watershed Association

crwa.org • (617) 349-6489 • FriendsofFreshPond@yahoo.com

Protecting, preserving and enhancing the Charles River and its watershed through science, advocacy and the law.

Volunteer options: Water quality monitoring, invasive plant removal

Friends of Fresh Pond Reservation

friendsoffreshpond.org • info@ccscambridge.org

A volunteer citizens' group that works with the Cambridge Water Department to help fulfill educational and conservation goals.

Volunteer options:

Planting, painting, removing invasive species, trimming brush and cleanup.

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Green Cambridge

greencambridge.org • (617) 520-4720

Works to create a more sustainable city and to protect the environment for the health and safety of all.

Volunteer Options:

Educate, advocate, act: install rainbarrels, plant trees, convert to solar, etc.

HEET

heetma.com • (519) 900-4338 • info@heetma.org

Provides free, practical education about installing energy and water efficiency measures at home or work. Identifies and maps methane gas leaks in Cambridge/Somerville and raises awareness of environmental impacts.

Volunteer options:

Admin/office, publicity/web, grants. Background in related fields helpful for special projects.

Nature Connection

nature-connection.org • (978) 369-2585 • volunteer@nature-connection.org

Bringing the power of nature to people with limited access to it. Connecting at-risk youth, the disabled and elderly, with nature's capacity to heal, teach, and create joy. Concord-based w/ limited Cambridge programming.

Volunteer options:

Program volunteers, photography, writing, general office help, events, etc.

The Works - Cambridge Public Works

cambridgema.gov • (617) 349.6949 ecoppinger@cambridgema.gov

Volunteers provide invaluable support and new ideas, energy, and a community perspective to Public Works programs and services.

Volunteer options:

Beautification, landscaping, waste-reduction outreach, neighborhood cleanup, adopt a storm-drain, adopt a tree.

Also check: Citysprouts, Mt Auburn Cemetery

Health

We often take good health for granted. Many many people fill Cambridge hospitals and hospice. Visits by volunteers can provide companionship. Volunteers can also help with letter writing, health education and family support.

Boomerangs Thrift Store (AIDs Action Committee)

shopboomerangs.orgttidwell@aac.org, or sign up online

The Committee works to stop the HIV/AIDS epidemic and related health inequities and tackle the root causes.

Volunteer options:

Clothing/book sales for individual volunteers. Groups needed in Dedham.

Cambridge Health Alliance

challiance.org • (617) 591-6755 cfusosnaud@challiance.org

Volunteer at Cambridge Hospital or become a Health Advisor.

Volunteer options:

Provide health education and screenings, educate community members, etc.

Mt. Auburn Hospital

mountauburnhospital.org • (617) 499-5016 call for application/appointment

Volunteers work in partnership with hospital staff to provide patients with support that they need during their stay.

Volunteer options: 50+ ways to help: patient visits, letter writing, walks, etc.

VNA Care

vnacare.org • (781) 569-2811

Provides compassionate, skilled care to terminally ill patients and their families.

Volunteer options:

Provide companionship, respite, run errands for patients and families

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Homelessness

The number of homeless families in Massachusetts more than doubled in the past decade, an increase that's among the highest in the nation. In Cambridge, in late January 2016, there were 517 homeless men, women and children. Of these, 69 people were found outside overnight despite the winter weather. The 517 people included 46 homeless families and 50 teens and young adults.

Homelessness can be caused by many factors, including lack of affordable housing, employment or healthcare; or from domestic/mental/economic upheavals. Our homelessness programs are making a difference, with more agencies focused on housing first. You can help get families and individuals back on their feet.

American Friends Service Committee

afsc.org • (617) 876-5312

churd@afsc.org

Quaker organization that promotes lasting peace with justice. Their Material Aid & Advocacy Program (MAAP) provides free material aid including clothing, household goods, survival supplies, and hygienic items to clients in need.

Volunteer options:

Deliver goods, office/admin, carpentry, semi-annual tag sale, collect supplies for homeless, etc.

Cambridge Continuum of Care (Cambridge CoC)

Cambridgecoc.org

The Cambridge Continuum of Care is a group of organizations and individuals working to address homelessness through a coordinated, community-based process.

Volunteer options: help with January point-in-time homeless census, participate in planning meetings

CASPAR

casparinc.org • (617)-619-5950 • jlondergan@casparinc.org

Provides community-based services for people with substance use disorders.

Volunteer options:

Cooking in shelter kitchen, fall and spring cleanup, holiday preparations.

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Homelessness

St. Patrick's Women's Shelter (Somerville)

ccab.org/volunteer • 617-464-8122 • wesley_mcdonald@ccab.org
Catholic Charities sponsors many programs needing skilled and unskilled help throughout Greater Boston. Close to Cambridge, St. Patrick's provides a needed, women-only environment plus support for transitioning to housing.

Volunteer options: occasional special projects

First Church Men's Homeless Shelter

firstchurchcambridge.org • (617) 661-1873 • sign up online

Men's shelter offers 2 meals daily and supports transition to housing.

Volunteer options: Meal prep/service

Furnishing Hope

furnishinghopema.org • (857)229-7528 • info@furnishinghopema.org

Provides families with basic furniture and household goods necessary to create a comfortable, nurturing environment from which to make a new start.

Volunteer Options:

Sort and distribute donations, inventory management, organize a collection drive

Harvard Square Homeless Shelter and Summer Shelter

hshshelter.org • hshs.volunteer@gmail.com • summerhshs@pbha.org

Men-only homeless shelters run by Harvard University students. Primary shelter open Nov.1-Apr.15. Summer shelter for employed men needing transitional housing only.

Volunteer Options:

Non-Harvard individuals/groups needed during University breaks.
Breakfast/dinner/overnight shifts.

Heading Home

headinghomeinc.org • (617) 864-8140 ext. 135
jismith@headinghomeinc.org

Provides emergency, transitional and permanent housing, and support services, to homeless and formerly homeless families and individuals.

Volunteer options:

Prepare meals, coordinate birthday parties, landscaping/gardening, assemble starter kits, etc.

On the Rise

ontherise.org • (617) 497-7968 ext. 36 • keyton.sheely@ontherise.org

Creates a community where women have the relationships, safety and resources they need to move out of homelessness.

Volunteer options: Cook and bring lunch to OTR; coordinate drive for personal/household essentials, Saturday clean-up/service days

Outdoor Church of Cambridge

outdoorchurch.org • (401) 339-9578 • director@theoutdoorchurch.org

The Outdoor Church is a ecumenical Christian church that provides sandwiches and service to homeless and street-involved men and women.

Volunteer Options:

Prepare and distribute sandwiches in Porter Square area. Leave from St. James Episcopal Church.

Solutions at Work

solutionsatwork.org • (617) 871-1202 triopelle@solutionsatwork.org

Helps thousands of homeless and low-income people achieve self-sufficiency annually by providing them with professional clothing.

Volunteer options: Pick-Up, Delivery, Sorting of donated goods; translation services; childcare, office/admin, etc. Also see *Children's Clothing Exchange*.

Also see: Y2Y, Youth on Fire, Salvation Army, YWCA of Cambridge

Hunger

According to the Greater Boston Food Bank's 2016 data, well over 250,000 MA households are food-insecure. One in seven MA children regularly struggle with hunger. How can that be when unemployment is so low? It's because wages have stagnated while the cost of living has gone up. When children go hungry their growth is stunted, their immune system is compromised and they cannot concentrate and succeed in school.

Cambridge is filled with organizations working to combat hunger. We need them: estimates are that 1 in 10 Cambridge residents visit a food pantry at least once a year.

Food Rescue

Boston Area Gleaners

bostonareagleaners.org • (781) 894-3212 admin@bostonareagleaners.org

Dedicated to rescuing surplus farm crops for people in need.

Volunteer options:

Harvest surplus produce from farms.

Food for Free

foodforfree.org • (617) 868-2900 • Sign up online

Raises and rescues produce, dairy, meats, prepared food for agencies and households. Supplies weekend meals for hundreds of Cambridge students.

Volunteer options:

Packaging and delivering meals, office and event help. Also seasonal harvesting at their *Field of Dreams* farm plot (in Lincoln).

Meal Delivery Services

Community Cooks

communitycooks.org • (617) 501-1073 volunteer@ccooks.org

Make and deliver home-cooked meals to programs helping vulnerable populations.

Volunteer options:

Cook and deliver from home with friends or as part of a CC group.

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Community Servings

servings.org • (617) 522-7777 x227

JP-based agency cooks and distributes up to 2,000 free meals/day for critically ill patients and their families across Greater Boston.

Volunteer options: Prepare or deliver meals.

Sit-Down, Served Meals

Common Care at St. Peters (Saturdays)

saintpeterscambridge.org • commoncare@saintpeterscambridge.org

Community meals that are open to all the 2nd and 4th Saturdays, Sept-June.

Volunteer options: Prepare food Friday evening; prep and serve Saturday.

Faith Kitchen (Tuesdays)

faithkitchen.org • (617) 354-0414 • Sign up online

Serves dinner the second and last Tuesdays September-June at Faith Lutheran Church 311 Broadway, Cambridge (joint program with Temple Beth Shalom).

Volunteer options: Prepare, serve and clean up dinners

First Church Friday Café (Fridays)

firstchurchcambridge.org • (617) 661-1873 • sign up online

From 1-5pm, providing conversation, food, arts, web access, basic supplies.

Volunteer options: Meal prep; food/supplies donations; companionship; haircutting; RN consults.

Harvard Square Meals Program (Thursdays)

cccbridge.org/mission/#meals •(617) 733-5099 • hscmpinc@gmail.com

Cambridge's original free community meals program, serving a nutritious, sit-down dinner to more than 120 people at Christ Church.

Volunteer options: Food prep 2 to 5 pm; serve/mingle/cleanup 5 to 8 pm.

Loaves and Fishes Meal Program (Saturdays)

facebook.com/pages/Loaves-and-Fishes-Meal-Program

sign up at: signupgenius.com/go/70a0d48a4ac2eab9-volunteering

One of the largest community meals in Cambridge. Cambridgeport location.

Volunteer options: Cook, Serve, Clean up

Project Manna Kitchen (Mondays & Fridays)

massavebaptistchurch.com • (617) 868-4853 • mabcclerk@gmail.com

Volunteer options: Cook, Serve, Clean up dinner, served at 5:30.

Project Uplift – Union Baptist Church (Wednesdays)

ubccambridge.org • 617-864-6885

Provides food for the hungry and the homeless

Volunteer Options:

Prep, cook, serve and clean up dinner, served Wednesdays at 5pm.

St. Bartholomew's Episcopal Church (Wednesdays)

stbartscambridge.org • 617-354-8582

Predominantly Afro-Caribbean congregation serving one of Cambridge's largest free dinners every Wednesday evening to approx. 100 individuals.

Volunteer Options:

Prep, serve and clean up 6pm dinner with parishioners and MIT students.

More need during school breaks.

Tuesday Meals at First Parish Cambridge (Tuesdays)

tuesdaymeals.org • tmpvolunteers@fpcambridge.org • sign up online

Warm hospitality and an evening meal in a safe, dignified environment.

Volunteer options:

Pickup ingredients, prep/cook, do dishes and serve/mingle with clients.

Food Pantries

Cambridge Economic Opportunity Center (Mon, Tues, Wed, Thurs)

ceoccambridge.org • (617) 868-2900 • Sign up online

Anti-poverty agency helps people maintain diverse benefits and services; hosts food pantry, their one program that relies on volunteers.

Volunteer options:

Stock shelves, sort and hand out food.

Helping Hand Food Pantry (Saturdays)

stjames-cambridge.org • (617) 617-5474 • j.frederick.bell@gmail.com

For poor and low-income residents 2nd Sat. of the month at Rindge Towers.

Volunteer options:

Prep groceries Fridays 11-2. Distribute food Saturdays mornings.

St. Paul AME Church Food Pantry (Wednesdays, Thursdays)

st-paul-ame.org • (617) 661-1110

A large food pantry open Wednesdays 3:30-5:30 and Thursdays 12-2, located at the Christian Life Center on Bishop Allen Dr.

Volunteer options:

Stock and distribute food.

St. Paul Catholic Church (Saturdays)

stpaulparish.org • tl179997@yahoo.com

Saturday food pantry and Fair Food distribution (\$2) for 40-70 families/week.

Volunteer options:

Pick up produce in Dorchester; distribute 10:00 to 12:00.

Also see: Cambridge Citywide Senior Center; Salvation Army; East End House, Margaret Fuller House, Cambridge Community Center which all have food pantries that often need volunteers

Immigrants

Recent immigrants to Cambridge have added richly and indelibly to the history and culture of our city, as previous waves of immigrants have done for centuries. Today, 30% of Cambridge residents were born abroad and our public school students come from families who speak 65 different languages. There are many ways to help newcomers including: teaching English, mentoring a newly-settled student or family, organizing a clothing drive, taking a new family to a cultural event. Volunteers play a vital role in helping to welcome and settle in our new neighbors.

Adbar Ethiopian Women's Alliance

ethiopianwomen.org • (617) 234-8981 • seble@ethiopianwomen.org
Removes barriers to success for low-income Ethiopian women and their families through advocacy, education and peer support.

Volunteer options: Teach ESOL, computer literacy, translate, admin, etc.

Cambridge Public Library Literacy Project

cambridgema.gov/cpl/Services/theliteracyproject • (617) 349-4013
mbalestrieri@cambridgema.gov

Free classes in English conversation, job hunting/resume writing and computer basics (Word, Internet and email).

Volunteer options: Teach ESOL classes, tutor 1:1, assist in classrooms.

Community Learning Center

friendsofclc.syware.com/how-to-help-2 • (617) 349-6366
whendon@cambridgema.gov

ESOL, High School Equivalency, Computer, Citizenship and other programs help adults improve their lives and increase their community participation.

Volunteer options: Teaching and tutoring ESOL and Adult Basic Education.

Enroot

www.enrooteducation.org • 617-876-5214

To empower immigrant youth to achieve academic, career and personal success through inspiring out-of-school experiences.

Volunteer Options: Mentor or tutor an immigrant student after work, or host an intern at work. Applications and information online.

MANY HELPING HANDS 365 • CAMBRIDGE VOLUNTEER CLEARINGHOUSE

Here to help you find your way to serve at volunteercambridge.org

Found in Translation

found-in-translation.org 617-326-6600 karen@found-in-translation.org

Help homeless and low-income multilingual women to achieve economic security by becoming certified medical translators.

Volunteer Options:

Lead children's play groups; mentor a translator; be a guest speaker on professional or financial topic

Jewish Vocational Services

jvs-boston.org (617) 399-3218 AStein2@jvs-boston.org

Empowering individuals from diverse communities to find employment and build careers, while partnering with employers to hire, develop, and retain productive workforces.

Volunteer Options:

Serve as career coach, ESOL teacher, bilingual caller, computer tutor, and more.

Mass. Alliance of Portuguese Speakers

maps-inc.org/volunteer • (617) 825-5897

Improving the lives of Portuguese speakers in MA as active, participating Americans with a strong ethnic identity and a sense of community.

Volunteer Options:

Teach ESOL, accompany seniors, work in office with fundraising, clerical, etc. Bilingual Preferred

See also Community Legal Services and Counseling Center

Seniors

More than half of Cambridge's seniors live alone. The elder population is continuing to increase from about 10% to 20% in the next decade. Approximately 10% of them are considered low income - over 1000 seniors use the food pantry at the Citywide Senior Center annually. And many live alone, especially women. The city continues to assess and improve conditions for our aging residents, including expanding housing possibilities, supporting aging in place programs and promoting intergenerational programs. There are many ways that you can make a difference for a senior: help with money management, take care of a pet, shoveling snow, teaching computer skills or giving the gift of companionship and friendship.

Citywide Senior Center

cambridgema.gov/DHSP/programsforfamilies/seniorscouncilonaging/citywide-seniorcenter • (617-349-6060 (phone preferred)

Services/programs/classes for seniors e.g. breakfast and lunch 6 days/week, exercise, arts, outings, lectures, seasonal events, food pantry, and more.

Volunteer options:

Volunteers matched to programs with need. The Food Pantry is a great start.

Cadbury Commons

cadburycommons.com • 617 868-0575 • lwalts@cadburycommons.com
Family owned and managed independent and assisted living community, including memory care unit.

Volunteer Options: Weekly friendly visitors; skilled entertainers.

Cambridge Homes

seniorlivingresidences.com • (617) 876-0369 • sray@thecambridgehomes.org

Assisted Living residence offering wide variety of programming and activities.

Volunteer options: Assist with programming, special events, regular "friendly visits", propose your own class.

Cambridge Neighbors (formerly Cambridge At Home)

cambridgeathome.org • (617) 864-1715 • robin@cambridgeathome.org

Helping seniors age in place so they can continue living at home.

Volunteer options: Shop, pay bills, shovel snow, other home-based help.

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Neville Place at Fresh Pond

seniorlivingresidences.com/communities/cambridge-neville-place
(617) 497-8700 • sbowdrige@nevilleplace.com

Offers local seniors personalized assisted living and has a special unit for individuals with memory loss and Alzheimer's disease.

Volunteer options: Teach a language or workshop, friendly visits

New Communities Services/ Windsor House

windsorhouse.org • (617) 547-7836 • jclement@windsorhouse.org

Daycare for adults whose special needs place them at high risk of being moved from home to an institutional setting. At Citywide Senior Center.

Volunteer options:

Work alongside staff and college students to help seniors participate in games, exercises, singing, etc. Highest need over school breaks.

Secret Santa for Seniors

communityrelations@cambridgepolice.org

Cambridge police led program to give gifts to isolated elders.

Volunteer options: Wrap and/or deliver presents to isolated seniors.

Somerville Cambridge Elder Services

eldercare.org • (617) 628-2601 ext 3051 • vol@eldercare.org

Helps older people and people living with disabilities remain safe and independent in their own homes by providing supportive services.

Volunteer options:

Medical escorts, money management, caregiver respite, running errands, medical advocate, visits to chat, read a newspaper or book, shovel snow

Watertown Health Center

watertownhnc.com • (617) 924-1130 (Carolanne, also Food Services Mngr)

Assisted Living and Nursing Home on Cambridge-Watertown border, serving Cambridge residents including most needy.

Volunteer options:

Be matched with a resident who will benefit from weekly friendly visits.

Youville House

youvilleassistedliving.org • (617) 491-1234 • katieblanchard@youvillehouse.org

Assisted living with programs entertain, stimulate and challenge residents.

Volunteer options: Be a friendly weekly visitor, run a workshop or help in myriad ways. Call to learn about the latest needs and options.

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Here to help you find your way to serve at **volunteerincambridge.org**

Sports

Youth sports in Cambridge has long relied on volunteers to coach and manage teams and referee. It's a great way to be involved with young people and families in Cambridge.

Cambridge YMCA Recreation and Theater

cambridgeymca.org • (617) 661-9622 • nobrien@cambymca.org

YMCA recreation and theater activities build self-esteem and teamwork so children feel great about themselves and in turn, better relationships.

Volunteer options:

Coach sports, help with other programs, work in the theater. Nancy will direct you to the right person.

Cambridge Youth Hockey

cambridgeyouthhockey.org • president@cambridgeyouthhockey.org

Guiding the next generation of skaters and hockey players in the greater Cambridge, MA and Boston, MA areas.

Volunteer options:

Register players, coach, encourage new skaters, and more.

Cambridge Youth Soccer

cambridgeyouthsoccer.website.siplay.com • (617) 876-5414

susan@cambridgeyouthsoccer.org

Provides a healthy team sports experience for ages 4-18 with an In-Town league and travel teams in the Boston Area Youth Soccer League.

Volunteer options: soccer coaches and assistant coaches.

Title IX Girls

titleixgirls.org • online contact form

Running club for girls offers a unique approach to their development.

Volunteer options: mentor/coach (women only)

Women

When you elevate women you support communities. Supporting all women – particularly those who have experienced domestic abuse, sexual assault, discrimination and poverty is vitally important for the health of our community. There are many ways to help support women in Cambridge, from helping on hotlines, supporting fundraising, providing companionship, running training programs, and much more.

Boston Area Rape Crisis Center

barcc.org • (617) 492-8306 • volunteer@barcc.org

Empowering survivors of sexual violence to heal and provide education and advocacy for the social change needed to prevent sexual violence.

Volunteer options: Work the front office; help events/fundraising; train for hotline, medical advocacy etc.

Transition House

transitionhouse.org • athorne@transitionhouse.org

Working to create a community where breaking the cycle of violence is an ongoing priority by providing access to housing, resources and support.

Volunteer options: Homework help, childcare. Financial advisors. Design/art.

The Women's Center

cambridgewomenscenter.org • (617) 354-8807

judy@cambridgewomenscenter.org

A unique, home-like environment where women experiencing difficulties in life can learn, heal, connect and become more empowered.

Volunteer options:

Engage with clients via hotline, companionship and childcare, workshops, computer lab. Clean/maintain building, fundraising, admin.

YWCA of Cambridge

ywcacam.org • (617) 491-6050 • admin@ywcacam.org

A cornerstone for providing safe, affordable accommodations for women and families and an advocate for human rights.

Volunteer options:

Daily receptionist shifts; assist or suggest/lead workshops; gala support.

*Also check: **St. Patrick's Women's Shelter, Big Sisters, On the Rise, Title IX Girls***

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Youth

How does Cambridge successfully nurture the next generation? There are over 11,000 children in Cambridge, with over 6,000 enrolled in Cambridge Public Schools. With only a portion of that time spent in school, students have many hours to fill with other activities. Cambridge is rich in resources that provide programs and activities that can help expand the imaginations and nurture the growth of Cambridge's future. From academic tutoring programs, to arts classes, to business skills, to mentoring, to vocational training, Cambridge organizations are working to support the development of Cambridge children, and can use your help.

Big Brothers Big Sisters of MA

bbbsmb.org/volunteer • (617) 542-9090 • apply online

Provides youth with invested, caring adult mentors.

Volunteer options:

Be paired with a boy or girl 7-12 for bimonthly mentorship sessions.

Big Sister Association of Greater Boston

bigsister.org/become-a-big-sister • (617) 236-8077 • apply online

Be present, not perfect, and develop a rewarding friendship based on having fun, learning and growing together.

Volunteer options:

Women only. Mentor girls ages 7-15.

Boston Mobilization

bostonmobilization.org • (617) 492-5599

Develops and empowers teen leaders for social justice.

Volunteer options:

Admin or other volunteer projects as needed.

Jewish Big Brothers Big Sisters

jbbbs.org/volunteer • (617) 965-7055 • apply online

Connects children to adult mentors, and adults who have disabilities with new adult friends in their communities.

Volunteer options:

Meet regularly with young mentees or disabled adult friends.

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Here to help you find your way to serve at volunteercambridge.org

The Possible Project

possibleproject.org • (617) 492-8306 • apply online

Instills an entrepreneurial mindset in our students, developing the social-emotional skills necessary to work collaboratively and solve problems in a high-level career path.

Volunteer options:

Mentor teen participants to launch entrepreneurial activities; serve on evaluation panel.

Silver Lining Mentoring

silverliningmentoring.org • (617)224-1300•jeeyoon@silverliningmentoring.org

Empowers youth in or recently aged out of foster care to flourish through committed mentoring relationships and developing essential life skills.

Volunteer options:

Mentor youth, assist with events.

Y2Y

y2yharvardsquare.org | enquire online for current needs

Overnight shelter in Harvard Square for homeless youth and young adults aged 18 to 24 run by college students that provides connections with other service providers to create sustainable pathways out of homelessness,

Volunteer options: cooking and serving breakfast or dinner, taking an overnight shift, volunteers most needed during college breaks

Youth on Fire

aac.org • (617) 661-3040 | volunteer@aac.org

Daytime drop-in in Harvard Square for street-involved and homeless youth. Advice, meals, showers, referrals, MD appointments, and more. Program of the AIDS Action Committee. Shares space with Y2Y.

Volunteer options:

Build relationships, talk about sex/health/etc.; cook, clean, games, maintenance/organization

Also check agencies that serve youth in Arts, Community & Multi-Service, Education, Immigrants, Sports

Share Your Expertise or Special Skills

Many organizations in Cambridge could benefit from volunteers with special skills.

Legal skills. Business management. Marketing. Public Relations. Technology and engineering skills. Communication skills. Photography. Graphic design. Website design and development. Interior design. Financial skills. Research skills. Strategic planning skills. Planning special events. Grantwriting. Woodworking. Teaching. Gardening. Cooking. Sewing. Let the organization you are interested in volunteering with know about special skills you have that could be helpful.

Volunteering to help an organization with a strategic plan, special event, website, social media plan, photography, etc. is also a great way to enhance your own skills, make new contacts and new friends.

Group and Corporate Volunteering

Group and Corporate Team volunteering is a great way to make a big impact on a single day. Some organizations can better accommodate large groups of volunteers than others and some organizations have capacity to regularly organize group or corporate volunteering days.

Some organizations that have capacity to work with groups and corporate teams include: **CASPAR, Charles River Conservancy, Charles River Watershed Association, Community Cooks, Cambridge Women's Center, Boston Area Gleaners, Cambridge Community Center, Food for Free's *Field of Dreams* (in Lincoln), East End House, Fresh Pond Reservation, Furnishing Hope, Heading Home, Margaret Fuller Neighborhood House, On the Rise, Somerville-Cambridge Elder Services, Y2Y, Food Pantries and Meal Programs**

Family and Teen Volunteering

Ideas on how to volunteer as a family
or how to volunteer if you are a teen.

Many people would like to volunteer as a family, with their children. Teens may want to volunteer on their own or with friends. Here are a few ideas for families or teens who wish to volunteer in Cambridge

One-day Community Service Events

- *Many Helping Hands* – MLK Day of Service
- *Secret Santa for Isolated Elders* – Cambridge Police
- *Margaret Fuller Neighborhood House* and *East End House*
Thanksgiving Turkey Baskets

Ongoing Community Service

- Spend time with elders through *Somerville-Cambridge Elder Services*, *Living Well Network*, *Cambridge Neighbors* or *Windsor House*
- Help stock a food pantry at one of the Cambridge food pantries.
- Make a meal for homeless adults for *On the Rise* or *Heading Home* or help at a weekly meal program or form or join a *Community Cooks* cooking team
- Sort clothes at *Children's Clothing Exchange*
- Tend a schoolyard garden during the summer with *CitySprouts*.
- Organize a neighborhood light bulb exchange with *Cambridge Energy Alliance*
- Organize a birthday party for a homeless child at *Heading Home* or *Our Place* at the *Salvation Army*.

Group Volunteering Days

- Clean up our green space with *Charles River Conservancy* and *Fresh Pond Reservation*

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Many Helping Hands 365 is a volunteer created and run organization whose purpose is to help make Cambridge a better place to live for all of its residents by increasing local volunteerism. When many hands come together to help make a difference in their community all of us benefit. We want to make it easy for you to find ways to lend a hand. Whether you want to volunteer for a day or every week, whether as an individual or as a family, there are a myriad of ways you can support the vibrant Cambridge community.

Check out our website www.manyhelpinghands365.org for more information about Cambridge non-profits and agencies that need your volunteer help.

Join thousands of others for a day of service for the entire community at *Many Helping Hands* Martin Luther King Day of Service. Each year on MLK Day afternoon in Central Square. Want to do more? We can always use your help organizing MLK Day of Service, delivering all that gets made on MLK Day and more.

You can reach us at info@manyhelpinghands365.org or manyhelpinghands365@gmail.com.

Find out how **you** can make a difference in the lives of others.

*Join a free workshop to learn about
volunteering in Cambridge!*



Our sole job is to help YOU find a perfect volunteer match.

- Mentor, tutor, be-a-friend, one hour/week
- Pitch in with peers for a few hours, one time
- Work on an independent project

Monthly workshops at 11-12noon or after work

Locations vary.

Details at volunteerincambridge.org.

Contact Laurie Rothstein, Director

cvc@volunteerincambridge.org

Alternatively 617-864-6688

Email is preferred for quickest reply. *Thank you!*