



Volunteer Opportunities and Charitable Causes

Riverside State Park Foundation:

<http://exploreriversidestatepark.com>
info.rspf@gmail.com
509-731-4587

Riverside State Park Foundation members are always in need of volunteers to help with various projects and operations. We have scouts, schools, church groups, local businesses, recreation clubs, and many others who donate their time and energy to make the park better.

Horizon Hospice:

www.horizonhospice.com
(509) 489-4581

Provides a tender caring approach to home hospice care. Volunteers can make a difference to our patients and their families in a variety of ways including: visiting or being a listening ear, sharing a hobby, game or music, writing a dictated letter, running errands, helping with a newsletter or administrative duties, or sharing another skill or talent. Call Horizon Hospice today to learn more about how you can make a difference.

Spokane Public Library & Friends of the Spokane Public Library:

<http://www.spokanelibrary.org/volunteer>

Spokane Public Library welcomes and encourages volunteers to enrich the capabilities and services of the library system. Volunteers provide essential support for library functions, including assisting or providing programming, organizing materials, and keeping libraries and materials clean and inviting.

Habitat for Humanity:

volunteercoordinator@habitat-spokane.org
(509) 534-2552

Habitat for Humanity Spokane is a nonprofit, ecumenical Christian housing ministry dedicated to eliminating poverty housing. Habitat homes are built simply and affordably through community

partnership and donations. Volunteers must be over 16 years of age to volunteer at our construction site. No skills are required. Volunteers must fill out a volunteer liability waiver before their first work shift.

SNAP:

www.snap.org
volunteer@snapwa.org

Helping homeless and low-income families, children and seniors since 1966; SNAP is a private, non-profit Community Action Agency. SNAP's goal is to help families and individuals make a successful transition from crisis to self-sufficiency and build new and healthy futures.

SNAP can help you coordinate a fun activity for your church, service group, school or business. We've got plenty of ideas on how you can help SNAP - and you'll enjoy your experience!

- Organizing a food drive
- Cleaning and/or painting an apartment or house to make it ready for a family to occupy
- Landscaping a SNAP facility
- Hosting or volunteering for a SNAP fund raising event

Inland NW Baby:

www.inlandnwbaby.org
info@inlandnwbaby.com
509-499-0670

Inland NW Baby, in partnership with our community, provides essential items to local children in need up to the age of 12 by collecting and distributing diapers, gently used clothing, and hygiene items. Volunteers are needed with: Sorting donated clothes and equipment; Packaging requested items for pick up; Help in the office with filing, phones, answering questions; Graphics and forms design; Event planning and committee members.

Spokane Veterans Home:

Shanep@dva.wa.gov
529-344-5788

Volunteers are used in several different ways in the Veterans Home. More often than not, volunteer work is best provided in giving fellowship for the residents at the home. Residents, especially during winter, rarely venture away from the home – amazing how a simple visit to listen to some stories or play some cards makes for an active day for these folks.

Mission Ridge Assisted Living:

866-355-7043

There are many various volunteer opportunities at Mission Ridge to help with the elderly community. Examples: calling bingo, decorating, outings, shopping, walks, playing cards and games, exercise, gardening, crafts, crocheting/knitting, events and parties, cooking classes, Wii, reading newspapers, manicuring, and more. We also need help with various outings and would love help with loading residents on and off the van.

Catholic Charities of Spokane:

www.catholiccharitiesspokane.org
kkain@ccspokane.org
509-358-4270

Catholic Charities of Spokane has 13 programs serving a huge age range (babies to elders) and includes two shelters. There is a current need for all skill sets, from cooking to gardening, home repair, play, delivering meals, driving folks to and from appointments, teaching and/or organizing classes and events, and more - the list is practically endless!

Second Harvest Inland Northwest:

<http://inland.volunteerhub.com/>
Jill.Wilson@2-harvest.org
509-252-6257

Community night occurs weekly from 5:30-8:00 pm. Volunteers will be sorting and/or packaging food.

The Women's Hearth:

www.help4women.org
[info@help\\$women.org](mailto:info@help$women.org)
509-455-4249

The Women's Hearth is a drop-in center for women in downtown Spokane. It is a safe, welcoming community that promotes growth and well-being in body, mind, and spirit for women of diverse backgrounds. The Hearth fosters nurturing relationships, encourages self-determination, and advocates for change in systems which oppress women.

The Lands Council:

The Lands Council preserves and revitalizes our Inland Northwest forests, water, and wildlife through advocacy, education, effective action, and community engagement. We are looking for volunteers of all ages who are energetic, willing to work, and have an interest in or commitment to the environment. Volunteer opportunities range from office work such as stuffing envelopes, phone answering, and data entry to community outreach, hands-on restoration, invasive species control, and tree planting. Call the Volunteer Coordinator at 509-838-4912 or email kwiseman@landscouncil.org for updated volunteer opportunities.

YMCA of the Inland Northwest:

www.ymcaspokane.org
509.777.9622 ext.215

The YMCA of the Inland Northwest is looking for Volunteers.

Volunteers of America:

www.voaspokane.org
volunteer@voaspokane.org
(509) 624-2378

We have TONS of volunteer opportunities ranging from afterschool activities, childcare, data entry, clerical, shelter assistance, grant writing, life skills instructor, mentor, and recreational activity leader.

Eastern State Hospital:

www.dshs.wa.gov/BHA
bordgesu@dshs.wa.gov
509-565-4280

Volunteers are considered an integral part of the hospital's operation and are actively recruited throughout the year. Individual or group tours to the hospital and museum can be arranged by calling the hospital's volunteer coordinator.

Eastern WA Center for the Deaf and Hard of Hearing:

www.ewcdbh.org
509-328-9220

Eastern Washington Center for the Deaf and Hard of Hearing has a vision that there will be a community where the lives of deaf, hard of hearing, and deaf-blind persons are enhanced and they are able to enjoy society's benefits and opportunities without communication barriers. Volunteers needed for various activities.

Palouse-Clearwater Environmental Institute:

www.pcei.org
serving@pcei.org
208-882-1444

The mission of the Palouse-Clearwater Environmental Institute is to increase citizen involvement in decisions that affect our regions environment through connecting people, place, and community throughout Eastern Washington and Northern Idaho. PCEI is currently looking for volunteers to fill many roles in support of ongoing and one-time events such as watershed restoration.

Spokane Public Schools:

robinf@spokaneschools.org
509-354-7277or

Volunteers are needed to help prepare classroom materials, reading to students, organizing files, and after school activities.

The Evergreen Club:

509-838-4651

This club is part of Clubhouse International, a multi-national non-profit organization that helps communities around the world create sustainable solutions for mental illness by developing and nurturing new and existing Clubhouses.

The Big Table:

mandy@big-table.com

Big Table exists to see the lives of those working in the restaurant and hospitality industry transformed by building relationships around shared meals and caring for those in crisis, transition or falling through the cracks. Ways to help: Serve at a dinner, help with care or behind the scenes, or become a coach for one person in the industry in need of a listening ear. Your company or organization could also sponsor a Big Table dinner and have your staff serve.