



FALL VOLUNTEER IDEAS FOR HIGH SCHOOL STUDENTS

[A Better Society/Project Life Cycle](#)

A Better Society is a non-profit organization with the goal of strengthening communities by using a unique approach. Their mission is to empower social entrepreneurs to fulfill community needs by providing them with guidance, resources, and a collaborative network to help their ideas become reality.

Interest Category: Community, Family

Opportunities: Assist with Project Life-Cycle events. Become trained in bicycle repair and prepare donated bikes for distribution in the West Metro (1-2 times a month). Bring a group to help with warehouse organization and other project work.

Age Restrictions: Dependent on activity/project

Volunteer Contact: Heather Tran, projectimpact@abettersociety.org

[Able Light \(Bethesda\) Thrift Shop](#)

Able Light/Bethesda Thrift Shop raises funds to support people with disabilities.

Interest Category: Adults & Children with Disabilities

Opportunities: Sort donations and work in resale shop (Minnetonka location). [Volunteer Flyer](#)

Age Restrictions: 14 and older

Volunteer Contact: Ann Blatzheim, ann.blatzheim@ablelight.org, 952-939-0989

[Arc's Value Village Thrift Stores](#)

The Arc Minnesota promotes and protects the human rights of people with intellectual and developmental disabilities, actively supporting them and their families in a lifetime of full inclusion and participation in their communities.

Interest Category: Community, Adults & Children with Disabilities, Family

Opportunities: Assist in resale stores (10 a.m.- 6 p.m. daily). Help organize and prepare Halloween and Winter/Holiday items for sale. Volunteers need to work for at least a 2-hour shift. Individuals and groups are welcome (2-3 people).

Age Restrictions: 15 and older (independently), 8-13 with an accompanying adult

Volunteer Contact: Michelle Theisen, michelletheisen@arcminnesota.org



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Bountiful Basket Food Shelf

Bountiful Basket Food Shelf helps individuals and families experiencing food insecurity in the West Metro.

Interest Category: Homelessness, Hunger

Opportunities: Assist clients with distribution and orders on Monday nights or Saturday mornings. Spanish speakers preferred.

Age Restrictions: 15 and older (high school age)

Volunteer Contact: Patti Sinykin, patti@bountifulbasketfoodshelf.org

Bridging

Bridging empowers people to thrive in their homes by providing quality furniture and household goods for those pursuing housing stability.

Interest Category: Community, Environment, Family, Homelessness, Housing, Senior Citizens

Opportunities: Work at sorting donations in the warehouse, help as a shopping assistant to clients, or assist with office work. Groups can help unload/load items at warehouse, fund/build dressers for clients, and create essential packs for clients.

Age Restrictions: 14 and older (to volunteer in warehouse)

Volunteer Contact: [Bridging Volunteers](#),
Joel Bisser, joel.bisser@bridging.org

Bunny Besties

Bunny Besties' mission is to provide impactful animal assisted interactions to support the emotional wellness of our community.

Interest Category: Animals, Community, Family, Wellness

Opportunities: Assist with therapy interactions and other programming. Help in the Bunny General Store (Minnetonka).

Age Restrictions: None

Volunteer Contact: Jennifer Smith, jsmith@bunnybesties.org or hello@bunnybesties.org



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Carver County Parks

Carver County Parks includes Baylor Regional Park, Lake Minnewashta Regional Park, and Lake Waconia Regional Park. Carver County Parks also manages sections of the Dakota Rail Regional Trail, Southwest Regional Trail, and Minnesota River Bluffs Regional Trail.

Interest Category: Community, Environment, Family

Opportunities: Work on outdoor work projects-Adopt a Trail/Adopt A Water (all ages). [Volunteer at Carver Parks](#)

Age Restrictions: Dependent on position, 16 and older for most positions

Volunteer Contact: Micah Ostergard, mostergard@co.carver.mn.us

Feed My Starving Children

Feed My Starving Children provides nutritious meals to children worldwide.

Interest Category: Community, Family, Hunger

Opportunities: FMSC offers volunteers a one-of-a-kind experience. You'll hand-pack rice, soy, dried vegetables and a nutritionally complete blend of vitamins and minerals into bags which are then sealed, boxed, placed on pallets and shipped to our incredible partners working hard to reach the neediest children around the world.

Age Restrictions: All ages, 18 and under with an accompanying adult

Volunteer Contact: www.fmssc.org/get-involved/volunteer-info

Free Geek

Free Geek Twin Cities is dedicated to addressing the problems of The Digital Divide and electronic waste in our local community through direct, tangible action. Free Geek works to keep technology out of landfills and refurbish items for resale or donation.

Interest Category: Community

Opportunities: Volunteers can assist in recycling technology parts and refurbish computers and other technology. Volunteers can work at Free Geek or at home.

Age Restrictions: 16 and older independently, 16 and under with an accompanying adult

Volunteer Contact: Dave, [Volunteer Information](#), 612-223-5967



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Freedom Farm

Freedom Farm is therapeutic riding program which primarily focuses on supporting teens and veterans.

Interest Category: Animals, Wellness

Opportunities: Opportunities change monthly. Volunteers assist the manager with horses and projects on the property. Training required and provided by Freedom Farm.

Age Restrictions: 14 and older with horse experience

Volunteer Contact: Susie Bjorklund, info@freedomfarmmn.org

Gigi's Playhouse

Gigi's Playhouse is a non-profit organization that provides free therapeutic programs for individuals with Down syndrome.

Interest Category: Adults & Children with Disabilities

Opportunities: Assist participants with programming to improve social skills and engage in music, dance, and fitness. Help with special events and provide marketing support.

[Volunteer Opportunities](#) [Volunteer Flyer](#)

Age Restrictions: 16 and older (if working directly with participants)

Volunteer Contact: Katherine Rebstock, Krebstock@gigisplayhouse.org

Good in the Hood/Shoe Away Hunger

Good in the Hood is a non-profit organization focused on supporting community members experiencing food or housing insecurity.

Interest Category: Community, Family, Homelessness, Hunger

Opportunities: Help sort and organize shoes for the Shoe Away Hunger program, assist staff with food distribution for their Food Shelf in a Box or Food in the Hood programs.

Age Restrictions: Dependent on activity

Volunteer Contact: info@goodinthehood.org



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Greater Minneapolis Crisis Nursery

Greater Minneapolis Crisis Nursery's mission is to end child abuse and neglect and create strong, healthy families.

Interest Category: Community, Family, Healthcare, and Wellness

Opportunities: Cook or sponsor a meal for children staying at the Crisis Nursery, create snack kits, or lead an enrichment activity (music, indoor or outdoor games, craft, etc.).

Age Restrictions: 18 and older independently, 12-17 with an accompanying adult

Volunteer Contact: Ellen Klahn-Grove, eklahn-grove@crisisnursery.org

Great River Greening

Great River Greening is an environmental conservation non-profit organization working throughout Minnesota. Their mission is to inspire and lead local communities in restoring and conserving the land and water that enrich our lives. They hold volunteer events every spring and fall to bring community members outside and get hands-on experience restoring the land.

Interest Category: Community, Environment

Opportunities: Restore natural habitats around greater Minnesota/Twin Cities. Work with team leaders on Saturdays in the spring, summer, and fall. You can also create your own group restoration project.

Age Restrictions: None

Volunteer Contact: Amy Kilgor, volunteer@greatrivergreening.org

Habitat for Humanity Twin Cities

Twin Cities Habitat brings people together to create and preserve homeownership in our neighborhoods, to partner with low-income families to be successful homeowners, and to inspire action that promotes affordable housing for everyone in our community.

Interest Category: Community, Homelessness

Opportunities: Help build or repair a home with Habitat on site! No construction experience is required. Full-day opportunities available for individuals or groups. Assist in Habitat's ReStore retail space. Help load in donations, sort, and merchandise the store.

[Volunteer Opportunities](#)

Age Restrictions: 16 and older independently, 14-16 with an accompanying adult

Volunteer Contact: Lizzy Reilly, lizzy.reilly@tchabitat.org



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Hammer Residences

Hammer Residences' mission is to provide adults with disabilities the opportunity to live life to its fullest.

Interest Category: Community, Adults & Children with Disabilities, Wellness

Opportunities: Help residential group homes with Fall Yard Clean-Ups (October). Participate in the Make-a-Friend-Be-A-Friend program, which pairs up volunteers with a resident (1-2 times a month). Assist Hammer at fun, family events.

[Volunteer Opportunities](#)

Age Restrictions: 16 and older independently, 14-16 with an accompanying adult

Volunteer Contact: Cathy Thoma, cthoma@hammer.org

Havenwood-Minnetonka

Havenwood is a senior living and memory care facility located in Minnetonka.

Interest Category: Senior Citizens

Opportunities: Help assist with memory care unit programming, provide support with music, crafts, creative projects, and social visits.

Age Restrictions: 16 and older independently, under 16 with an accompanying adult

Volunteer Contact: Leah Fricke, lfricke@havenwoodofminnetonka.com

Helping Paws, Inc.

Helping Paws trains service dogs for veterans and first responders with PTSD, people with physical disabilities, and people who have experienced trauma.

Interest Category: Animals, Community, Wellness

Opportunities: Recruiting foster home trainers for litters of Golden Retrievers that will start training in late spring or early summer. 1 time a week class commitment. Adults/families typically train for 2 years. [Volunteer Flyer](#)

Age Restrictions: 18 to volunteer independently, 18 and younger with an accompanying adult

Volunteer Contact: volunteer@helpingpaws.org



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His House Foundation/Food Abundance Program

His House is a full holistic agency that helps local community members in need (homelessness, sustainable housing, emergency services). His House has a full resource center in Chaska and captures and redistributes food from many sources (restaurants, grocery stores, farmers markets, etc.).

Interest Category: Community, Family, Homelessness, Hunger, Wellness

Opportunities: Help organize resource center donations and manage donations being distributed to other network partners. Help with donation drives of essential supplies throughout the year. Volunteer at *Shine the Light on Homelessness* event (November 5).

Age Restrictions: 16 and older independently, 16 and under with an accompanying adult

[Volunteer Contact Form](#)

Volunteer Contact: HisHouseNonProfit@gmail.com

Hope House

Hope House is an emergency shelter for youth, ages 14-19, who are in crisis.

Interest Category: Community, Family, Homelessness, Hunger

Opportunities: Assist with projects around the property and meal delivery twice a week.

Hope House also gathers high school volunteers through the Hope House student group at Minnetonka High School.

Age Restrictions: Outside project volunteers can be any age and indoor projects volunteers must be 18 and older

Volunteer Contact: Alicia Barlage, alicia.barlage@180degrees.org

Hope Rides

Hope Rides is a faith-based mentorship program utilizing horse, husbandry, and ranch related life.

Interest Category: Animals, Community, Family, Wellness

Opportunities: Assist with projects around the ranch and with various fundraising projects/teams.

Age Restrictions: 15 and older, 7 and older with an accompanying adult

Volunteer Contact: info@hoperides.org



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Humanity Alliance

We are a nonprofit that aspires to create long lasting community value, health, and wealth, by launching and scaling disruptive innovations. Currently focusing on unraveling the catastrophic health outcomes related to food insecurity (Twin Cities/West Metro).

- Interest Category: Community, Family, Homelessness, Housing, Hunger, Wellness
- Opportunities: Help prep, prepare, and deliver meals to families in need. 5,000 meals are prepared weekly in the Twin Cities. Volunteer sites in the West Metro.
- Age Restrictions: 15 and older, 7 and older with an accompanying adult
- Volunteer Contact: [Humanity Alliance Volunteers](#)

ICA Food Shelf

ICA offers hope and aids our neighbors in need, through their food shelf, homelessness prevention initiatives, and employment.

- Interest Category: Homelessness, Housing, Hunger
- Opportunities: Help distribute donated food/produce at farmer's markets and help with special events.
- Age Restrictions: 16 and older, 12 and older with an accompanying adult
- Volunteer Contact: General: volunteer@icafoodshelf.org
Volunteer for Events: www.icafoodshelf.org/event-listnities
Rebecca MacKenzie, rebecca@icafoodshelf.org

Interfaith Outreach and Community Partners

To engage the heart and will of our community to respond to emergency needs and create opportunities for all to thrive.

- Interest Category: Community, Family, Homelessness, Housing, Hunger
- Opportunities: Act as a play area helper, summer camp counselor, inventory specialist, shopping assistant, pack groceries, receive and organize donations, and cashier (resale store).
- Age Restrictions: 16 and older (resale store/food shelf/donation door), 12 and older with an accompanying adult
- Volunteer Contact: Visit [Volunteer at IOCP](#) to create an account and sign up to help.
Ashley Wyatt, awyatt@iocp.org



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Loaves and Fishes

Loaves & Fishes is a non-profit organization serving free, healthy meals to Minnesotans. They coordinate a variety of meal programs supported by creative food sourcing, their own farm and gardens, and food rescue efforts.

Interest Category: Community, Family, Hunger

Opportunities: Individuals and small groups can help package and serve meals. Serving volunteers continue to package and distribute meals, clean up during distribution and at the end of the evening, and do dishes throughout the serving period.

Age Restrictions: 16 and older, 8 and older with an accompanying adult

Volunteer Contact: [Loaves and Fishes Volunteering](#) for locations and schedules

Latisha Moening, lmoening@loavesandfishesmn.org

Methodist Hospital-Park Nicollet

Park Nicollet Methodist Hospital is in St. Louis Park and serves the greater Twin Cities area.

Interest Category: Community, Family, Health, Wellness

Opportunities: Assist staff with transporting patients, making deliveries to patient rooms, greeting patients and visitors, and assembling patient packages.

Age Restrictions: 16 and older (must be able to commit 100 hours per year)

Volunteer Contact: Interested students can apply [Park Nicollet Methodist Volunteer Application](#)

Nancy Holden, Volunteer Specialist, nancy.holden@parknicollet.com

Minnetonka Community Education

Minnetonka Community Education supports the educational, social, and recreational needs of the community by serving children ages birth to five, youth and adults throughout Minnetonka School District and surrounding communities.

Interest Category: Community, Family

Opportunities: Assist as an event volunteer (Holiday Family Giving, Tonka Chase, Dodgeball Tournament, Tonka Trail Trot, Youth Triathlon, Winter Chase, Tour de Tonka, Firecracker Run, Minnewashta Mud Run, Fall de Tonka.) [Volunteer Flyer](#) [Fall de Tonka](#)

Age Restrictions: Typically, high school ages and above, but events can accommodate younger students/families

Volunteer Contact: Mindy Schouviller, mindy.schouviller@minnetonkaschools.org



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Mount Olivet-Rolling Acres

Mount Olivet Rolling Acres is a local non-profit organization which provides community services and homes for individuals with disabilities.

Interest Category: Community, Adults & Children with Disabilities, Senior Citizens

Opportunities: Assist Mt. Olivet Rolling Acres with their [Halloween Party](#) and [Fall Yard Clean-Up](#), make a meal for a group home, or share music and fellowship with residents.

Age Restrictions: Age dependent on activity

Volunteer Contact: Sarah Hennes, sahennes@mtolivet-mora.org

myHealth for Teens & Young Adults

myHealth for Teens & Young Adults is a non-profit resource for young people ages 12-26. They provide medical care and mental health counseling.

Interest Category: Community, Family, Healthcare, Wellness

Opportunities: Opportunity to apply to be on their Youth Advisory Board (YAB). The Youth Advisory Board meets every other week for the entire school year to work on capstone projects, advise myHealth on relevant topics, and provide peer education in the community. Strong interest in public health is preferred.

Age Restrictions: 15 and older

Volunteer Contact: Gabby Fitzgerald, gabbyf@myhealthmn.org

Opportunity Partners

Opportunity Partners is a Minnesota non-profit organization that works alongside people with disabilities to provide job training, employment, and residential support for people to live more independently, succeed on the job and lead lives filled with purpose and meaning.

Interest Category: Community, Adults & Children with Disabilities, Family, Healthcare, Wellness

Opportunities: Volunteer in a classroom, on the production floor, share or teach a skill/talent, or help at a special event. Group opportunities include yard clean-up, playing bingo with residents and coordinating craft projects/activities.

Age Restrictions: Dependent on activity. Contact the volunteer coordinator.

Volunteer Contact: Alexis Boxer, aboxer@opportunities.org



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Pinky Swear Foundation

Pinky Swear Foundation is a non-profit organization that helps children with cancer and their families with economic and emotional support.

Interest Category: Community, Family, Wellness

Opportunities: Write encouraging letters and create uplifting artwork for patients being treated for cancer.

Age Restrictions: none

Volunteer Contact: info@pinkyswear.org

Reach for Resources

Reach for Resources supports individuals with disabilities and mental illness by providing individualized services that maximize independence, promote community involvement, and improve physical and mental well-being.

Interest Category: Community, Adults & Children with Disabilities, Family, Wellness

Opportunities: Volunteers can work directly with clients, assist us with a special skill as well as assist at one of their adaptive recreation programs (weekdays and weekends). To volunteer with Reach, you must go through an interview process and complete an orientation training session.

Age Restrictions: 16 and older independently. 8-16 with an accompanying adult and youth waiver form.

Volunteer Contact: [Volunteer Form](#) (952) 393-4277

ResourceWest

ResourceWest supports individuals and families in the West Metro through collaborative programs and connections to resources as they move toward greater stability.

Interest Category: Community, Family, Housing, Homelessness

Opportunities: Many one-time volunteer opportunities including, organizing donations, and assisting with the distribution of school supplies/winter gear/toys to families who register for these programs. Options for individuals and groups to create donation drives (Back-to-School, Winter Warm Wear, and Toy Chest).

Age Restrictions: None

Volunteer Contact: Tracie Stanton, tracie@resourcewest.org



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Ronald McDonald House Charities, Upper Midwest

Ronald McDonald House Charities-Upper Midwest provides a comfortable and caring home-away-from-home for families facing a child's medical crisis. RMH provides food, lodging, comfort, and support to families.

Interest Category: Family, Healthcare, Wellness

Opportunities: On-site and off-site opportunities are currently available. Access a list of ways you and your friends can support families from your location [Volunteer Opportunities](#)

Age Restrictions: 18 and older, 14 and older with a trained accompanying adult

Volunteer Contact: Mara Mathison, mmathison@rmhc-uppermidwest.org

Secondhand Hounds

Secondhand Hounds helps find homes for dogs who are stray or need to be relocated. Many of their dogs are coming from puppy mills.

Interest Category: Animals, Environment

Opportunities: Assist with intakes, special events, and fostering a dog.

Age Restrictions: 16 and older, 12 and older with an accompanying adult

Volunteer Contact: volunteering@secondhandhounds.org

Senior Community Services

Senior Community Services mobilizes open-hearted people in the community to bring affordable home maintenance and chore services to seniors in Hennepin County.

Interest Category: Community, Senior Citizens

Opportunities: Help with fall clean-up, assist in the office, and offer technology support to seniors. Great for individuals and groups.

Age Restrictions: 18 and older, 17 and under with an accompanying adult

Volunteer Contact: <https://seniorcommunity.org/group-volunteer-opportunities/>
scsvolunteer@seniorcommunity.org or call 952-767-7894



FALL VOLUNTEER IDEAS FOR HIGH SCHOOL STUDENTS

Sojourner

Provide support services to victims of domestic violence and sexual assault.

Interest Category: Community, Family, Homelessness, Housing

Opportunities: Assist with outdoor clean-up, organization of donation spaces, childcare, adopt a room to redecorate, and creating donation drives.

Age Restrictions: 16 and older independently, 16 and under dependent on activity.

Volunteer Contact: [Volunteer Application](#) [Volunteer Flyer](#)
Becca Welna, becca@sojournerproject.org

The Glenn Minnetonka

The Glenn is a senior living community located in the Glenn Lake area of Minnetonka.

Interest Category: Senior Citizens

Opportunities: Assist residents with activities, crafts, bingo, etc. Take residents for a walk and provide one-on-one interaction. Connect virtually with our residents via sing-along, cooking demo, reading, musical performances, etc. [Volunteer Flyer](#)

Age Restrictions: 15 and older (in person), 15 and under with an accompanying adult, any age (virtual)

Volunteer Contact: Alissa Dvorak, advorak@greatlakesmc.com

The PROP Shop

The PROP Shop is a non-profit organization located in Eden Prairie that provides free clothing and furniture to local families in need. They operate a donation center, a resale store, and a free area.

Interest Category: Community, Family, Homelessness, Hunger

Opportunities: Assist with organization of donations and outdoor projects. Create donation drives, create "Build-a-Kitchen packages, and bake occasionally for events. Need help on weekdays (3-5 p.m. & 5-7 p.m.) and weekend afternoons.

Age Restrictions: 14 and older (on-site), none (at-home)

Volunteer Contact: Alicia Yost, Alicia@propshopep.org



FALL VOLUNTEER IDEAS FOR HIGH SCHOOL STUDENTS

Three Rivers Parks District

Three Rivers Parks District is a local government park district that focuses on outdoor education, recreation, and natural resources management.

Interest Category: Animals, Community, Environment, Family

Opportunities: Three Rivers has several volunteer opportunities (one time or on-going) at various parks. This fall help with Prairie Seed Collection, Invasive Species Removal, Adopt a Garden, Adopt a Trail, or assist with special events.

Age Restrictions: 14 and older

Volunteer Contact: [Three Rivers Volunteers](#), volunteer@threeriversparks.org, or 763-559-6706

Trouvaille Homes of Excelsior

Trouvaille Homes (true-Vi) provides a loving place for seniors who suffer from memory loss, such as Alzheimer's and various forms of dementia. They offer a variety of services and programs for their residents.

Interest Category: Senior Citizens

Opportunities: Provide entertainment/enrichment for residents by creating videos of musical performances, art demonstration, skits, reading a story/poems, etc. Assist with preparing craft projects for theme events and help with outdoor landscaping maintenance.

Age Restrictions: None

Volunteer Contact: Ann Webb, awebb@trouvaillehomes.com

Twin Cities PBS/Twin Cities Public Television

Twin Cities PBS is non-profit television station dedicated to using the power of media to advance the arts, spur learning, help young people succeed and help adults age vitally.

Interest Category: Community, Family

Opportunities: Help PBS serve snacks, register people, lead tours, welcome guests into their space, run crafts, usher people at concerts and screenings, and much more!

Age Restrictions: 16 and older

Volunteer Contact: [Volunteer Form](#), Samantha Grangaard, sgrangaard@tpt.org, 651-229-1443



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WeCAN

WeCAN is a community non-profit organization that provides support services to individuals and families to reach stability and self-sufficiency.

Interest Category: Community, Family, Homelessness, Hunger

Opportunities: Volunteers assist with projects at WeCAN facility in Mound, conduct donation drives (school supplies, winter clothing, holiday gifts), and assist at special events.

Age Restrictions: 16 and older, 16 and under with an accompanying adult

Volunteer Contact: Chris Anderson, executivedirector@wecanmn.org

We Can Ride, Inc.

We Can Ride, Inc.'s mission is to improve the lives of individuals with disabilities or special needs through equine assisted activities and therapy.

Interest Category: Animals, Adults & Children with Disabilities, Healthcare, Wellness

Opportunities: Volunteers assist with side walking and leading horses in therapy classes. This requires training, which is provided to new volunteers. Special event help is also periodically needed.

Age Restrictions: 14 and older (general chores), 18 and older (feeding)

Volunteer Contact: office@wecanride.org, 952-934-0057

West Metro Miracle Athletics

West Metro Miracle Athletics provides baseball and basketball experiences for children/young adults/adults with special needs.

Interest Category: Community, Adults & Children with Disabilities, Family, Wellness

Opportunities: Be a volunteer coach, managers, or play-by-play announcer.

Age Restrictions: 14 and older, 14 and under with an accompanying adult

Volunteer Contact: Tonya Andruskiewicz, westmetromiracleathletics@gmail.com



FALL VOLUNTEER IDEAS FOR HIGH SCHOOL STUDENTS

Wingspan Life Resources

Wingspan empowers people with disabilities to live their best lives.

Interest Category: Community, Adults & Children with Disabilities, Family, Wellness

Opportunities: Be an activity buddy to a resident, help with yard work, or help with the annual gala.

Age Restrictions: 15 and older

Volunteer Contact: Darolyn Gray, dgray@wingspanlife.org

Additional Student/Family Volunteer Resources

Hands On Twin Cities



Doing Good Together



Volunteer Match



Questions? Contact: Sarah Johnson, Community Service Specialist,
sarah.johnson@minnetonkaschools.org or 952-401-5766