

Join the ranks of over 1.4 million Massachusetts volunteers! This list to help jumpstart your search, and is but a sampling of the creative and fun ways to explore the community around us.

"A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has." Margaret Mead

Soup Kitchens, Food Pantries and Shelters and Human Service Assistance

- **Lazarus House**, Lawrence - Soup Truck www.lazarushouse.org/soup-van
- **Lifebridge**, Salem - cook dinner or work in thrift shop www.lifebridgesalem.org/volunteer.html
- **Beverly Bootstraps**, Beverly - Tutor, Computer Aide, Thrift Shop, and more www.beverlybootstraps.org/
- **Emmaus House**, Haverhill - Computer skills, Cooking, Crafts and games - www.emmausinc.org/
- **Cor Unum Meal Center**, Lawrence – serving meals - www.corunummealcenter.org/
- **Citizens for Adequate Housing, Inc.**, Peabody (Inn Between and Inn Transition family shelters) – meals, child care, food drives www.cahns.org
- **HAWC**, Salem www.hawcdv.org/volunteer-9.html
- **Middleton Food Pantry** http://middletonma.virtualtownhall.net/Pages/MiddletonMA_COA/Pantry
- **Boxford Food Pantry** – located at the First Congregational Church in Boxford, available to all Tri-Town residents by appointment. Distributions are limited to 1x per month/family. Donations of non-perishable items may be left in the church sanctuary or Contact Susan Humerian or Leslie Olson at (978) 887-5841 x3 for more information

For a more complete list of hunger relief organizations and for other locations:
www.essexcountyhungerrelief.org/volunteer?town=All

ALSO

- **Community Giving Tree**, Boxford – providing essentials to families in need; CGT collects old children's clothing, baby items, and for August, school supplies <http://communitygivingtree.org/>
- **Horizons for Homeless Children**, based in Lawrence - working with children in area shelters [www.horizonsforhomelesschildren.org/How To Help PAL opportunities.asp](http://www.horizonsforhomelesschildren.org/How_To_Help_PAL_opportunities.asp)
- **Birthday Wishes**. Providing birthday parties to homeless children <http://www.birthdaywishes.org/>
- **Cradles to Crayons**, Boston, providing essential items to homeless and low-income children www.cradlestocrayons.org/boston/volunteer/families-individuals

Animal Rescue

Check with each organization for a variety of ways to help.

- **Methuen ASAC/Nevins Farm**
www.mspca.org/adoption/methuen-nevins/nevins-farm-volunteer-ops.html
- **Merrimack Valley Feline Rescue Society**, Salisbury <http://www.mrfrs.org/>
- **Animal Rescue Merrimack Valley**, Bradford <http://armv.org/volunteer/>

Libraries - Friends of the Boxford, Middleton, and Topsfield Libraries and Literacy orgs/Book Donations

- **Friends -Boxford** - www.boxfordtownlib.org/friends-volunteer-with-us.html
- **Friends - Middleton** - www.flintlibrary.org/friendsoftheflint.html
- **Friends - Topsfield** - <http://topsfildtownlibrary.org/Friends/Friends.html>
- **Reach Out and Read Massachusetts**, Boston – collecting books for children in hospitals
www.reachoutandread.org/cgi-bin/ma.pl
- A variety of **ideas on book donations/recycling** can be found at
www.thebookmama.com/how-to-donate-books-seven-places-that-want-your-used-books/
- **Literacy Volunteers of Massachusetts** (chapters around the state) www.lvm.org/volunteer.html

Don't forget about nursing homes and hospitals, there are often volunteer opportunities with a variety of jobs and needs.

- **Beverly Hospital** www.beverlyhospital.org/giving/volunteer-services
- **Salem Health** www.salemhealth.org/#!/careers.vol
- Check with the hospital/health care provider of your choice to see if they have volunteer needs

Still not sure? Try these sites:

- **Volunteer Match** www.volunteermatch.org
- **Hands on Network** www.handsonnetwork.org/volunteers/opportunities/01921/any?page=1
- Want to venture further away from home? Visit **Boston Cares**
www.bostoncares.org/HOC__Affiliate_Home_Page