

Organization name	Location	Contact Person	Phone Number	Email	About	Requirements and Commitment
Altru Health System	1200 S. Columbia Road, Grand Forks, ND 58201  Mail to: Volunteer Services, Altru Hospital, P. O. Box 6002, Grand Forks ND 58201	Heather Werner, Volunteer Coordinator	(701)780-5125	<a href="mailto:hwerner@altru.org">hwerner@altru.org</a>	There are many volunteer opportunities at Altru Health System and volunteer work varies across the hospital.	Application forms vary based on volunteer areas. Please visit: <a href="http://www.altru.org/about-us/support-altru/volunteer/">http://www.altru.org/about-us/support-altru/volunteer/</a> to check the one appropriate to your interests. Schedules and times are very flexible.
Salvation Army	1600 University Avenue, Grand Forks, ND 58203	Linda Fjellman, Lindy Sund	(701)775-2597 (701)775-2598 Fax	<a href="mailto:linda_fjellman@usc.salvationarmy.org">linda_fjellman@usc.salvationarmy.org</a> <a href="mailto:lindy_sund@usc.salvationarmy.org">lindy_sund@usc.salvationarmy.org</a>	Volunteer varies depending on where you live but all Salvation Army locations need help in their food shelf, supporting youth programs, and bell ringing at those famous red kettles during the Christmas season.	No Special requirement or commitment. Please, contact volunteer director and/or coordinator from the email provided.
North Dakota Museum of Art	261 Centennial Drive Stop 7305 Grand Forks, ND 58202	Sungwe Joe	(701)777-4195	<a href="mailto:volunteer@ndmoa.com">volunteer@ndmoa.com</a>	Information volunteers provide information to visitors, give directions, answer general questions about museum collections and special exhibitions and cover news of daily activities, services and programs to visitors.	Must be 16+ older. Hours are flexible and students have the opportunity to get some school work done while on shift.
YMCA North Dakota	215 North 7th Street Grand Forks, ND 58203 P.O. Box 13177	Debbie Thompson, CEO	(701)775-2586 FAX (701) 775- 9611	<a href="mailto:gfyxca@gfyxca.org">gfyxca@gfyxca.org</a>	Volunteers at the YMCA help deliver the benefits of good health, strong connections, greater self-confidence and a sense of security to all who seek it. Volunteers opportunities range from creation and reinforcement of YMCA policies to special events.	Complete application online. Please visit: <a href="http://www.gfyxca.org/wp-content/uploads/2010/10/VolunteerApplication2.pdf">http://www.gfyxca.org/wp-content/uploads/2010/10/VolunteerApplication2.pdf</a>
Northlands Rescue Mission	420 Division Avenue Grand Forks, ND 58201	Heather	(701)772-6600 ext.215	<a href="mailto:volunteer@jointhemission.org">volunteer@jointhemission.org</a>	Volunteers at the Northlands Rescue Mission can help in the office, in the kitchen, host a movie and popcorn night, be a mentor, a presenter for the life skill classes, etc. There are a variety of opportunities for all interests.	Contact the volunteer manager regarding volunteer opportunities and complete application online for training section. Please visit: <a href="http://northlandsrescuemission.org/get-involved/serve/">http://northlandsrescuemission.org/get-involved/serve/</a>
Grand Forks Senior Center	620, S. 4th Avenue Grand Forks, 58201	Renea Jonhson	(701)757-4866	<a href="mailto:activity@gfseniorcenter.org">activity@gfseniorcenter.org</a>	At Grand Forks Senior Center you can be a book club coordinator, you can teach a painting class, you can help with the foot care clinic, you can be a bone builder trainer, and much more. Volunteers are needed from Monday through Friday from 8am to 4:30pm	Please contact the volunteer director at the email provided and complete application online. Please visit: <a href="https://static1.squarespace.com/static/574db5188259b53b7ad91d57/t/574f2567859fd0c5141ecd1a/1464804712187/GFSC+Volunteer+Form.pdf">https://static1.squarespace.com/static/574db5188259b53b7ad91d57/t/574f2567859fd0c5141ecd1a/1464804712187/GFSC+Volunteer+Form.pdf</a>

Global Friends Coalition	600 Demers Avenue, Suite 406A (In the US Banking Building) Grand Forks, ND 58201	Cynthia Shabb, Volunteer Coordinator	(701)746-8233	<a href="mailto:vc@gfcoalition.org">vc@gfcoalition.org</a>	At the Global Friends Coalition volunteers can help being a family mentor and support the adult literacy program. They can also help the resilient youth program, or the community outreach and advocacy program. The Global Friends Coalition annual activities include a community-refugee picnic, and a large World Refugee Day fair held at the Town Square during the Farmers Market. Global Friends Coalition also supports various cultural events and honors requests from community groups to make presentations at its gatherings to better educate their members.	Please complete the survey monkey at: <a href="https://www.surveymonkey.com/r/?sm=PZBIGGkxeE4Ct9w1Ujhtig%3d%3d">https://www.surveymonkey.com/r/?sm=PZBIGGkxeE4Ct9w1Ujhtig%3d%3d</a>
East Grand Forks Campbell Library	422, 4th St NW, East Grand Forks, MN - 56721	Rita Haag	(218)773-9121	<a href="mailto:rhaag@egflibrary.org">rhaag@egflibrary.org</a>	You can help the library with circulation tasks, work in the front desk, work with the friends book sale, support the library summer programs or special events, help with decoration, gardening, or design flyers, displays, and artwork display.	Please complete the online volunteer interest form at: <a href="http://mn-eastgrandforks.civicplus.com/index.aspx?nid=208">http://mn-eastgrandforks.civicplus.com/index.aspx?nid=208</a>
Special Olympics Grand Forks	2616 S. 26th St. Grand Forks, ND 58201	Meredith Baumann Tim Baumann	(701)746-0331	<a href="mailto:info@specialolympicsnd.org">info@specialolympicsnd.org</a>	Whether you have a little time to commit or a lot, there is a volunteer opportunity waiting for you any time of the year. Volunteer roles are based on your interest and availability, as well as the needs of the teams and programs. Please consider the options coach, area management team member, administrative volunteer, chaperon, fundraising, public relations, unified partner, organizer of local areas/games.	Please complete an online volunteer application form at: <a href="http://www.specialolympicsnorthdakota.org/files/shared/Class%20A%20application2015.pdf">http://www.specialolympicsnorthdakota.org/files/shared/Class%20A%20application2015.pdf</a>
Valley Community Health Centers	212 South 4th Street, Grand Forks - ND Suite 101 & 301	Ben Shannon	(701)757-2100	<a href="mailto:ben.shannon@valleychc.org">ben.shannon@valleychc.org</a>	Valley Community Health Centers provide health and dental services for everyone, independent of their ability to pay. Volunteer opportunities varies.	Please contact Ben Shannon for more information.

Third Street Clinic	360 Division Avenue St 200 Grand Forks, ND 58201	Lynnell Simonson Popowski	(701)757-1119  General # (701)772-1263	<a href="mailto:lynnell@thirdstreetclinic.org">lynnell@thirdstreetclinic.org</a>	Since 1989, Third Street Clinic has been providing access to health care services for low-income, uninsured residents of the Greater Grand Forks community. Volunteer opportunities range from entering patients data, helping with social media, infographics, mailing, etc.	Please contact the Executive Director at the email provided.
United Day Nursery	324 Chestnut Street Grand Forks, ND 58201	Eunice Vold	(701)772-3773 (701)772-8001 Fax	<a href="mailto:ulc@unitedgf.org">ulc@unitedgf.org</a>	Volunteers opportunities varies across the board depending on your interests	Please contact the volunteer director at the email provided
Success Unlimited Inc.	2850 S. 24th Ave Suite 302 Grand Forks, ND 58201	Tanga Kapenos	(701)775-3356 (701)772-5266 Fax	<a href="mailto:tanga@successunlimetedinc.org">tanga@successunlimetedinc.org</a>	Varies depending on the season and activities the organization is working with. Primarily, volunteers would help with surveys and data organization.	Please contact the volunteer director at the email provided
Goodwill	3651 South Washington Street Grand Forks, ND 58201	Jodi Hodny, Cristin Jackson	(701)787-8201	<a href="mailto:jhodny@isgwnd.org">jhodny@isgwnd.org</a>	At Goodwill there are online opportunities, on the ground opportunities, and corporate opportunities. Volunteer opportunities varies on a day to day activities.	Please contact the volunteer director at the email provided
United Way	1407 South 24th Avenue, Suite 400 Grand Forks, ND 58201	Lisa Martinez	(701)787-0043	<a href="mailto:lmartinez@unitedwaygfegef.org">lmartinez@unitedwaygfegef.org</a>	United Way is the world's largest privately-funded nonprofit. They engage people from all walks of life in nearly 1,800 communities across more than 40 countries and territories worldwide. There partners include global, national and local businesses, nonprofits, civic and faith organizations, as well as educators, labor, health organizations, and government. Most of their volunteer opportunities happen in October, November, and December.	Please contact the volunteer director at the email provided
Valley Memorial Homes	2900 14th Ave S,Grand Forks, ND 58201	Kaley Littlejohn	(701)787-7984	<a href="mailto:klittlejohn@valleymemorial.org">klittlejohn@valleymemorial.org</a>	Ongoing volunteer opportunities at all Valley Memorial facilities include spending time visiting, assisting with shopping, emails, social activities, sharing your special talent, and spending time one on one with residents.	Please contact the volunteer director at the email provided and fill out the application form you can find online at: <a href="https://www.valleymemorial.org/ways-to-help/volunteer-opportunities">https://www.valleymemorial.org/ways-to-help/volunteer-opportunities</a>

Choice Health and Fitness	4401 S 11th St, Grand Forks, ND 58201	Michael Orr	(701)746-2790	<a href="mailto:info@ChoiceHF.com">info@ChoiceHF.com</a>	Choice is a health and fitness facility with multiple opportunities for volunteers. Volunteer opportunities varies.	Please contact the general manager for volunteer opportunities at the email or phone number provided.
Grand Forks Parks and Recreation Foundation	1060 47th Ave S. Grand Forks, ND 58201	Jill Nelson	(701)787-2814 (701)746-2753 Fax	<a href="mailto:jnelson@gfparks.org">jnelson@gfparks.org</a>	GF Parks and Recreation Foundation promotes healthful lifestyles in the community through the development and enhancement of parks, playgrounds, recreational facilities, programs and activities for all people of GF, regardless of age, physical ability or economic position. Volunteer opportunities varies.	Please contact the volunteer director at the email provided
Dak-Minn Blood Bank	3375 Demers Avenue Grand Forks, ND 58201	Monica Janssen	(701) 780-5433	<a href="mailto:mjanssen@altru.org">mjanssen@altru.org</a>	Dak-Minn Blood Bank works in collaboration with Altru. Volunteer opportunities varies from making appointments, answering phone calls, and help with small daily tasks.	Please contact the director of the volunteer program at the phone number provided.
Red River Valley Community Action	1013 North 5th Street, Grand Forks, ND 58203	Kaye Seibel	(701)746-5431	<a href="mailto:kseibel@rrvca.com">kseibel@rrvca.com</a>	Activities varies between social work, anything from help with food program for seniors assisting packaging, office duties	Please contact the Executive Director at the email or phone number provided