

Community Organizations/ Resources for Action

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Animal Welfare issues		
<i>Name</i>	<i>focus</i>	<i>Contact & notes</i>
Animal Refuge League Greater Portland Area	Animal protection and support	http://www.arlgp.org/volunteer/ May require an application and a six month commitment. Often need supply drives.
Coastal Humane Society	Animal protection and support	https://www.coastalhumanesociety.org/volunteer/ May require an application and a six month commitment. Often need supply drives.
HART cat shelter Cumberland Maine	No kill cat shelter	https://www.hartofme.com/ May need volunteers to clean and assist in background work, not always playing with cats. May need supply drives.
The Mustang Project (summer)* Could contact and see if there are short term needs for volunteers	The Maine Mustang Project (TMMP) is a five week intensive summer program for teens run by Horse and Rider Connection in Cumberland, Maine. TMMP allows teens to work with untamed Mustangs and rescued horses to gentle and train them. Participants in the program will learn horsemanship skills while caring for and developing an understanding of the horse. Participants also develop and improve: confidence, focus, respect, leadership, creative thinking, problem solving, team building, independence, compassion,	http://www.horseandriderconnection.org/

	self-awareness, trust, work ethic, self-respect and healthy relationships all while having fun.	
MSSPA- Maine State Society for the Protection of Animals	Rescues and protects abused animals	https://www.msspa.org/ Is volunteer app online, but not sure if they take youth

Also consider contacting:

- local 4-H societies if you like working with animals and children to see about volunteer opportunities.

Arts & cultural Issues

<i>Name and contact information</i>	<i>focus</i>	<i>Volunteers needed to</i>
A company of girls	Non profit organization that provides enrichment in the arts for girls	https://www.acompanyofgirls.org/volunteer Various volunteer needs- see website
SPACE Gallery	Non-profit community artist space	http://www.space538.org/get-involved#volunteer Help with setup, take down, cleaning, ushering events

Elderly issues

<i>Name and contact information</i>	<i>focus</i>	<i>Volunteers needed to</i>
Aging in Place	Offers help to local (Cumberland and North Yarmouth) elderly citizens so they can stay in their home.	Pet walking, minor home repairs, yardwork, Call Town Hall 245-8033 to get involved.
The Barron Center	Skilled nursing home facility works with elderly	http://www.portlandmaine.gov/1103/Volunteer-Opportunities that looks for volunteers to help with recreation and leisure activities
Southern Maine Agency on Aging	Meals on wheels and other programs to help the elderly in our community	http://www.smaaa.org/volunteer.html
The Stewart Center	Skilled nursing home facility that works with elderly	http://www.smaaa.org/adc-stewart.html#popup1 looks for volunteers to help with recreation and leisure activities

Also consider:

- Contacting other nursing homes, as they often want volunteers to work with clients.

Environmental Issues

<i>Name and contact information</i>	<i>focus</i>	<i>Volunteers needed to</i>
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350 Maine http://www.350maine.org/	Awareness raising and action campaigns to address climate change	http://www.350maine.org/greater_portland Meet 2nd and 4th Thursday of every month to organize
Cumberland & Chebeague Island Land Trust	Land trust preserves land for public use.	http://www.ccltmaine.org/pages/about.php might also have trail days
Friends of Casco Bay	Helps to protect and maintain coastal lands of Maine	https://cascobay.org/volunteer/ contact Peter Milholland 799-8574 pmilholland@cascobay.org Needs help with beach clean ups, trail maintenance, water quality monitoring etc.
Maine Audubon Society	Environmental advocacy group	http://maineaudubon.org/about/citizen-science/ Needs volunteers for citizen science projects as well as other tasks
Maine Department of Inland Fisheries & Wildlife	Volunteer angling survey of brook trout	http://www.maine.gov/ifw/fishing/volunteersurvey.htm
MITA	Maine Island Trail Association protects and preserves islands around Maine for kayakers to visit and camp on.	https://mita.org/volunteer/ Maine Island Trail Association needs volunteers to clean up and maintain their island sites
Royal River Land Trust		
Surfrider foundation https://maine.surfrider.org/	Clean and healthy oceans	https://maine.surfrider.org/volunteer/ Beach cleanup and organization
West Side Trail volunteers- Yarmouth	Local trail network in development	http://rrct.org/preserves-trails/west-side-trail/

Global & local health issues

<i>Name and contact information</i>	<i>focus</i>	<i>Volunteers needed to</i>
Konbit sante https://konbitsante.org/history	Public health issues in Haiti	https://konbitsante.org/support-our-work Or help out with 5K run/walk May 13th
Maine Cancer Society https://mainecancer.org/	Fundraising for Maine cancer treatment, prevention and education	Mary's Walk Tri for a Cure Twilight 5 K June 8th Help with running special fundraising events

Partners for world health https://www.partnersforworldhealth.org/about-us	Providing medical supplies to LEDCs around the world who lack them, reducing medical waste and educating local community about global health issues (series of talks first Tuesday of every month)	https://www.partnersforworldhealth.org/get-involved
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Consider researching local societies for other types of diseases & their advocacy organizations:

- Cystic fibrosis
- Diabetes
- Heart disease

Consider researching global NGOs that work in the health field and need donations to support healthcare abroad like:

- Doctors without Borders
- Red Cross
- CARE International
- Friends of Kakamega- <http://www.friendsofkakamega.org/>

International issues

<i>Name and contact information</i>	<i>focus</i>	<i>Volunteers needed to</i>
Model United Nations		
World Affairs Council of Maine https://wacmaine.wildapricot.org/	Engaging and educating Mainers on global issues	https://wacmaine.wildapricot.org/Volunteer May only take adults, but I bet during some events, they might need ushers, set up or clean up or could use help for some office help

Migrant Issues

<i>Name and contact information</i>	<i>focus</i>	<i>Volunteers needed to</i>
Catholic Charities of Maine	Christian organization that provides support and counseling to immigrant, refugee, addiction and poor in maine	https://www.ccmaine.org/volunteer/jobs
Furniture Friends http://furniturefriends.org/	Providing donated furniture to families in need	http://furniturefriends.org/volunteer/ Pick up and deliver furniture and more
The Maine Migrant Health Program http://www.mainemigrant.org/	Providing health and outreach to Maine's seasonal migrant laborers	http://www.mainemigrant.org/support-us/get-involved/ Helping with food drops?

Local poverty & access issues

<i>Name and contact information</i>	<i>focus</i>	<i>Volunteers needed to</i>
Casco Bay CAN http://www.cascobaycan.org/	Prevention of youth substance abuse	http://www.cascobaycan.org/get-involved/ On special projects
Cumberland Food Bank http://www.cumberlandmaine.com/community-food-pantry	Local volunteer food assistance	http://www.cumberlandmaine.com/community-food-pantry/pages/volunteer-opportunities Need people to get food donations, stock and sort or perhaps deliver
Cumberland Wood Bank http://www.woodbank.org/home/	Local volunteer fuel assistance program	http://www.woodbank.org/donating-wood/ Labor to help process wood (pick up, logs to firewood, delivery)
Falmouth Goodwill	Job training and support, recycling	https://goodwillnne.org/volunteer/ Help in store or other projects as needed, call
Freeport Community services	Food pantry and resale store for community support, job training, youth and elder programs	http://www.fcsmaine.org/how-to-help/ Volunteer in food pantry, thrift shop or special events
Habitat for Humanity http://habitatportlandme.org/	Affordable housing, community development	Build days or restore volunteers http://habitatportlandme.org/index.php/info/Volunteer
Learningworks http://www.learningworks.me/Programs	Adult and youth education programs	http://www.learningworks.me/get-involved/volunteer See variety of programs and call to find what you could volunteer with
Preble Street http://www.preblestreet.org/	Homelessness in Portland Maine	http://www.preblestreet.org/you-can-help/ Food prep and service in soup kitchen Sorting clothes Cleaning Office support
The Root Cellar	Christian organization that provides support to low income, addiction affected and other people in need in Portland	http://www.therootcellarport.org/volunteer

Sports & access issues

<i>Name and contact information</i>	<i>focus</i>	<i>Volunteers needed to</i>
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*Maine Adaptive Sports	Supports full access to outdoor sports for those with a variety of disabilities.	https://www.maineadaptive.org/join-us/volunteer/ Timing and age requirements won't work for our project- but FYI for those talented skiers out there.
Maine's Women's Ride- June 4th	Put on by Bicycle coalition of Maine that works on bike safety, advocating for laws to protect bikers and expand biking access	http://mainewomensride.com/volunteer/ Need help during ride and before and after for setup, cleanup Or to prepare registration packets- June 1st
NEMBA (New England Mountain Bike Association)	Supports trail development and mountain bike recreation in the area.	http://www.nemba.org/ Maine chapters sometimes have trail days to work on local mountain bike trails
Portland Gear Hub	Local bike and outdoor gear shop, resale and recycling	No experience necessary to volunteer. Contact Kyle at KRandall@campketcha.org or stop by the shop at 244 St. John St. Portland, 04102 http://portlandgearhub.org/support/Volunteer night Every Wednesday from 6-8 pm Volunteers sort donations, build bikes, sort skis and build and paint the retail space. In exchange you can learn basic bike and gear repair skills, meet other outdoor enthusiasts and bike commuters.
Special Olympics Maine	Provide inclusive sporting programs It's unified softball season!	https://www.somaine.org/volunteer/be-a-volunteer/ https://vimeo.com/215891912 Needs volunteers to help put on sporting events and possible partners with participants
Volunteer organizations (general & multiple topics)		
<i>Name and contact information</i>	<i>focus</i>	<i>Volunteers needed to</i>
Rotary clubs	Variety of service projects	http://www.portlandrotary.org/SitePage/service-projects contact local chapter and see what needs are

YMCA	Youth and community health and development	http://www.ymcaofsouthernmaine.org/main/volunteer/ Variety of needs depending on chapter- call and see about needs
Volunteer Opportunities Maine	Organization that tries to link volunteer talent with opportunities	http://volunteermaine.galaxydigital.com/need/index/? http://www.unitedwaygp.org/join-us/volunteer/ Day of Caring May 18th registration closed Top picks for May: http://www.unitedwaygp.org/volunteer-top-picks-of-the-month-may-17/ https://usm.maine.edu/community-engagement-career-development/upcoming-volunteer-opportunities

*recommended organizations but won't work for this project due to age or time requirements.