

Volunteering Resources

It is easy to feel overwhelmed by what is already on our plates and insist that we don't have time to volunteer. While this can certainly be true, especially for those working with students, those with children, or those caring for their parents or other older family members, even occasional work in your community can make a difference.

Remember: “The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.” — Helen Keller

Resources:

<http://www.redcross.org/volunteer/become-a-volunteer#step1> - Red Cross; requires application, opportunities can be found by zip code

<https://www.volunteermatch.org/> - Matching platform for volunteers, suggests local places to volunteer based on interests such as animals, community, children and youth, literacy, healthcare, and seniors

<http://www.oregonvolunteers.org/volunteer/opportunities/> - Listing of volunteer opportunities for Multnomah/ Washington Counties, Clackamas County, Crook/Deschutes/Jefferson Counties, and Klamath County; provides additional resources for other organizations

<https://www.handsonportland.org/> - Portland-area hub for a variety of one-day projects; search function to allow search by location or interest

<http://createthegood.org/> - Opportunities sorted by keyword or zip code

