



BE THE CHANGE

SERVICE FAIR

May 18, 2025, 1-4pm

**Trinity United Methodist Church
361 Sumner Avenue
Springfield, MA**

Representatives from local non-profit organizations presenting their missions and volunteer needs
Attendees discovering opportunities to volunteer their time and talents

BE THE CHANGE

bethechange@trinityspringfield.org

Thanks for joining us! We hope you'll find the right fit for your time and talents.

Organizations are listed in alphabetical order and include contact information, age ranges of volunteers, descriptions of the organization, and the work volunteers do.

The kinds of organizations include:

- Arts and Culture
- Disability
- Environment
- Food
- Health
- Housing
- Immigration
- LGBTQ
- Social Justice
- Youth

The kinds of opportunities include:

- Work with your hands
- Work with your head
- Office work
- Outdoor work
- Work alone
- Work with other people
- Work that can be done at home

ANEW, the LGBTQ Asylum Project

Ted Grueser
anewlgbtq@gmail.com
www.anewlgbtq.com

Location: Springfield

Service category:
LGBTQ
Immigration

Volunteer opportunities:
Work with your head
Office work
Work with other people

Volunteer ages: all ages

What we do: ANEW supports LGBTQ people who are fleeing extreme violence in their home countries due to their sexual orientation and are seeking asylum in the US. We provide safe housing and a modest stipend for basic needs until they can obtain their work permits.

What volunteers do: Our volunteers provide transportation to and from attorney appointments, medical appointments, and shopping. Some volunteers offer driving lessons. Others help with learning English.

Baystate Health

Rob Toonkel
413-794-4348
rob.toonkel@baystatehealth.org
www.baystatehealth.org/about-us/ volunteering-opportunities

Location: Springfield, Westfield, Palmer

Service category: Health

Volunteer opportunities: Work with other people

Volunteer ages: 14+

What we do: Baystate Health has been providing high-quality and compassionate healthcare in western Massachusetts for more than 140 years.

What volunteers do: Our volunteers – hundreds strong across four campuses in Springfield, Greenfield, Westfield, and Palmer – create a stronger community to work, live, and grow in both traditional and tailored roles. We feature opportunities from:

- Desk roles to those where you might get 10,000 steps per day
- Roles that involve patient interaction to those which can be achieved from home
- Roles for students in high school to roles for those whose school days were generations ago
- Roles available early in the morning to roles available late at night

Whether you are looking to create new memories in a two-to-four hour weekly block or two-to-four times a week, with a friend or on your own, we have the people to share it with at the environment in which to achieve it. Among our dozens of roles across the system, our volunteers serve at:

- the front desk
- the inpatient units
- the emergency department
- the gift shop
- the surgical waiting area
- various office settings
- specialized medical units
- many, many more

Center for New Americans

Laurie Millman
info@cnam.org
www.cnam.org/volunteer

Location: Springfield

Service category:
Immigration

Volunteer opportunities:
Work with your head
Work with other people

What we do: Center for New Americans (CNA) is a community-based, non-profit adult education center that provides the under-served immigrant, refugee, and migrant communities of Massachusetts' Pioneer Valley with education and resources to learn English, become involved community members, and obtain tools necessary to maintain economic independence and stability.

What volunteers do: Volunteers serve as one-to-one tutors, classroom assistants, citizenship coaches, citizenship clinic volunteers, career preparation assistants, and technology supporters. We could not offer students and clients the individualized assistance we provide without our dedicated volunteers!

Christina's House

Heather Lederman
413-636-9720
heather.lederman@gmail.com
www.christinashouse.org/volunteer

Location: Springfield

Service categories:

Housing
Youth

Volunteer opportunities:

Outdoor work
Work with other people

Volunteer ages: 18+ (unless accompanied by an adult)

What we do: Christina's House is a Christian based home and program for homeless women and kids serving moms over 18 with children under 18 years old

What volunteers do:

- Fundraising Events:
 - o Golf Tournaments
 - o 5K race
 - o Annual Gala
- Child Development activities
- Community Field Day
- House Maintenance inside and out:
 - o yard work

- organizing closets and donations
 - Weekend volunteers to be a "Warm Presence" in the home and overnights
-

Connecticut River Conservancy

Amanda Major
amajor@ctriver.org
www.ctriver.org/get-involved

Location: All along the Connecticut River

Service category:
Environment

Volunteer opportunities:
Work with your hands
Outdoor work
Work with other people

Volunteer ages: all ages

What we do: The Connecticut River Conservancy (CRC) restores and advocates for clean water, healthy habitats, and resilient communities to support a diverse and thriving watershed.

What volunteers do: We look for volunteers from May through October to help with field season tasks such as tree planting, invasive species removal on the river, water quality sampling, and more. Join our email list to get notified about upcoming volunteer opportunities.

Court Appointed Special Advocates (CASA)

Alma Baumwoll
413-781-6556
abaumwoll@chd.org
www.chd.org/support-chd/volunteer/court-appointed-special-advocates-casa

Location: throughout Hampden County

Service categories: Youth

Volunteer opportunities:

Working with your head
Working with other people
Work that can be done at home

Volunteer ages: 21+

What we do: CASAs stand up for vulnerable kids who need the support and guidance of a caring adult. Thousands of children end up in the court system without a caring adult by their side. Appointed by judges, CASA volunteers advocate for children who've been removed from their homes due to abuse, neglect, or abandonment.

What volunteers do: All volunteers receive at least 30 hours of training over the course of several weeks, plus plenty of support whenever you need it. We'll be there to answer questions, guide you through the process, and lend support during challenging situations.

As an advocate, you'll:

- Be a consistent adult presence in a child's life
- Share critical information with judges such as educational, medical, and therapy records
- Meet with other adults involved in the case
- Make recommendations that protect the child's mental and physical well-being

CASA-supported kids are more likely to find a safe, permanent home and succeed in school. They're also half as likely to re-enter the foster care system.

DCF Volunteer Case Review Program

Lashanda Stone
413-452-3372
lashanda.stone@mass.gov
www.mass.gov/dcf-foster-care-review-volunteer

Location: Western Region (Hampden, Hampshire, Franklin, and Berkshire Counties)

Service categories:

Social Justice
Youth

Volunteer opportunities:

Work with other people
Work that can be done at home

Volunteer ages: 18+

What we do: The Volunteer Case Review Program is a way for individuals from the community to be engaged in matters of child welfare to make a difference in the lives of children and families.

The Foster Care Review Unit makes decisions regarding children who are placed in foster care for six months or longer, assessing how well their needs are being met and what progress has been made toward establishing them in a permanent living situation.

What volunteers do: A Volunteer from the Community is one member of the 3-person panels that make these decisions. The need for the communities' engagement in helping the Department make decisions on behalf of children in care is ever-present.

The Drama Studio

Erica Weida
860-205-5267
www.dramastudio.org/volunteer

Location: Springfield

Service categories:

Arts and Culture
Youth

Volunteer opportunities:

Office Work
Work with other people
Work with your hands

Volunteer ages: 18+

What we do: We are a non-profit theatre conservatory for youth.

What volunteers do: Volunteers help with light office work, costume sorting/clean-up, prop sourcing, crafting, and class prep.

Girl Scouts of Central and Western Mass

Angiee Rodriguez
Arodriguez@gscwm.org
www.gscwm.org

Location: throughout Western Mass

Service Categories:
Youth

Volunteer opportunities:
Work with other people
Work that can be done at home

Volunteer ages: 18+

What we do: Every Girl Scout has their own curiosity, dreams, and talents—so when they come together to decide which of the thousands of Girl Scout activities to try, the sky's the limit. Whether visiting an animal shelter, camping, hosting a dance-off, or filming a movie—they're learning to take risks, trust their gut, and team up with others for good.

The secret sauce holding it all together? Joy.

Forever friendship is a powerful thing. It's what gives Girl Scouts the confidence to be themselves, unapologetically. It's what makes them feel safe enough to try new things and cheer each other on in tough times. It's the support that can get them up on tough mornings, help them raise their hand in class, and even climb to the top of a mountain.

What volunteers do: Girl Scout volunteers, including troop leaders and other assistants, are crucial in guiding and supporting Girl Scouts through various activities and experiences. They help girls develop leadership skills, earn badges, participate in the Girl Scout Cookie Program, and engage in community service.

Volunteers also ensure the safety and well-being of the girls, providing a positive and supportive environment for growth and learning

Greater Springfield Habitat for Humanity

Aimee Giroux

413-739-5503
giroux@habitatspringfield.org
www.habitatspringfield.org/volunteer

Location: Office in West Springfield, projects throughout Hampden County

Service categories:

Housing

Volunteer opportunities:

Work with your hands
Work with your head
Office work
Outdoor work
Work alone
Work with other people

Volunteer ages: 16+ (some exceptions)

What we do: GSHFH partners with people in our community, to help them build, or improve a place they can call home. Habitat homeowners help build their own homes, or repair their homes alongside volunteers and pay an affordable mortgage. With your support, Habitat homeowners achieve the strength, stability, and self-reliance they need to build a better life for themselves and for their families.

What volunteers do: Greater Springfield Habitat utilizes volunteers to help us meet our mission in many ways. Volunteers can help on our construction projects, in our office, on event committees and as members of our board.

Food Bank of Western Massachusetts

Alison Sjoberg
413-419-0294
www.foodbankwma.org

Location: Chicopee

Service category: Food

Volunteer opportunities:

Work with your hands
Outdoor work

Work with other people

Volunteer ages: 16+

What we do: The Food Bank works to end hunger in Western Massachusetts by providing nutritious food, strengthening our region's food assistance network, and developing solutions to the causes of hunger in our community.

What volunteers do: We rely on the support of volunteers for food sorting, events, farm tasks in Hadley, and special opportunities on an as-needed basis.

Lorraine's Soup Kitchen & Pantry, Inc.

Kim Caisse
Executivedir@lorrainessoupkitchen.com
www.lorrainessoupkitchen.com

Location: Chicopee

Service categories: Food

Volunteer opportunities:

Work with your hands
Work with other people

Volunteer ages: 14+ (under 14 with an adult)

What we do: Lorraine's Soup Kitchen & Pantry, Inc. exists to be a resource of food security for anyone in need. We strive to reduce the risk and effects that food insecurity has on families and individuals by investing in those we serve through collaboration with our community partners to educate and raise awareness.

What volunteers do: We have many volunteer opportunities:

- stocking shelves,
 - sorting food items,
 - preparing food boxes,
 - light housekeeping: wiping down tables, cleaning bathrooms, mopping, etc.,
 - organizing shelves,
 - unloading deliveries.
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Lasagna Love

Shannon Cooley
Scooley2124@aol.com
www.lasagnalove.org/volunteer

Location: throughout the US

Service categories: Food

Volunteer opportunities:

- Work with your hands
- Work alone
- Work with other people
- Work that can be done at home

Volunteer ages: 18+ (but younger people can help)

What we do: Our mission is simple: feed families, spread kindness, and strengthen communities. Requestors sign up privately with no questions asked to eliminate stigmas or barriers associated with asking for help. Lasagna Love delivers, on average, 3,500 lasagnas each week. To date, more than 2,300,000 lives have been impacted by the delivery of over 530,000 meals.

What volunteers do: Volunteers prepare lasagnas each week and deliver them free of charge and contact-free to local families and individuals who have requested a meal. A brief online training is provided and volunteers can participate as much or as little as desired.

Make-It Springfield

Sheldon Smith
info@makeitspringfield.org
www.makeitspringfield.org/volunteer

Location: Springfield

Service categories:

- Arts and Culture

Volunteer opportunities:

- Work with your hands

Work with your head
Work alone
Work with other people

Volunteer ages: 16+

What we do: Make-It Springfield serves the diverse creative needs of our community. We offer hands-on creative workshops, we provide arts experiences for all ages and abilities, we collaborate with social service agencies to provide arts experiences for their clients and we welcome school groups for creative activities. Our studio is open to the public free of charge Mon-Fri, 2-6pm and Saturday 10am-2pm.

What volunteers do: We welcome volunteers to share their skills with others, to host workshops, or to assist others with workshops. We also look for volunteer greeters to help us staff our open hours. Volunteers can also help us upkeep the studio space, organizing supplies, or fixing equipment. Our in-house bike shop is often looking for volunteer bike technicians.

New North Citizens' Council

Rosemarie Oliveras
413-746-4885
roliveras@newnorthcc.org
www.newnorthcc.org

Location: Springfield (serving adjacent communities within Hampden County)

Service categories:
Youth

Volunteer opportunities:
Working with your hands
Office Work
Working with other people

Volunteer ages: 11 to 24 years old

What we do: The mission of New North Citizens' Council is to provide advocacy, public & human services to Hampden County residents with an emphasis on the Hispanic/Latino community for the purpose of enhancing the preservation and support of the family resulting in the improvement of quality of life.

What volunteers do: We help youth with wrap around services. (Job Search, housing search, food insecurities, resume building, afterschool program, summer camps, internships, Hi-Set, Gambling Prevention).

Scouting America Western Mass

Carl Borden
carl.borden@scouting.org
www.wmascouting.org

Location: throughout Western Mass

Service categories:
Youth

Volunteer opportunities:
Work with your hands
Work with your head
Outdoor work
Work with other people

What we do: Scouting provides a tremendous opportunity to assist young people as they develop into adults. This cannot be done without the help of adults like you who want to give back to the community.

What volunteers do: There are a number of ways that you can be involved in the Scouting program. For example, if you have prior experience, you might want to assist units by becoming a unit commissioner. Perhaps you have a particular talent that you'd like to share with the youth, that can be done on the unit level. Or maybe you would like to help with developing programs for youth in one of our districts.

Springfield No One Leaves

Timothy Benoit
(413) 342-1804
tim@springfieldnooneleaves.org
www.springfieldnooneleaves.org

Location: Springfield

Service categories:

Housing
Social Justice

Volunteer opportunities:

Work with your head
Office work
Work alone
Work with other people
Work that can be done at home

Volunteer ages: 15 - 80

What we do: We are a community organization that focuses on assisting people going through eviction, foreclosure, and related economic issues that lead to displacement. While assisting people in staying in their homes, we connect them to broader organizing to change systems to make housing a human right and build communities we can all feel safe and healthy living in.

What volunteers do:

- Updating court result data spreadsheets (research and documentation)
- Door knocking and nonpartisan civic engagement
- Assist organizers in planning and staffing/working events (rallies, marches, press conference, fundraiser, community potluck)
- Phone banking and nonpartisan civic engagement
- Phone banking for fundraising
- Tabling at community events

Springfield School Volunteers

Alexa Spath
smithal@springfieldpublicschools.com
www.springfieldschoolvolunteers.org

Location: Springfield

Service categories: Youth

Volunteer opportunities:

Work with your head
Work with other people

What we do: The mission of Springfield School Volunteers is to facilitate learning-focused community involvement in support of the Springfield Public Schools' goal of ensuring that every child attain a high level of academic achievement.

Springfield School Volunteers (SSV) is a non-profit organization that has been matching the resources of the community with the needs of the Springfield Public Schools since 1969. Our focus is to provide academic support to Springfield's public school students in alignment with the school district's priorities.

What volunteers do: There are more than 25,000 students in the Springfield Public Schools who can benefit from the support of a caring volunteer. Here are some ways YOU can help:

- Mentor – be a caring friend and guide to a young person
- General School Support – help a school in a variety of ways
- Read Aloud – read to an elementary school classroom once a month

SSV also screens potential volunteers interested in serving in other capacities, including:

- field trip chaperones
- Science Fair judges
- career speakers
- PTO members

Valley Eye Radio

Chloe Viner Collins
413-747-7337; Chloe@valleyeyeradio.org
www.valleyeyeradio.org

Location: Springfield

Service categories:

Arts and Culture
Disability

Volunteer opportunities:

Work with your head
Work alone
Work that can be done at home

What we do: Our mission is to help keep our Pioneer Valley neighbors informed and connected to their communities by being a 24/7 accessible source of the local news that otherwise isn't available to them due to vision loss or other disabilities. But it's more than information. It's about real human voices. Our listeners get to know our readers' voices and names and personalities. They hear the day's news in these voices and know they are being kept up-to-date by friends.

What volunteers do: We read the daily papers and the local weekly and monthly newspapers from every community in the Pioneer Valley specifically for those who are visually or print impaired. We also read:

- Recordings from important local events which our listeners may not be able to attend
- Health and Accessibility News from numerous authoritative sources and local health experts
- Entertaining and interesting articles from a variety of local, regional, and national publications
- Veterans outreach programming

We're working to pivot to create more original programming, including:

- Podcasts
- Music
- Other concepts

Young Scholars Fund, Inc.

Marjorie Schearer
youngscholarsfund@gmail.com
www.youngscholarsfund.org/contact-us.html

Location: Springfield

Service categories:

Youth

Volunteer opportunities:

Work with other people

Volunteer ages: 22+

What we do: The Young Scholars Fund identified 3rd and 4th graders at inner city schools who show potential for going to college. We then support them with a scholarship and mentorship to help them get there.

What volunteers do: Volunteers are paired with scholar(s) when they are in 3rd or 4th grade and they follow them through high school graduation.

Before you go, here are a few other suggestions for things you can do from home with minimal time commitment:

The Abolitionist Mail Project is an organization that seeks to build community between incarcerated and non-incarcerated people. You can sign up to become a penpal with someone who's incarcerated or just send occasional greeting cards.

www.abolitionistmailproject.com

The Sister District Project sends out emails about once a week with information on postcard writing campaigns to voters for national progressive initiatives. You can find info about the organization at www.sisterdistrict.com and sign up for the local mailing list, organized by Ellen and Roger Bruno, at <https://mailchi.mp/d9eabdbe7e28/signup-for-postcards>

The Postcard Underground finds news stories about people who are making a difference in the world and, about once a week, chooses one to highlight on their blog. They include an article about what the person/organization did and a mailing address to which you can send a postcard to thank them. It's that simple! You can sign up to receive emails about new posts or just check out the blog whenever you're in the mood to write a postcard. www.postcardadmin.blogspot.com

Have suggestions on how to improve the event or organizations we should invite next year?

Email us at bethechange@trinityspringfield.org or scan this QR code which will link you to a short survey:



“Be the change you wish to see in the world” - Mahatma Gandhi