



### Service Opportunities

Below you will find a list of various organizations that offer volunteer opportunities.  
Due to COVID-19, many have adjusted their volunteer services and guidelines.  
Please review and those could change frequently.

- **Adopt-A-Family:** Downtown LA, All ages
  - Students under age 14 must be accompanied by an adult.
  - <http://www.olacathedral.org/cathedral/services/aaf.html>
- **Best Buddies:** All Archdiocese, all ages
  - Pairs students with kids who have an Intellectual Disability for friendship.
  - Contact: Visit the site to find a location near you.
  - <https://www.bestbuddies.org/>
- **Carmelite Sisters Care Homes:** Culver City and Duarte, 12+
  - Volunteers visit with residents, coordinate games and activities, and help with events.
  - <https://carmelitesistersocd.com/>
- **Children's Hospital:** Los Feliz, 15+
  - Clerical volunteer opportunities, high school and college credit offered with service.
  - <http://www.chla.org/volunteering-our-hospital>
- **DreamCatcher LA Therapeutic Riding Center:** Long Beach, 14+
  - Volunteers help students with disabilities stay safe while they ride. Volunteers also help with horse care, barn cleanup, and more. No experience with horses necessary.
  - <http://www.dreamcatcherla.com/volunteer.html>
- **Dignity Health Hospitals:** Downtown LA, Glendale, Northridge, Long Beach, San Bernardino, 14+
  - Volunteers help with clerical and clinical work in the hospital.
  - <https://www.dignityhealth.org/socal/locations/northridgehospital/about-us/volunteer-opportunities/ways-to-volunteer>
- **Food Forward:** North Hollywood, Ages 5+
  - Collect fresh fruit for food banks, pantries, and shelters. Students under 16 must be accompanied by an adult.
  - <https://foodforward.org/get-involved/volunteers/>
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- **Food on Foot:** Hollywood, 15+
  - Pass out food and clothing. Students must be accompanied by an adult.
  - <https://www.foodonfoot.org/volunteer/>
- **Habitat for Humanity:** All Archdiocese, 14+
  - Volunteers 14+ can volunteer in the ReStore, Habitat’s thrift hardware store. Youth 16+ can volunteer at a build site if accompanied by a parent/guardian.
  - <http://www.habitatla.org/get-involved/volunteer/>
- **Los Angeles Mission:** Downtown LA, 14+
  - Volunteers help with food service, mentoring, food drives, and more.
  - <https://losangelesmission.org/act/volunteer/volunteer-opportunity/>
- **Meals on Wheels:** All Archdiocese, 16+
  - Volunteers help prepare or deliver meals to elderly and disabled clients.
  - Contact: Visit the site to find a location near you.
  - <http://www.mealsonwheelsamerica.org/>
- **Mahar House - Catholic Charities:** Wilmington, 13+
  - Volunteers help kids learn English through mentoring, tutoring, sports, painting, and general education. Must know how to speak Spanish.
  - <https://catholiccharitiesla.org/volunteers/>
- **Midnight Mission:** Downtown LA, 14+
  - Student volunteers can work in the kitchen, tutor, make food boxes and hygiene kits, paint, clean, or work on meal service. Under 18 must be accompanied by a parent.
  - <http://www.midnightmission.org/get-involved-1/spring-2015/volunteer/step-1/>
- **Pregnancy Resource Centers:** All Archdiocese, age requirement varies.
  - Volunteers can sort baby clothes, handle clerical work, and more.
  - <http://optionsforpregnancy.com>
- **Project Angel Food:** Hollywood, 14+
  - Students can help fill food bags, cook and package meals, and more. Students under the age of 18 must be accompanied by a parent.
  - <https://www.angelfood.org/delivery/volunteers/volunteer>
- **Project Chicken Soup:** Culver City, 12+
  - Students can help fill food bags, cook and package meals, and more. Students under the age of 18 must be accompanied by a parent.
  - <http://www.projectchickensoup.org/PCSVolunteerinfo.html>
- **Providence Hospitals:** Burbank, Mission Hills, San Pedro, Santa Monica, Tarzana, Torrance, 15+
  - Volunteers work in gift shop, deliver food to patients, or help with community outreach.
  - <http://california.providence.org/>
- **Public Library:** All Archdiocese, all ages
  - Students can shelve, help copy, help tutor, read to children, and more.
  - <http://www.colapublib.org/volunteer/>
- **Red Cross:** All Archdiocese, all ages
  - Students learn about disaster preparedness and fundraise for major relief efforts around the world. Older students assist with disaster relief through clubs and activities.
  - <http://www.redcross.org/local/california/los-angeles/volunteer/youth-services>

- **Shane's Inspiration:** All Archdiocese, all ages
  - Youth volunteers sign up for the Shane's Buddy program, matching youth with children who have a disability.
  - <http://www.shanesinspiration.org/volunteer/>
- **Seeds of Hope Community Gardens:** All ages
  - Students help tend the community garden growing organic vegetables for food banks. Under 16 should be accompanied by an adult.
  - <https://www.seedsofhopela.org/>
- **San Fernando Valley Rescue Mission:** San Fernando, 14+
  - Volunteers help with food service, mentoring, sports, food drives, and tutoring.
  - <https://sfvrescuemission.org/volunteer/>
- **Sowing Seeds for Life:** La Verne, 14+
  - Volunteers set up the pantry, food distribution, client registration, staging, read to children, hand out books and toys. Under 17 need to be accompanied by an adult.
  - <https://sowingseedsforlife.org/volunteer/>
- **Special Equestrian Riding Therapy:** Moorpark, 14+
  - Volunteers help students with disabilities stay safe while they ride. Volunteers also help with horse care, barn cleanup, and more.
  - <http://www.sert.org/volunteer>
- **St. Vincent de Paul Society of Los Angeles:** All Archdiocese, 14+
  - Volunteers can help sort items in the thrift store, deliver items to families, and more.
  - <https://svdpla.org/>
- **St. Francis Center:** Downtown LA, 8+
  - Students serve food to the homeless and other service opportunities. Ages 8-13 need a chaperone.
  - <http://sfcla.org/volunteer/>
- **The Dream Center:** Silverlake, all ages
  - Volunteers sign up for the Adopt-A-Block program on Saturdays to feed the hungry, serve the homeless, or help with outreach to families. Students under age 15 should be accompanied by a parent.
  - <https://www.dreamcenter.org/volunteer/>
- **UCLA Medical Center:** Santa Monica, Westwood, 15+
  - Summer volunteer program for high school students 15-17.
  - <https://www.uclahealth.org/volunteer/>
- **Union Rescue Mission:** Downtown LA, all ages
  - Serve food, spend time with children, help with events. Students under 16 need a chaperone and URM must know in advance to expect them.
  - <http://urm.org/get-involved/volunteer/>
- **Union Rescue Mission:** Downtown LA, all ages
  - Serve food, spend time with children, help with events. Students under 16 need a chaperone and URM must know in advance to expect them.
  - <http://urm.org/get-involved/volunteer/>
- **40 Days for Life:** All Archdiocese, all ages.
  - Volunteers hold vigil and pray outside of abortion facilities for an end to abortion. Works best as a group activity.
  - <https://40daysforlife.com/browse-campaigns/>