

Partner Sites and Volunteer Opportunities

**For more information call 206-957-4779 x 116
Or email robink@solid-ground.org**

South Seattle

American Red Cross – as well as supporting volunteers in disaster relief and disaster preparedness, ARC is looking for individuals or couples to staff our front reception desk. Duties involve greeting visitors, providing information on where meetings & classes are being held, explain how to schedule classes, location of bathrooms and vending machines; responding to frequently asked questions; and occasional clerical task for all departments. Time commitment: Ongoing, one day a week, for a four-hour shift. Shifts are available Monday through Friday, 8:30am-6:00pm.

Horn of Africa Services – serves low-income refugees and immigrants from all East African countries. Volunteer by tutoring kids one or two evenings per week, help in the computer job-training center or help with citizenship classes.

International Drop-In Center – The “IDIC” is committed to assisting the elders of Seattle’s Filipino community in preserving their physical, mental and emotional well-being through a variety of social, recreational, educational and health oriented programs. Volunteer drivers and computer assistants wanted. Beacon Hill.

Museum of Flight – Ever wanted to step back into the past? Become a volunteer Living History presenter with The Museum of Flight's multi-generational drama troupe. Flexible hours and theater training provided.

PALS – (Physical Activity for a Lifetime of Success) – be a PALS Phone Buddy! Help older sedentary adults or people with diabetes with their physical activity plans and encourage them to keep going. Phone Buddies are trained in the basics of safe exercise for older adults, resources in the area and tactics of motivational interviewing. This is a program of the University of Washington Health Promotion Research Center and the Southeast Seattle Senior Center.

Refugee Women’s Alliance - Make a difference in the lives of refugee/immigrant women and their families by choosing a volunteer opportunity in our Rainier Valley or SeaTac locations: Childcare Assistant, Youth Program Assistant, Evening Receptionist, ESL Class Assistant, Event Support. Come in once a week or more!

Southeast Seattle Senior Center – “Where active older adults gather for fun, fitness and learning.”

Treehouse for Kids – we support foster care youth through a variety of programs. We are looking for help in the following areas: Front desk reception and Treehouse Warehouse (a retail-like store offering used and new items to foster families)

VA Puget Sound Health Care System –

Widowed Information & Consultation Service- Help with administrative work for this worthwhile agency. Volunteers must be widowed and have gone through the WIC program.

