

# Herzl-Ner Tamid Conservative Congregation

## Social Action/Social Justice Resource Guide

“You shall not oppress a stranger, for you know the feelings of the stranger, having yourselves been strangers in the land of Egypt” (Exodus 23:9).”

No directive in the Torah appears more frequently than the command to tend to the needs and feelings of the stranger, to those less fortunate than ourselves. From the beginning of B'reishit to the end of D'varim, we will encounter this command thirty-six times. Dovetailed with the principle of “tikkun olam,” repairing the world, the Jewish people have an ethical obligation to be actively engaged in actions and advocacy that promote the welfare, protect the rights, and support the advancement and dignity of those most vulnerable in our communities.

Herzl–Ner Tamid embraces that directive and is proud to represent a community deeply engaged in social justice and action. This guide has been developed and is maintained as a tool that anyone can access to provide guidance and assistance as each of us finds an appropriate avenue for our own expressions of social justice and action. This guide is not meant to be a complete guide – many outstanding organizations are absent from here that are just as worthy as those listed in this guide – nor should it be considered an end point. Our hope is that this guide will provide appropriate assistance and inspiration as each of us wrestles with the challenge of how we each, in our own way, make a difference in the lives of others, and by doing such, enrich our own lives immeasurably.

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## Introduction

*Why should I volunteer and/or donate my resources?*

- One person can make a huge difference in the life of another. Each of us has unique skills and passions that can support another person.
- We have a chance to give back. Each of us has benefitted from the empathy and kindness of others many times in our lives. An act of gratitude improves the life of another and our greater community.
- We learn new things about another human being and hence about ourselves.
- We strengthen our own communities through fellowship and collaboration.

If you represent a non-profit organization and are interested in having your volunteer opportunities added to this guide, please contact Nadine Strauss at [Nadine@h-nt.org](mailto:Nadine@h-nt.org).

# **Civic Engagement**

# American Civil Liberties Union (ACLU) of Washington

## Who They Are:

**The ACLU of Washington** is the state affiliate of the ACLU. They work to ensure justice, freedom and equality are realities for all people in Washington state, with particular attention to the rights of people and groups who have historically been disenfranchised on all sides of the political spectrum.

Today the ACLU of Washington takes on major law reform through litigation and legislative action. They provide assistance and advocacy for individuals and community groups. They lobby on scores of bills in the state legislature and local councils. They offer speakers, pamphlets and education materials to schools and community groups throughout the state.

## Volunteer Opportunities:

### **ACLU is leading a new charge: People Power**

Across the country, there is a growing army of people who are alarmed by what they're seeing around their communities. People Power is, at its core, a grassroots member-mobilization project. Through People Power, the ACLU will engage volunteers across the country to take action when any government agency attempts to enact unconstitutional policies or trample on people's constitutional rights. By mobilizing in defense of our civil liberties, volunteers will build local communities that affirm our American values of respect, equality, and solidarity. For 98 years, the ACLU's defended our Constitution in the courts. Now, they are going to couple that legal power with People Power.

Sign up to join the movement at:

<https://peoplepower.org/>

### **Contact:**

<https://action.aclu.org/secure/contact-aclu-washington>

# Faith Action Network

## Who They Are:

Faith Action Network's mission is to be a faith-inspired statewide partnership striving for a just, compassionate, and sustainable world through community building, education, and courageous public action.

They have built a widely diverse coalition of all people of faith and ally with like-minded communities and organizations across the state to take courageous action and create a more just and peaceful world.

It is a Network of Faith Communities that:

- Believes justice work is part of our religious calling
- Communicates with elected officials about critical social issues
- Advocates for a more just and sustainable world

## Volunteer Opportunities:

Those individuals interested in exploring volunteer opportunities are encouraged to fill out the volunteer interest form at:

<http://fanwa.org/?s=volunteer>

They also encourage you to sign up to receive e-news and advocacy alerts. They will regularly notify you of local events and alert you when there is a need for action in your state legislative or federal Congressional district:

<https://fanwa.ourpowerbase.net/civCRM/profile/create?gid=22&reset=1>

## Contact:

Faith Action Network  
3720 Airport Way South  
Seattle, WA 98134  
206-625-9790  
Email: [fan@fanwa.org](mailto:fan@fanwa.org)

# League of Women Voters of Washington

## Who They Are:

The League of Women Voters, a nonpartisan political organization, encourages the informed and active participation of citizens in government, and influences public policy through education and advocacy.

**Voters Service/Citizen Information:** Activity is directed toward encouraging citizens to register and vote and to participate in government and politics. The League does this by sponsoring debates and providing nonpartisan information about voting procedures, candidates and ballot issues. Voter Service projects are eligible for funding through LWV Education Fund.

**Study:** One of the reasons for the political effectiveness of the League is its reputation for thorough study. Complete facts, the pros and cons, are researched before consensus and action. Members study and discuss the issues in small units so that everyone has an opportunity to express an opinion.

**Action:** The League of Women Voters is an action group. However, it may take action only on issues which have been extensively studied and on which the members are agreed. When the League has a position on any issue, separate material is published to promote the League's stand. This is not funded by the Education Fund to ensure the distinction between League Action and Voters Service information.

## Volunteer Opportunities:

Any person of voting age may become a League member. To join and learn more about what the League does, contact your local league directly. If you're not sure which league to contact or there isn't one in your area, you can call, write or email the state office. They will help you contact your local League, or sign you up as a State Member-at-Large.

Local league offices offer many opportunities for members to support the mission of the League and to encourage informed and active participation in government, to work to increase understanding of major public policy issues and to influence public policy through education and advocacy. Volunteering opportunities include, but are not limited to registering voters, assist in monitoring elections, provide voter information at League offices and assist with League events. Contact your local office if you are interested in volunteering.

## Contact:

League of Women Voters of Seattle-King Country  
1620 18<sup>th</sup> Ave. Suite 101  
Seattle, WA 98122  
206-329-4848  
Website: <http://seattlelww.org/>

# National Council of Jewish Women – Seattle Section

## Who They Are:

Seattle Section was founded in 1900 with 34 founding members. Early work included assisting new immigrants, providing programming to deter juvenile delinquency and fighting legislation that would have eroded the separation of church and state. Over the past century, NCJW Seattle Section has founded a settlement house, later to become Neighborhood House, an agency that today provides support and educational services for low income Seattle residents, and Council House, a low-income apartment for Seattle's elderly. They have rallied for reproductive choice, fair treatment for Japanese-Americans and Soviet Jews and for childcare. They have provided college scholarships since 1909 and members have been invited to White House conferences and receptions. In the year 2000, they began the new century with 500 members and a year-long celebration of our Centennial.

The National Council of Jewish Women is a volunteer organization that has been at the forefront of social change for over a century. Inspired by Jewish values, the women of NCJW have courageously taken a progressive stance on issues such as child welfare, women's rights, and reproductive freedom. They share a common vision — that all people should be treated with respect and dignity, that children and families should be given every possible advantage to help them succeed, and that women matter and should have the freedom to create their own destinies. They share an understanding that positive change will not happen on its own, that they must play an active role in our community if it is to change for the better.

## Volunteer Opportunities:

Membership applications and ways to donate can be found at:

<http://ncjwseattle.org/membership/>

<http://ncjwseattle.org/donate/ways-to-support/>

For those interested in joining them in advocacy, information and forms can be found at:

<http://ncjwseattle.org/advocacy/>

## Contact:

Seattle Section  
1501 17<sup>th</sup> Avenue #108  
Seattle, WA 98122  
206-232-2591  
NCJW@NCJWSEATTLE.ORG



# Washington Alliance for Gun Responsibility

## Who They Are:

Vision: A community safe from the devastating consequences of gun violence.

The Alliance for Gun Responsibility works to end the gun violence crisis in our community and to promote a culture of gun ownership that balances rights with responsibilities. Through collaboration with experts, civic leaders, and citizens, they work to find evidenced-based solutions to the crisis of gun violence in our community. They create innovative policy, advocate for changes in laws, and promote community education to reduce gun violence.

Gun responsibility has become a national priority since the tragedy at Sandy Hook, and the Alliance for Gun Responsibility has been a major driver of that change in Washington State and around the nation. In just a few short years, they've accomplished the following:

- Leading a statewide coalition of citizens and supporters to pass Initiative 1491, creating Extreme Risk Protection Orders that save lives and prevent tragedies, and Initiative 594, America's first ballot initiative that closed the background check loophole for gun sales.
- Helping to protect Seattle's landmark tax on firearm and ammunition sales, which funds critical programs and tools supporting the welfare of the people of Seattle.
- Advocating for, and protecting, stronger gun laws in the Legislature, including Extreme Risk Protection Orders, Child Access Prevention, suicide prevention, and more.
- Funding critical research into the causes and consequences of firearm death and injury.
- Conducting public education campaigns that inform the public on the importance of gun responsibility.

Gun violence is preventable – if we work together to prevent it. The Alliance for Gun Responsibility provides paths to take action that saves lives.

## Volunteer Opportunities:

As a grassroots organization, they depend heavily on volunteer efforts. Gun violence is preventable if we pass strong gun responsibility laws. Help get the message out and sign up to volunteer today at:

<http://action.wagunresponsibility.org/page/s/volunteer-today>

Volunteers can join them in Olympia to meet with our legislators in person or simply call or write to them. They can help you reach out to your neighbors and keep you up to date regarding upcoming town hall meetings.

## Contact:

Please go to their "contact us" web page to contact them directly:

<http://gunresponsibility.org/contact/>

# Environment

# Forterra

## **Who They Are:**

Forterra is a regional conservation and sustainability non-profit organization. Forterra is here to make sure this place in which we live stays a place we love. They do that by securing and caring for keystone lands – places vital to our region’s long-run livability, sustainability and equity. These include wildlands, working farms and forests as well as places in the city for affordable housing, parks and the arts. They work simultaneously across all these landscapes because they are interconnected. And ultimately all people and lands must thrive together.

## **Volunteer Opportunities:**

Forterra depends on dedicated volunteers to keep this place we call home special. This could mean getting your hands dirty in a restoration project, serving as a community leader implementing Forterra’s sustainability initiatives, putting your professional expertise to work, advocating in support of progressive regional planning policies or taking a yearlong role as a volunteer Forest Steward.

Most volunteer opportunities are working outdoors to restore and care for our regions parks, natural areas, shorelines and streams. No experience is required. There are also some volunteer positions to provide regional leadership and guidance to their work.

Check out the events web page to see a current listing of events that may interest you and your volunteer passion:

<http://forterra.org/events> or e-mail: [volunteer@forterra.org](mailto:volunteer@forterra.org)

## **Contact:**

901 – 5<sup>th</sup> Ave., Suite 2200  
Seattle, WA 98016  
Website: [www.forterra.org](http://www.forterra.org)

# Mountains to Sound Greenway

## Who They Are:

The Mountains to Sound Greenway Trust leads and inspires action to conserve and enhance the landscape from Seattle across the Cascade Mountains to Central Washington, ensuring a long-term balance between people and nature. The Greenway vision is an iconic 1.5 million-acre landscape that conserves a healthy and sustainable relationship between land and people by balancing built and natural environments. A landscape providing places for nature and wildlife, for outdoor recreation and education, for working forests and local agricultural production, while embracing vibrant urban areas with strong economies. A landscape supported by a broad cross-section of society, working together as an effective coalition to preserve this heritage for future generations.

To meet our region's upcoming challenges and opportunities, the Greenway Trust developed a new strategic plan that commits to conserving the landscape, making connections with communities, and engaging more people as stewards of the Greenway. Their plan lays out a vision and path forward to assure the spirit and value of the relationship between the Greenway landscape and its inhabitants is felt by all for generations to come.

## Volunteer Opportunities:

**Weekend Volunteer Events:** Full or half day projects, great for individuals, families, work teams or groups.

**Community or Corporate Groups:** Custom volunteer events for groups, mid-week or weekends.

**Volunteer Assistant Program:** Get additional training and help assist at their Volunteer Events.

**Students, Schools, or Youth Groups:** The Greenway Trust provides numerous ways for youth to get involved, both individually and in classes or groups.

**Office Volunteers:** 3-5 hours per week helping keep the Volunteer Program running smoothly.

Environmental restoration and trail maintenance projects change regularly – learn more about current projects and find one that inspires you by going to their calendar of events and projects at:

<http://mtsgreenway.org/>

<http://mtsgreenway.org/volunteer/sites-and-opportunities>

## Contact:

Mountains to Sound Greenway Trust  
2701 First Avenue, Suite 240  
Seattle, WA 98121  
Tel: 206-382-5565  
Fax: 206-859-6733  
Email: [info@mtsgreenway.org](mailto:info@mtsgreenway.org)

## Volunteer Program

Email: [volunteer@mtsgreenway.org](mailto:volunteer@mtsgreenway.org)

# **General Social Services**

## Eastside Baby Corner

### Who They Are:

Eastside Baby Corner (EBC) was founded in 1990 because Karen Ridlon, a local pediatric nurse practitioner, became concerned about the large numbers of babies in her practice that began life without adequate food, clothing, beds or safety equipment. Her commitment to giving these children a stronger start grew from an idea and a few items gathered in her dining room, into an agency that in 2016 filled its 500,000th order of absolute essentials. For 50 weeks each year, volunteers and staff at Eastside Baby Corner collect community donations, purchase and distribute children's and maternity items to families in collaboration with organizations helping families in our area. Case managers from partner agencies assess the needs of the family, request the items from EBC, pick up and deliver them to the family. Serving a broad area across King County that extends to the Cascade foothills and from south of Renton into south Snohomish County, EBC serves as a diaper bank, a clothing bank, and a food source for more than 800 kids each week. EBC leverages the impact of direct service providers by providing essential goods to the families they are helping. EBC is the major source of baby food, formula, diapers, cribs and car seats for 11 local food banks.

### Volunteer Opportunities:

EBC maintains an active online volunteer calendar where great volunteer opportunities await you. Please check out their volunteer calendar at:

<http://babycorner.volunteerhub.com/events/indexv1>

Many groups or individuals host community drives throughout the year in support of EBC. If you are interested in hosting a collection drive, please visit the following page on their website:

<http://babycorner.org/organize-a-drive/>

### Contact:

Website: <http://babycorner.org/>

Mail: Eastside Baby Corner (EBC)

PO Box 712

Issaquah, WA 98027

Call: 425-865-0234 for general information about volunteering or donating goods

425-372-7529 about doing a community drive or event

Want to bring a group? Email [volunteer@babycorner.org](mailto:volunteer@babycorner.org) to register a group to volunteer.

Questions? Please contact [volunteer@babycorner.org](mailto:volunteer@babycorner.org) or call (425) 865-0234, ext. 703.

They are open on Monday evenings (5:30 PM to 8:30 PM), Thursday mornings (9:00 AM to 11:00 AM) and Saturday mornings, (9:00 AM to 12:00 PM). To find a time to volunteer, please [click here](#).

# Jewish Family Services (JFS)

## Who They Are:

Jewish Family Service is resolved to stand with the most vulnerable people in our community. They are committed to providing services that honor the dignity of all human beings who turn to them. Jewish history and values compel Jews to provide services to vulnerable people of all races, religions and ethnic backgrounds. JFS will continue to work with people in poverty to achieve lives of greater well-being, health and stability. They are unwavering in their commitment to serve refugees and immigrants. They are steadfast in their service to people of any sexual orientation and any gender identity and are committed to supporting people of all abilities to live as fully and independently as possible. Experience has taught that a just society is only truly possible when the sacred values we live out as individuals extend to our greater world. JFS is resolved to serve, to ally and to actively participate in building a just society.

## Volunteer Opportunities:

To volunteer for any of the projects below, please contact Volunteer Services at (206) 461-3240 or sign up using their volunteer interest form.

### Family Volunteering

These events provide families an opportunity to support vulnerable people at holidays and all year long. Hands-on work plus advocacy and Jewish learning make these events a great chance to connect with old and new friends.

### Do-It-Yourself Volunteer Ideas

There are lots of useful projects you can do at home, in a classroom, or with friends from your neighborhood, book club or synagogue.

### Emergency Services clients and Refugee & Immigrant Service Center clients:

#### Sunday Volunteering in the Polack Food Bank

Volunteers needed to help in the food bank on two Sundays each month. Second Sunday needs helpers from 1-3 pm, and on the fourth Sunday they are seeking helpers from 10-12. This is a good opportunity for families with children over the age of 7.

#### Home Delivery Needs You

Volunteers are needed to make regular monthly home deliveries. Each volunteer delivers groceries to a small group of clients; requires driving your own vehicle and coming to JFS to pick-up the groceries. They now offer two Sundays a month to pick up your groceries for delivery, plus times during the week. This is a good opportunity for families with children who are able to help pack grocery bags and deliver.

#### Friendly Visitors for Seniors

They are seeking visitors for seniors in various areas of Seattle. They are always entering new seniors and other clients who would like a visitor. If you can visit someone at least every other week, please call.

#### More Ways to Volunteer

Call to discuss group and family volunteer projects and other ways to help such as food and household goods collections, child care, deliveries, office work, special event help and planting veggie starts for the Polack Food Bank and more!

## Contact:

Jewish Family Service of Seattle  
1601 16th Avenue  
Seattle, WA 98122  
(206) 461-3240  
Website: <http://www.jfsseattle.org/>

# Sound Generations

## Who They Are:

Sound Generations connects seniors and adults with disabilities with vital resources in their communities. They are provided meals, rides to essential services, and respite to alleviate loneliness and caregiver stress. Sound Generations, formerly Senior Services, is the most comprehensive non-profit agency serving older adults and their loved ones in Washington State. Established in 1967, they promote the emotional, social and physical well-being of more than 83,000 seniors and adults with disabilities and those who care for them in King County.

## Volunteer Opportunities:

Volunteers are used on a regular basis:

- **Pathways Information & Assistance:** Pathways Information Volunteer Specialist help seniors and adult with disabilities access thousands of resources.
- **Volunteer Transportation:** Volunteers drive seniors to and from medical appointments.
- **Community Dining:** Volunteers prepare lunch greet and socialize with seniors.
- **Meals on Wheels:** Meals on Wheels volunteers take participant meal orders, pack the meals, and/or deliver meals directly to them.
- **State Health Insurance Benefits Advisors (SHIBA):** Volunteers help educate and advise seniors about Medicare and other health insurance options.
- **Special Events & Behind the Scenes:** Added people power helps with All Staff Meeting, fundraiser and awareness events, and more.

## Contact:

2208 2nd Ave  
Seattle, WA 98121  
Website: [Soundgenerations.org](http://Soundgenerations.org)



**Health Advocacy**

**And**

**Community**

**Health Providers**

# Planned Parenthood of Washington

## Who They Are:

Planned Parenthood was founded on the idea that women should have the information and care they need to live strong, healthy lives and fulfill their dreams. Today, Planned Parenthood is a trusted health care provider, an informed educator, a passionate advocate and a global partner helping similar organizations around the world. Planned Parenthood delivers vital reproductive health care, sex education and information to millions of women, men and young people worldwide.

Skilled health care professionals are dedicated to offering all people high-quality, affordable medical care. One in five American women has chosen Planned Parenthood for health care at least once in her life.

Planned Parenthood is a visible and passionate advocate for policies that enable Americans to access comprehensive reproductive and sexual healthcare, education and information. They fight for commonsense policies that promote women's health, allow individuals to prevent unintended pregnancies through access to affordable contraception and protect the health of young people by providing them with comprehensive sex education. Planned Parenthood has over 10 million activists, supporters and donors nationwide. The Planned Parenthood Action Network enables online activists in every state to stay on top of the issues and get involved in campaigns that advance and protect women's rights and health.

## Volunteer Opportunities:

Volunteer and internship opportunities are listed and updated at:

[https://plannedparenthoodrccorpvolunteer.peoplefluent.com/joblist.html?erpc=alljobs&\\_ga=2.157329145.2141603233.1499188100-1398725241.1499188100](https://plannedparenthoodrccorpvolunteer.peoplefluent.com/joblist.html?erpc=alljobs&_ga=2.157329145.2141603233.1499188100-1398725241.1499188100)

By registering you can receive email notifications as these opportunities become available.

Those who are interested in adding their own voice in the advocacy for and defense of women's health are encouraged to consider becoming a Planned Parenthood Defender. As a Defender they will keep you up to date with everything you will need to help out at critical moments and will provide the detailed instructions you need to take action. You can sign up at:

[https://secure.ppaction.org/site/SPageNavigator/pp\\_ppaf\\_Defender\\_0117\\_Invite\\_c4.html?s\\_subsrc=4NALz1707S1N1V&s\\_src=Defender\\_0117\\_Invite\\_c4\\_c4web&\\_ga=2.90869465.2141603233.1499188100-1398725241.1499188100](https://secure.ppaction.org/site/SPageNavigator/pp_ppaf_Defender_0117_Invite_c4.html?s_subsrc=4NALz1707S1N1V&s_src=Defender_0117_Invite_c4_c4web&_ga=2.90869465.2141603233.1499188100-1398725241.1499188100)

## Contact:

Complete and current information regarding Planned Parenthood – Washington can be found at:

<https://www.plannedparenthood.org/get-care/get-care-online/washington>

**Homelessness**

**And**

**Domestic  
Violence**

# Backpack Meals For Kids

## Who They Are:

Childhood hunger is a fact of life. One in five students in the Bellevue School District qualifies for free and reduced-price meals at school. For some of these kids, school meals represent the bulk of their weekly nutrition. On weekends, they used to go hungry. Since March of 2012, Backpack Meals for Kids has been working to eliminate the tragedy of weekend hunger. Started in two schools, it provided weekend meals for 20-30 students weekly. Today, they serve 22 schools and provided 29,500 meals in the 2015-2016 school year.

## Back Pack Meals is entirely run by volunteers

Volunteers are needed to help fill backpacks and deliver them to schools. If you are interested in volunteering your time, please fill in your information at their volunteer form. Helping takes just a short amount of time, but the impact is enormous.

## Volunteer Opportunities:

### Donate

\$10 fills a backpack for one student

\$40 supports one student for a month

\$100 helps 10 students for a week

\$1500 supports the whole program for a month

Please go to their website to find out how to make an online donation or how to send in a check.

## Contact:

6947 Coal Creek Parkway

Newcastle, WA 98059

Email address: [backpackmeals@backpackmeals.org](mailto:backpackmeals@backpackmeals.org)

Website: <http://backpackmeals.org/>

# Birthday Dreams

## Who They Are:

Birthday Dreams is dedicated to bringing joy to homeless children with the gift of a birthday party. Birthday Dreams wants to ensure that every child gets to experience this occasion, no matter what their circumstances. They firmly believe that children deserve to have this moment of pure joy in their lives even in the direst of situations. That is why they reach out to the homeless children. Children who otherwise carry the weight of the world on their shoulders and need someone to help them have their special day. Their mission is to provide birthday parties to homeless children in the Puget Sound area. They believe that children deserve the sense of hope, encouragement and belief that there are people who care so that they can weather the storms of their circumstances. They believe that they deserve one day, their day, to be free of all burdens and just enjoy the excitement of their birthday party.

## Volunteer Opportunities:

There are many ways to get involved with Birthday Dreams. You can help by:

- Donating a complete Birthday-in-a-Box.
- Donating items for an on-site party or a Birthday-in-a-Box.
- Cash donations.
- Volunteer at a party.
- Volunteer collection and/or delivery of a Birthday-in-a-Box.
- Organize a party supply drive at your place of business or church.

Current Volunteer Needs:

- Delivery Drivers
- Cake Bakers
- Office Help
- Join the Board of Directors or a Committee
- Web Site Development
- Development / Fundraising

Email [info@birthdaydreams.org](mailto:info@birthdaydreams.org) or attend a Volunteer Orientation for more details or visit their volunteer webpage at:

<http://birthdaydreams.org/VolunteerNeeds.aspx>

Donations can be sent directly to the address below or through their website.

## Contact:

1101 Bronson Way North  
Renton, WA 98057 (Physical Address)

P.O. Box 2722  
Renton, WA 98056 (Mailing Address)

Phone: 425-988-3954

Email: [info@birthdaydreams.org](mailto:info@birthdaydreams.org)

Website: <http://birthdaydreams.org/>

Office Hours: Monday – Friday, 9:00 AM to 5:00 PM

# Compass Housing Alliance

## Who They Are:

Compass Housing Alliance is a leading provider and developer of essential services and affordable housing for men, women, veterans and families who are low-income or experiencing homelessness in the Puget Sound region. Their portfolio includes day services, emergency shelter, transitional housing and affordable housing at 23 locations.

## Volunteer Opportunities:

### Activities for individuals:

- Help serve dinner at one of their shelters
- Sort mail in their Client Services Office weekdays between 9:00 am and 4:00 pm
- They can always use one-time volunteers for donation sorting, office help and more.

### Activities for groups or families:

- Purchase, prepare and serve dinner for 40 – 80 men or women at one of their sites. Suitable for 3 – 8 people, depending on the menu you choose.
- Bring just a dessert and help dish up supper at one of their shelters. Suitable for 2-3 people.
- Prepare and serve weekend brunch for 80 people at one of their sites. Suitable for 3 – 8 people.
- Bring breakfast to one of their shelters to serve 40 – 80 people (must be served by 7 am).
- Form a cleaning or yard work party to help one of their transitional housing sites.

### Activities for your faith community, service club, school or workplace:

- Provide a meal at one of their sites (see above).
- Make 150 – 200 sandwiches for clients at their Peter's Place Day Center and drop them off (365 days a year)
- Collect and donate new socks, bath towels, washcloths, twin-size bed linens, pillows, new sweat pants (size L- XXXL), soap, disposable razors, deodorant, toothpaste and toothbrushes. Go to their website and download the Donation Drive Guide (PDF) to learn more.
- Make quilts for their shelter beds.
- Plan a yard work or cleaning project.

To volunteer, contact the Community Resources Manager at [volunteer@compasshousingalliance.org](mailto:volunteer@compasshousingalliance.org) or 206-474-1061.

## Contact:

210 Alaskan Way S

Seattle, WA 98104

Phone: 206-474-1000

Fax: 206-474-1001

Donations: Visit their donation page or contact Fund Development at 206-474-1065.

Website: <http://www.compasshousingalliance.org/>

# Congregations for the Homeless

## Who They Are:

Congregations for the Homeless (CFH) is on a mission to end homelessness on the Eastside by helping men make the transition from life on the street to stable, independent living. Created as an agency of the Eastside Interfaith Social Concerns Council, the CFH men's shelter first opened its doors in 1993. The year-round shelter program was created with the mission to provide a warm, safe, hospitable place for up to 30 single men to sleep and be nourished with three healthy meals each day. Over the years, the shelter program has added access to showers, laundry, computers, medical assistance, and dental services.

In 2005, CFH added a comprehensive case management and life coaching program, expanding their mission to that of helping men successfully move from homelessness to permanent housing. Men are partnered one-on-one with a professional or trained life coach to help them develop a goal plan that leads to increased financial, physical, and emotional stability. The program addresses a wide range of personal issues and helps men connect with other agencies that can help in their quest for independence. Job placement services help men find jobs or move to a better job. In 2006, they added subsidized housing to the programs they offer. To date, over 175 men have been handed a key to their own home. 115 of those men have graduated to self-sustained permanent housing, while 60 clients remain in CFH housing.

The Eastside Winter Shelter (EWS) was opened to meet the winter conditions that endanger the lives of homeless men in our community. The EWS is intended to be a life-saving overnight shelter, one that can connect clients to needed resources that will help them move toward stability.

CFH opened a Day Center in downtown Bellevue in 2013. The Day Center is the first daytime resource on the Eastside for men who are without meals, showers, laundry facilities, computers, clothing, bus tickets, and hygiene products. The Day Center also provides a prime opportunity for staff to connect the homeless with additional CFH resources like the Winter Shelter.

## Volunteer Opportunities:

CFH has an ongoing need for meal donors within their shelter programs – this need is greatest during the winter months. Each night approximately 130 men are provided a meal. Individuals and small groups, prepare and serve meals in addition to visiting and eating with the men.

As a partner of CFH, HNT aspires to provide a monthly meal during the colder months. This is a great activity for families, friends, your book group, or chavurah, and HNT will provide organizational support. It's all done potluck-style with food you can buy or make at home. You choose the date that works for your group. Email [Rebecca@h-nt.org](mailto:Rebecca@h-nt.org) to volunteer.

Additionally, there is a need for supply drivers and shelter support, as well as mentoring opportunities with the men they serve.

## Contact:

Sarah Bustad, [volunteer@cfhomeless.org](mailto:volunteer@cfhomeless.org), 425-289-4044  
2650 – 148<sup>th</sup> Avenue S.E. #202  
Bellevue, WA 98007  
Website: [www.cfhomeless.org/volunteer-opportunities/](http://www.cfhomeless.org/volunteer-opportunities/)

# Hopelink

## **Who They Are:**

Hopelink is a community action agency that has served homeless and low-income families, children, seniors and people with disabilities since 1971.

## **Volunteer Opportunities:**

Fill out their online volunteer application, once they have processed your background check they will invite you to attend a volunteer orientation. Please allow for up to three weeks to process your application.

Register for the required volunteer orientation session (once the background check has been completed, you will be invited to orientation).

Please contact the Volunteer Program with any questions regarding individual or community service volunteering, [volunteerwithus@hopelink.org](mailto:volunteerwithus@hopelink.org) or (425)869-6066.

General Food Bank - Assist before, during or after food bank hours in one or more of the following: Checking clients in and out, receiving, sorting and stocking food donations.

Are you part of a group looking for one-time opportunities? Please contact Liz for more information, [ewaesche@hopelink.org](mailto:ewaesche@hopelink.org) or (425)897-3721.

## **Contact:**

14812 Main St.

Bellevue, WA 98007

Website: <https://www.hopelink.org/take-action/volunteer>



# LifeWire

## Who They Are:

LifeWire has been providing domestic violence services and programs to the community since 1982 and are now one of Washington State's largest domestic violence service providers. They work closely with local and regional human service programs and services to help victims and their children separate safely from an abuser, restore trust, develop self-sufficiency and build peaceful families. Over the years LifeWire has helped more than 100,000 people affected by domestic violence.

## Volunteer Opportunities:

Volunteer Opportunities include both direct service and non-direct service. LifeWire's direct service volunteers work directly with survivors of domestic violence and their families. LifeWire's comprehensive training program prepares volunteers to assist survivors of domestic violence in dealing with the traumatic impact of family violence. Their 20-hour training session includes domestic violence education, crisis intervention skills, working with children who have witnessed domestic violence, navigating systems and much more.

Non-direct service volunteers do not work directly with survivors, but immensely impact the work that they do. If you are interested in supporting LifeWire's mission but are unable to attend the training or are interested in volunteering in a different capacity, they have plenty of jobs for you! LifeWire has opportunities to help with administration, fundraising, community education and much more.

Common non-direct service volunteer opportunities include:

- Nightmare at Beaver Lake Food Drive: Month of October, Thur-Sun evenings starting on Friday, October 16.
- Food Lifeline Grocery Rescue Pick-Up: Every Wednesday morning at the QFC in Redmond.
- Eastside Baby Corner Pick-Up: Every Thursday morning at Eastside Baby Corner in Issaquah.
- Fundraising and Event Planning.
- Flexible administrative, clerical, outreach and in-kind projects.

For more information on direct and non-direct service volunteer opportunities, contact Natalie Nguyen, their Resource Coordinator at [natalien@lifewire.org](mailto:natalien@lifewire.org).

## Contact:

Address: Confidential location located on the Eastside

Website: <https://www.lifewire.org/get-involved/volunteer/>

For more information, contact Samantha at [samanthart@lifewire.org](mailto:samanthart@lifewire.org) or 425-562-8840 ext. 249.

## **New Beginnings**

### **Who They Are:**

New Beginnings believes that it is essential to engage the community, mobilize community awareness and action to end domestic violence. They do this through violence prevention education in Seattle middle schools, community training, and outreach events. Much of this work is carried out in partnership with volunteers. This social change work creates awareness around the issue of domestic violence and provides opportunities for individuals and organizations to take action to build communities free of abuse.

### **Volunteer Opportunities:**

Direct service may involve answering calls on the Help Line, co-facilitating support groups for adults and youth, providing emotional and practical support to shelter residents, supporting advocates with their caseloads, conducting a life skills class, or providing legal information and resources. Attending their Domestic Violence 101 Comprehensive Training and a weekly 4-hour shift is required.

Some of the many opportunities for volunteer support service include staffing an information table; speaking at community events to raise awareness; providing child care for moms attending a support group; helping with data entry or administrative needs; serving as a Board Member; holding your very own Wish List Drive or special fundraising event to directly benefit survivors; or posting Domestic Violence Help Line posters in your local coffee shop, medical center, religious institution, workplace, or school!

### **Contact:**

P.O. Box 75125  
Seattle, WA 98175-0125  
24-hour Help Line: 206-522-9472  
Administrative Office: 206-783-4520  
Website: <http://www.newbegin.org/>

# ROOTS (Rising Out Of The Shadows) Young Adult Shelter

## Who They Are:

ROOTS provides safe emergency overnight shelter for young adults ages 18-25 experiencing homelessness. ROOTS builds community and fosters dignity through access to essential services and safe place to sleep. They value each guest as an individual, without judgment or bias. They drive change by discussing, addressing and breaking down social and economic barriers to equality for the benefit of young adults experiencing homelessness. They work as a cohesive, passionate team to provide the best services possible to guests and build partnerships with the larger community.

They respect, honor and encourage the unique backgrounds of all individuals.

## Volunteer Opportunities:

Volunteers do work each day that is essential to carrying out the mission of ROOTS. Volunteers are needed to help set up and clean up shelter areas, prepare and serve meals, hand out supplies, supervise and enforce program guidelines, and interact and build positive relationships with guests. If you're looking for a volunteer opportunity that is fun, rewarding, and beneficial to young people, look no further!

Check out the variety of different opportunities for volunteering at their volunteer webpage:

<http://www.rootsinfo.org/get-involved/volunteer/opportunities/>

## Contact:

Website: <http://www.rootsinfo.org/>

Phone (206) 632-1635

Fax (206) 632-5165

Email: [info@rootsinfo.org](mailto:info@rootsinfo.org)

Location: The shelter is located in the basement of the University Temple United Methodist Church at 1415 NE 43rd Street. The entrance is in the alley at the southwest corner of the building. Go down the alley between the church and the post office and ROOTS is the set of double blue doors on the left-hand side.

# The Sophia Way

## Who They Are:

The mission of The Sophia Way is to help end homelessness for adult women in King County by providing shelter, life skills training, social services and supportive permanent housing. They believe in offering a path from homelessness to stable and independent living.

The Sophia Way was designed to meet the needs of clients of the YWCA Angeline's Day Center, as well as any single, homeless women in East King County. This 10-bed overnight shelter doubles as an educational program, giving women the tools they need to reclaim a sustainable, independent life.

Through life skills classes given by community speakers, case management and staff support, each woman is encouraged on her journey to live in an apartment of her own. They provide a subsidized apartment to women for two years with continuing case management. In partnership with the Eastside Homelessness Advisory Council and Congregations for the Homeless, The Sophia Way now serves hundreds of women with support services, over 70 women in the shelter program and 45 women currently living in subsidized apartments.

## Volunteer Opportunities:

They conduct personalized orientation for every volunteer and try to balance your skillset with their requirements. If you are younger than 16, you'll need to bring along a parent or guardian when you volunteer.

There are many different ways that volunteers can contribute, be it providing the meals, supporting the front desk, participating in a group project, assembling fundraising materials or helping to plan an event. Whether you choose to give an hour, a day or an entire year of volunteer service, they value your time immensely and appreciate that you are giving back to the community.

Opportunities include, but are not limited to:

- Support their Day Center staff to keep the Center running smoothly
- Provide a meal to one of their shelters
- Be a friend and companion to a woman experience homelessness
- Work with them at their downtown office
- Be an advocate and share their mission with your faith or community group
- Help coordinate their special events or represent them at a community event
- Host a donation drive or fundraiser
- Use your special skills and even earn college credit

## Contact:

Office Address: 11061 NE 2<sup>nd</sup> St. #223

Bellevue, WA 98004

Tara Noyes: 425-463-6285, ext. 104

Website: [www.sophiaway.org/volunteer/](http://www.sophiaway.org/volunteer/)

**Immigrants**

**And**

**Refugees**

# Northwest Immigrant Rights Project

## Who They Are:

Northwest Immigrant Rights Project promotes justice by defending and advancing the rights of immigrants through direct legal services, systemic advocacy, and community education.

## Volunteer Opportunities:

### Take a Pro Bono Case

NWIRP directly represents many clients in legal proceedings, but the demand for services is greater than their staff can address. A client's chance of avoiding removal from the U.S. is highly dependent on whether or not he or she has legal representation. As a result, NWIRP places great emphasis on training others, in order to stretch its resources as far as they can go. One of NWIRP's great successes is their pro bono panel of attorneys, who are instrumental in sharing the workload of directly representing immigrants. Without the hard work of this dedicated group, scores of individuals would be lost in an overwhelming bureaucracy and subject to removal from the country, separation from their family, and often a life of poverty and fear.

If you or someone you know is in the legal profession and might be able to assist in taking a pro-bono case, please contact: Jordan S. Wasserman - Pro Bono Coordinating Attorney, 206-957-8632

### Juvenile Immigration Cases & Family Law Cases

They seek Spanish-speaking volunteers to help with children's immigration cases, prepare Special Immigrant Juvenile Status petitions and work on Juvenile State Court & Family Law cases. Law students or attorneys preferred, but above all a willingness to learn is their number one requirement.

### General Intake Volunteers

This opportunity is intended for college graduates with plans to attend law school, as well law students and law school graduates. NWIRP needs your help conducting initial in-person or phone interviews to potential clients on their waiting list for immigration legal services. They welcome speakers of all languages, although their most urgent need is for Spanish-speaking volunteers. For this unpaid volunteer opportunity, they seek people able to commit for a minimum of ten weeks, full time. This volunteer opportunity requires computer literacy, typing proficiency and the ability to use an office telephone for long periods of time.

### Volunteer Translators / Interpreters

If you are multilingual and would like to volunteer to help NWIRP serve people who have immigrated to Washington from over 100 countries worldwide, they would love to hear from you! Please go to:

[https://docs.google.com/forms/d/1CxLhNYDRXSK-WC\\_FHgQiAqluOApG9kimV9uD2y\\_1gM/viewform?edit\\_requested=true](https://docs.google.com/forms/d/1CxLhNYDRXSK-WC_FHgQiAqluOApG9kimV9uD2y_1gM/viewform?edit_requested=true)

Seeking volunteers who can both interpret conversations with clients and translate written materials. Please note: Your name will be added to the list but you will not be contacted directly until NWIRP staff have a need for translation or interpretation in the language you offer. They prioritize volunteers who do not charge for their services.

## Contact:

Join their mailing list by filling out the form below to receive periodic updates from NWIRP about their organization, immigration law, and important events and happenings.

<https://www.nwirp.org/join-us/join-our-mailing-list/>

# OneAmerica

## Who They Are:

OneAmerica's mission is to advance the fundamental principles of democracy and justice through building power in immigrant communities, in collaboration with key allies. OneAmerica is the largest immigrant advocacy organization in Washington State, organizing in and advocating for and with a diversity of immigrant communities including Latino, African and Asian. OneAmerica also plays a leading role in national coalitions within the immigrant rights and due process arenas. OneAmerica works to change the limits of what is possible, and all of their staff are grounded in the belief that anything is possible if we organize and advocate together.

## Volunteer Opportunities:

They seek passionate advocates who want to give their time to the growing immigrant movement. To get involved, please contact Javier at 206-723-2203 or e-mail [javier@weareoneamerica.org](mailto:javier@weareoneamerica.org)

Please go to their volunteer web page to discover up to date employment, internship and volunteer opportunities:

<https://weareoneamerica.org/work-volunteer>

<https://weareoneamerica.org/>

## Contact:

1225 S. Weller St., Suite 430  
Seattle, WA 98144  
Phone: 206-723-2203  
[Info@weareoneamerica.org](mailto:Info@weareoneamerica.org)

## Seattle Against Slavery

### **Who They Are:**

Seattle Against Slavery (SAS) mobilizes the community in the fight against labor and sex trafficking through education, advocacy and collaboration with local and national partners. They envision a community where no one is exploited for labor or sex. SAS serves as a link between passionate people wanting to get involved in the fight against human trafficking and the organizations working directly with those who have been trafficked.

### **Volunteer Opportunities:**

<http://www.seattleagainstslavery.org/mobilization/volunteer-opportunities/>

In addition to any immediate and current needs they also have a number of one-time volunteer opportunities that come up when they do community outreach or work with their partner organizations. Please e-mail [volunteer@seattleagainstslavery.org](mailto:volunteer@seattleagainstslavery.org) to be listed in their volunteer database.

### **Contact:**

Please use their contact page to reach out for more information and to become involved:

<http://www.seattleagainstslavery.org/contact-us/>



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