

LIST OF POTENTIAL HESED SITES

Here is a list of potential Hesed sites to help get you started. You are certainly not limited to these sites -- these sites are places where NCDS girls have volunteered, and the ones in bold are places students have volunteered in the past three or four years. Be creative and find a site that speaks to your interests and talents!

Please note, that due to the pandemic many of our contacts may have moved on from these agencies. Please ask for the volunteer coordinator when you call or email -- and be patient as they try to connect you with someone who can assist/answer your questions about becoming a volunteer. Service agencies are busy places, so making several calls may be necessary!

Multiple categories:

- Virtual/Online Volunteer Opportunities
- Working with the Elderly
- Hospital Medical Care Placements
- Working with Children or Adults with Disabilities
- Agencies that address Homelessness and/or Hunger
- Agencies that serve Children and/or Teens
- International Volunteer Opportunities and Other Resources

Virtual Volunteer Opportunities:

- [ConnectM](#)

New! This is an online service founded by a student at Roxbury Latin that connects highschool volunteers with Non-Profit organizations that offer tutoring/mentoring via Zoom or Facetime. They are eager to help place NCDS students who are not able to volunteer face-to-face.

Working with the Elderly:

Many agencies that serve the elderly are not able to offer in-person visits unless volunteers can demonstrate proof of vaccination, but they may be able to offer virtual volunteer opportunities via FaceTime or Zoom. Be sure to ask about how you can get involved!

- [Avita of Needham](#) Memory Care Facility: Pets and People, Needham

Contact: 781-444-2266

Visiting with the elderly; opportunity to bring your dog, if you have one, to provide care and support.

- [Cape Verdean Adult Day Health Center](#), Dorchester

Contact: 617-288-0300

Prepare and serve food to elders, play games, offer a listening ear; learn about Cape Verdean culture!

- [Care One](#), Newton

Contact: Mike Croteau, Director of Activities, 617-969-4660

Visit with skilled nursing and rehabilitation center patients across from Newton Wellesley Hospital.

- **[East Boston Social Centers](#), East Boston**

Contact: Jean Spinazola, 617-569-3221 ext. 36

Assist with senior activities and daily programs.

- **[East End House](#)**, Cambridge

Contact: 617-876-4444

Work with seniors in activity program.

- **[Elizabeth Seton Residence](#), Wellesley**

Contact: Ms. Linda Colozzi, Chaplain, 781-997-1119

Visit with the elderly, provide social and/ or religious support.

- **[Ethos](#)**, Jamaica Plain

Contact: Margaret (Meg) Licht, 617-522-6700 x323

Socialize with residents in various activities.

- **[German Centre for Extended Care](#)**, West Roxbury

Contact: Daffney Guey, 617-390-3234

Engage with the elderly in various activities.

- **[Golda Meir House](#)**—2Life Communities—Newton/Brighton

Contact: Laura Isenberg, 617-912-8400

Work with elderly and coordinate learning programs.

- **[Heathwood Rehab Center](#), Chestnut Hill**

Contact: 617-332-4730

Engage with the elderly in various activities.

- **[Hearth](#), Boston**

Contact: 617-369-1565

Interact with elderly friends, play bingo; organize other recreational activities.

- **[Hebrew Senior Life and Rehabilitation Center](#)**, Roslindale

Contact: Jodie Portman, 617-363-8459

Interact with elderly, assist in senior exercise program; participate in other activities with elderly.

- **[Jesmond Nursing Home](#)**, Nahant

Contact: 781-581-0420

Interact with elderly residents through games and activities

- **[New Pond Village Retirement Home](#)**, Walpole

Contact: 508-660-1555

Socialize with residents and assist in activities.

- **[North Hill, Needham](#)**

Contact: Rosey Beckford, 781-433-6639

Interact with residents and promote their well-being.

- **[Stone Rehabilitation and Senior Living Center](#)**, Newton Upper Falls

Contact: Volunteer Coordinator, 617-527-0023

Interact and socialize with residents and assist in activities.

- **[Sunrise Senior Living](#)**, Cohasset

Contact: Lisa Hartmann, 781-383-6300

Socialize with residents in various activities.

- **[Sunrise Senior Living](#)**, Wayland

Contact: Susan Hobart, 508-652-6393

Socialize with residents in various activities.

- **[Sunrise Senior Living](#)**, Weston

Contact: Robin Zucker, 781-893-2936

Socialize with residents in various activities.

- **[Truro Council on Aging](#)**, North Truro

Contact: Susan Travers, 508-487-2462

Socialize with the elderly.

- **[Veronica Smith Multi-service Senior Center](#)**, Brighton

Contact: Cynthia Wilcock, 617-635-6120

Participate in social activities with elderly.

- **[Wingate at Needham](#)**, Needham

Contact: 781-455-9090

Help with exercise, arts, nail polishing, coordinating socials.

- **[Wingate at Sudbury](#)**, Sudbury

Contact: Dina Ferera, 978-443-2722

Help with exercise, arts, nail polishing and other activities.

- **[York Senior Center](#)**, York, Maine

Contact: Robin, 207-363-1036

Socialize with seniors in various activities.

Hospital & Medical Care Placements:

Many of these agencies are not able to offer in-person visits unless volunteers can demonstrate proof of vaccination. Be sure to ask about how you can get involved!

- **Beth Israel Deaconess Hospital, Boston**

Contact: Shannon Lawson, 617-667-3026

Greet and support individuals impacted by traumatic brain injuries.

- **Camp Sunshine, Casco, Maine**

Contact: Beth Packard, 207-655-3800

Work as a camp counselor for children who are off-treatment oncology patients; support siblings.

- **Cape Cod Hospital, Hyannis**

Contact: Deborah Darling, 508-862-5292

Transport patients and care for the elderly patients.

- **Norwood Hospital, Norwood**

Contact: Linda Gregoire, 781-769-2950 x6322

- **Boston Children's Hospital, Boston**

Contact: Barbara Blundell, 617-355-7885

Visit patients, entertain them in the playroom

www.childrenshospital.org/help **Apply soon (as early as January) for summer internship!**

- **Massachusetts General Hospital, Boston**

Contact: 617-726-8540

Must be 16 years...www.massgeneral.org/volunteer

- **Veterans Administration Hospital, West Roxbury**

Contact: [Mary Lou Girard](#), (617) 323-7700 ext. 35135

Visit with veterans and share stories.

Children or Adults with Disabilities:

- **[Belmont/Watertown S.P.O.R.T.](#)**

Contact: Justine Evans/ Susan Weiner, 617-993-2760.

Coach swimming for the Special Olympics.

- **[BINA Farm, Lexington](#)**

Contact: Jenna Kaplan, 508-651-2462

Support youth with disabilities in horseback riding and other adaptive exercises.

- **[Camp Arrowhead, Natick](#)**

Contact: Ethan Mapel/Melisa Carter, 508-651-7333

Work at summer day camp for children and adults with special needs

- **[Camp Jabberwocky, Vineyard Haven](#)**

Contact: Jeff Carthers, 508-693-2339

Work with children and adults who have special needs.

- **[Campus School at Boston College, Chestnut Hill](#)**

Contact: 617-552-4249

Assist teacher with students who have complex physical disabilities.

- **[Cardinal Cushing Center, Weymouth](#)**

Contact: Margaret Lelakes, 781-829-1246

Assist young adults with special needs in workshops (i.e.: cooking).

- **[Carroll Center for the Blind, Newton](#)**

Contact: Barnette Shuman, 617-964-6200 (x246)

Organize group activities for blind teens and individuals during summer.

- **[Charles River Center, Needham](#)**

Contact: 781-972-1000

Work with children with mental disabilities in the after-school program or summer camp.

- **[Community Boating Inc., Universal Access Program \(Sailing\), Boston](#)**

Contact: Andrew Alletag and Alex Catullo, 617-523-1038

Teach sailing to adult/child with disabilities.

- **[Community Rowing Para & Adaptive Programs, Nonantum](#)**

Contact: Jenny Sichel, 617-799-8267

Work with individuals with various disabilities learning to row.

- **[Franciscan Hospital for Children, Brighton](#)**

Contact: Maria Fragala-Pinkham, 617-254-3800; press 1 then 2280

Support children with special needs, teaching children how to ride bike during summer camp.

- **[Friends for Tomorrow](#), Lincoln**

Contact: Allie Dingman, 617-823-5271

Support children with special needs through horseback riding. Good summer site.

- **[HOPE, House of Possibilities](#), Easton**

Contact: 508-205-0555

Offer support to children and adults with special needs through the arts, cooking and other activities.

- **[Lovelane Special Needs Horseback Riding Program](#), Weston**

Contact: Cassie Clarke 781-259-1177

Work with disabled children/young adults in therapeutic horseback riding program.

- **[Pappas Rehabilitation Hospital for Children](#), Canton**

Contact: 781-830-8517

Work with disabled children or adults in summer camp or horseback riding programs.

- **[New England Disabled Sports](#), Loon Mountain, NH**

Contact: Fred Law, 401-323-5443

Instruct physically and mentally handicapped children and adults in skiing or snowboarding.

- **[Newton Athletes Unlimited \(also Camp Echo Bridge\)](#), Newton**

Contact: [Karen Peirce](#), (617) 796-1538 also, see volunteer [Sign Up Form](#)

Work with disabled children or adults in recreational and athletic programs.

- **[Perkins School for the Blind](#), Watertown**

Contact: Linda Oleson or Mike Cataruzolo, 617-972-7233

You must be 16 years old. Work with disabled children in their summer camp program.

- **[Sail to Prevail](#), Newport, RI**

Contact: Molly Sylvia, 401-849-8898

Teach sailing to individuals with disabilities

- **[The Boston Home](#), Dorchester**

Contact: Kerri Donohue, 617-825-3905/ 617-326-4277

Work with individuals with Multiple Sclerosis- participate in art projects and other activities.

- **[Waterville Valley Adaptive Snow Sports](#), NH**

Contact: Cindy Powell, 603-236-8311, ext. 3175

Teach students with various disabilities how to ski.

Homelessness and/or Hunger:

- **[Centre Street Food Pantry, Newton](#)**

Contact: [Volunteer Information Page](#)

They are currently seeking remote volunteer support for their marketing and newsletter efforts, but may also have need for physical volunteers soon.

- **[Common Art, Boston](#)**

Contact: Heidi Lee or Mary Eaton, 978-618-4668

Provide a presence of support at a day program for individuals experiencing hunger and homelessness. This site invites the homeless for a meal and offers the opportunity to do art.

- **[Cor Unum, Lawrence](#)**

Contact: Diane Jarvis, 978-688-8900

Help prepare and serve meals.

- **[Family Promise Metrowest, Natick](#)**

Tina Saadallah, 508-318-4820

Engage with children and families impacted by hunger and homelessness.

- **[Haley House, Boston](#)**

Contact: 617-236-8132

Help cook, serve, clean up. They serve breakfast and lunch.

- **[Horizons for Homeless Children, various locations](#)**

(Boston, Cambridge, Lynn, Newton, Malden, Medford, Somerville, Waltham, Weymouth)

Contact: Lynne Sheridan; Go to www.horizonsinitiative.org.

Work with homeless children as play-space leader.

- **[Medway House Family Shelter, Medway](#)**

Contact: Janet Michalos, 508-533-1487

Baby-sit children to allow their parents time for meetings at the shelter

- **[Pine Street Inn, Boston](#)**

Contact: Coffie Fields, 617-482-4944

Help cook, serve food. A good summer site.

- **[Rosie's Place \(Social Justice Institute\), Boston](#)**

Contact: Jessica Garrettson, 617-442-9322

Help prepare and serve lunch or dinner in this soup kitchen only for women.

- **[Village at Cataumet, Bourne \(Cape Cod\)](#)**

Contact: Paula Mallard, 508-563-7619

Work with children in a family shelter environment.

- **[Women's Lunch Place, Boston](#)**

Contact: Kyle, 617-267-1722

Work in a soup kitchen only for women. Good summer site.

Children and Teens (Mentor/Tutor/Activities):

- **[ABCD HeadStart, Brighton](#)**

Contact: Just Holm, 617-783-1235

Work with children in preschool setting during the summer.

- **[ABCD HeadStart, Dorchester](#)**

Contact: Joyce Rene, 617-929-6200 or Kelly Graceffa, 617-348-6554

Play with kids in preschool program.

- **[ABCD HeadStart, East Boston](#)**

Contact: Danielle Logan, 617-567-0130

Work with children in preschool setting during the summer.

- **[ABCD HeadStart, Roxbury](#)**

Contact: Cheryl Gomes, 617-541-6935 x222

Support and interact with children in various activities.

- **[ABCD HeadStart, Boston](#)**

Contact: Lillian Harris or Donna Grimaldi, 617-426-2855, ext. 707

Work with children in day-care/ preschool program aimed to serve low-income families.

- **[Arlington Boys and Girls Club, Arlington](#)**

Contact: 781-648-1617

Work as a referee in the basketball program for children.

- **[Asian American Civic Association, Boston](#)**

Contact: Alexandra Lucas, 617-426-9492, x 205

Tutor children in English and math.

- **[Boston University Intergenerational Literacy Project, Chelsea](#)**

Contact: Barbara Krol-Sinclair, 617-889-2375

Watch and tutor children while the parents learn ESL.

- **[Cape Cod Child Development Program, Hyannis](#)**

Contact: Patti Bradley/Emily Scissons, 508-418-5506

Work with children ages 3-7 in summer program.

- **[Casserly House, Roslindale](#)**

Contact: Jen Reis, 617-469-6457

Work with immigrant families and children in summer camp or after-school tutoring program.

- **[Charlestown Boys and Girls Club, Charleston](#)**

Contact: Daylisa Alonzo, (617) 242-1775

Teach dance/ theater to youth.

- **[Children's Center, Harwich Port](#)**

Contact: Abby Newberry, 508- 432-0152

Play, read, draw, paint with kids in need.

- **[Council of Social Concern, Woburn](#)**

Contact: 781-935-6495

Work with teachers and take care of children ages 0-5 years old.

- **[Curtis Hall, Jamaica Plain](#)**

Contact: 617-635-5193

Work with youth in summer program activities.

- **[East End House, Cambridge](#)**

Contact: 617-876-4444

Work with kids in after school program or summer program.

- **[Ellis Memorial, Boston](#)**

Contact: Lucy Davidson, 617-695-9307

Play with children in child-care setting.

- **[Family Access of Newton](#)**

Contact: Linda Miller, 617-969-5906

Work with kids in after-school program or in summer program.

- **[Family Equality Council, Youth Adventures, Provincetown](#)**

Contact: Alexandra Shinsky, 617-502-8700

Support the children of LGBT parents through games, arts and summer activities.

- **[Girls Inc. of Lynn](#)**

Contact: 781-592-9744

Work with girls in various summer activities.

- **[Immigrant Family Services Institute, Inc \(IFSI-USA\), Mattapan](#)**

Contact: [Volunteer Registration Form](#)

Opportunities to tutor and engage elementary-aged immigrant children. Zoom service possible!

- **[Kathy's Place, Winthrop](#)**

Contact: Cathy Delvento, 617-816-3400

Assist lead teachers, facilitating project-based activities for youth.

- **[Keylatch Summer Program, Boston](#)**

Contact: Diana Acosta, 301-395-6655

Work as a junior counselor

- [Boys and Girls Club of the Lakes Region](#), Laconia, NH

Contact: Cheryl, 603-217-7982

Supervise youth in summer activities.

- [Martha's Vineyard Boys and Girls Club](#), Edgartown

Contact: Ashley Fauteux/Peter Lambos, 508- 627-3303

Supervise and organize children at summer camp.

- [Medford Family Network](#), Medford

Contact: Marie Cassidy, 781-393-2106

Care for children in summer day-camp.

- [Mother Caroline Academy](#), Dorchester

Contact: 617-427-1177

Provide tutoring to girls during the school year.

- [Nantucket Boys and Girls Club](#), Nantucket

Contact: Jamie Foster, 508-228-0158

Help children with arts and crafts and sports.

- [Nativity Preparatory School of Boston](#), Jamaica Plain

Contact: 857-728-0031

Tutor middle-school boys, helping with homework and organizing sports during summer camp

- [Nazareth Child Care Center \(Catholic Charities\)](#), Jamaica Plain

Contact: 617-522-4040

Support children in child-care/preschool setting.

- [Newton Creative Start \(HeadStart\)](#), Newton

Contact: Kristi Veronee, 617-527-6689

Play with children (serving low-income families) in preschool/daycare setting.

- [Pope John Paul II School](#), Boston & Dorchester

Contact: Claire Sheridan, principal, 617-265-0019

Work with children in academic and after school program in June.

- [Project D.E.E.P.](#), Dorchester

Contact: Beth, 617-635-5027

Tutor individual children in a mentoring program.

- [Project STEP: Focus Program](#), Boston

Contact: Javier Caballero, 617-267-5777

Tutor youth and help with teaching music.

- [Pediatric's SPARK Center](#) (Boston Medical Center), Mattapan

Contact: 617-534-2050

Caring for children who are vulnerable to due illness, or family and life circumstances

- [Squashbusters](#), Roxbury

Contact: 617-373-7368

Teach and coach squash to middle school students.

- [St. Columbkille Summer Program](#), Brighton

Contact: Jean O'Connor, 617-943-5333 ; joconnor@stcps.org

Support children served by St. Columbkille's School and neighborhood as part of summer camp.

- [B-SAFE St. Stephan's Summer Program](#), Boston

Contact: 617-262-9070

Play and direct activities for children's summer camp.

- [Science Club for Girls](#), Boston

Contact: 617-391-0361, ext. 101

Mentor underserved girls in the study and application of science.

- [Tenacity](#), Boston

Contact: 617-562-0900

Teach tennis and tutor children in various neighborhoods in and around Boston.

- [The Italian Home for Children](#), Jamaica Plain

Contact: Sr. Margaret Yennock, 617-524-3116

Interact and teach Bible School to vulnerable children who have experienced trauma.

- [Village at Cataumet](#), Bourne (Cape Cod)

Contact: Paula Mallard, 508-563-7619

Work with children in a family shelter environment.

- [West End House Boys and Girls Club](#), Allston/Brighton

Contact: 617-787-4044

Work with children from various cultural communities in Boston.

- [Haitian Multi-Service Center](#), Dorchester

Contact: Sr. Esther Garcia, 617-506-6600

Work with children in preschool/classroom setting.

- [YMCA, Quincy](#)

Contact: Courtney Cahill, 617-479-8500

Serve as a Leader-in-Training, play games and organize arts and crafts at summer camp.

International Opportunities and Other Resources:

- **Go Beyond Travel (China Program and British Isles Program)**

Support orphan children at the China Little Flower and participate in educational initiatives.

- **Nuestros Pequeños Hermanos - Various locations in Latin America**

Visit and volunteer at one of these dynamic orphanages providing education and care for “our little brothers and sisters” in Honduras, Guatemala, or Peru.

- **Rustic Pathways — Global Community Impact Programs (Fiji, Costa Rica, etc.)**

Contact: 1-800-321-4353

Work with children at local schools, build schools and distribute food to hungry in a variety of locales.

- **Saint Rock Haiti Foundation - Haiti**

Provides high quality health care, education, and community development programs in Haiti.

- **School the World—Guatemala**

Contact: 617-867-9500

Work on school and help educate youth in Quiche province.

Other Resources for finding the right fit!

- Teen Life Boston, www.teenlife.com
- Volunteer Match, www.volunteermatch.org
- Boston Cares, www.bostoncares.org