

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. A phone call is always preferable to an email! When you call, please ask for the volunteer coordinator -- 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:

- Elderly and End of Life Care
- Hospital Medical Care Placements
- Children or Adults with Disabilities
- Homelessness and/or Hunger
- Children and/or Teens (Education & Wellness)
- Ecology, Environment & Sustainability
- International Volunteer Opportunities and Other Resources

Working with the Elderly & End of Life:

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, Inc., 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.

- **South Shore Elder Services**, Braintree

Contact: Bridget Campbell, bcampbell@sselder.org, 781-848-3939 x336

Meet the challenges of hunger and social isolation by preparing and delivering meals.

- **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.

- [Beth Israel Deaconess Hospital](#), Needham

Contact: [Online Volunteer Application](#), or call 781-453-5499

Summer Student Volunteer Program runs for six weeks during July & August.

- [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!**

- [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.

- [Christopher's Haven](#), Boston

Contact: Catie Botting, (860) 420-7521

A home for kids and their families while they battle cancer.

- [Newton Wellesley Hospital](#), Newton

Contact: Laurie B. Gregorio, lbgregorio@partners.org

[Summer Volunteer Program for High School Students](#) runs during July & August.

- [Norwood Hospital](#), Norwood

Contact: Linda Gregoire, 781-769-2950 x6322

- [Massachusetts General Hospital](#), Boston

Contact: 617-726-8540

Must be 16 years in order to volunteer...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: [Online Application for 1:1 volunteers](#)

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: Angelina Todaro, angelina.todaro@carroll.org, 617-964-6200 (x245)

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.

- **Cranberry Sunset Farm, Marston Mills (Cape Cod)**

Contact: Leslie Ballotti, 860-930-4301 or Peter Dyrness, 610-739-3767

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

- **[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 bikes 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.

- **[Ivy Street School](#), Brookline**

Contact: Brianna Campbell, bcampbell@ivystreetschool.org, 617-256-5629

A therapeutic day and residential program, helping teens and young adults who have physical, social, intellectual, and emotional needs gain the skills they need to successfully transition to adult life.

- **[Loveland](#) 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, (781) 828-2440

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.

- [Waypoint Adventure](#), Lexington

Contact: Steve Dasman, 781-325-7980

Experiential and adventure-based programs transforming the lives of individuals with disabilities through outdoor activities such as kayaking, climbing, cycling, hiking, and ropes courses.

Homelessness and/or Hunger:

- **About Fresh, Boston**

Contact: Stephen James, stephen@aboutfresh.org, 617-297-7685

Fresh Truck program brings affordable, nutritious food to communities that need them.

- **Brookline Food Pantry, Brookline**

Contact: Online volunteer registration and sign-up, 617-800-5339

Variety of tasks related to collecting, packing, and distributing food to people in need.

- **Catholic Charities Food Pantries, Boston**

Contact: Fredson Moreno, 617-506-6628

Various sites in Metro Boston, including Somerville, Dorchester, South End. Unload deliveries, restock shelves, pre-pack grocery bags, distribute to people in need.

- **Centre Street Food Pantry, Newton**

Contact: [Volunteer Information Page](#)

Variety of tasks related to collecting, packing, and distributing food to people in need.

- **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.

- **Community Outreach Services, Kennebunk, ME**

Contact: Kristen Hingam, pantry@coskennebunks.org

Greeting and working with clients seeking food assistance. Organizing, packing, and distributing food to people in need.

- **Community Servings, Jamaica Plain**

Contact: [Via website](#), or Laura Kakalecz, 617-522-7777 x227

Provides medically tailored, nutritious, scratch-made meals to chronically and critically ill individuals and their families.

- **Cor Unum, Lawrence**

Contact: Diane Jarvis, 978-688-8900

Help prepare and serve meals.

- **Family Pantry of Cape Cod, Harwich**

Contact: Pat Brophy, 508-432-6519

Opportunities to help staff the pantry -- sorting and distributing food.

- **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.

- **Hope and Comfort, Needham**

Contact: Abby MacDonald, (617)795-1608

Collects and provides hygiene products to young people in need.

- **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.

- **Paulist Center Supper Club, Boston**

Contact: Jeff Buckley, da_red_dogg@hotmail.com

Volunteers prepare, serve, and host a meal for over 200 neighbors who are hungry every Wednesday.

- **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

Volunteer in any number of roles working with kids in academics, sports, and recreation.

- **[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 *(Cannot accommodate this year)*~~

~~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.

- [School on Wheels MA](#), Dedham

Contact: Jonathan Vincent, jvincent@sowma.org

Provides educational support to Massachusetts students facing homelessness, seeking tutors.

- [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.

Environmental & Ecological Sustainability

- **About Fresh**, Boston

Contact: Stephen James, stephen@aboutfresh.org, 617-297-7685

Fresh Truck program brings affordable, nutritious food to communities that need them.

- **Natick Community Organic Farm**, Natick

Contact: Catherine Sullivan (NCDS '06), catherine@natickfarm.org, 508-655-2204

NCOF is a non-profit, certified organic working farm offering educational programs for people of all ages and abilities.

Travel, International Opportunities, & 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.

- **Putney Student Travel Service Programs** - Various locations domestic & abroad

Offers community service programs domestic and abroad for high school and middle school students in numerous countries throughout Africa, Asia, Latin America, and the South Pacific. Recently, an NCDS student traveled to Hawaii for a trip focused on environmental sustainability.

- **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 the hungry in a variety of locales. Recently an NCDS student traveled to Fiji.

- **Saint Rock Haiti Foundation** - Haiti

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

- **School the World**—Guatemala & Panama

Contact: 617-867-9500

Help to construct and furnish a school, interact with local youth.

Other Resources for finding the right fit!

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