

Current Individual Volunteer Opportunities

Position	Description	Commitment
Volunteering with Youth		
Summer Camp Volunteer or Tutor	Help chaperone field trips and students on Monday, Tuesday, & Thursdays. Wednesdays we are looking for volunteers to teach activities onsite in area of expertise or interest to the kids.	HIGH NEED! Once weekly Monday-Thursdays, from 10:00-11:30 am (tutor) or 12:00-3:00 pm (volunteer) starting in June
Summer Camp Cook	Prepare lunch for our summer camp students at Solid Ground	Once weekly, Monday-Thursdays, 11:00-12:30 pm beginning in June
Youth Mentor	Help youth create/achieve personalized goals in 1-on-1 setting; provide access to fun and educational activities.	Once weekly for at least 30 weeks/year; specialized training provided by Solid Ground.
Volunteering with Adults		
Adult Tutor/Mentor	Help adults with education or employment goals 1-on-1 or in a group setting.	One or more hours weekly. Shifts depend on availability-typically morning/afternoon
Community Meal Volunteers	Gather a group of 5-10 volunteers to serve a community meal to 30-40 people at Solid Ground. You'll prepare the food!	Weeknight evenings once a month- 5:30-7:00 pm
Additional Opportunities		
Front Desk Assistant	Help answer phones & perform other work in the office at East Metro Place.	Limited shifts available weekdays. HIGHLY NEEDED!
Facility Assistant	Help East Metro Place look its best by performing basic maintenance and/or cleaning.	Occasional.
Special Events Volunteering	Help plan or support Solid Ground events including fundraisers and special family activities.	Occasional.
Drivers	Assist families in need of transportation to the food shelf, appointments & classes.	Shifts vary. HIGHLY NEEDED for morning and afternoon driving.
Furniture Movers	Assist families with moving in and moving out of East Metro Place. May also include picking up or delivering furniture items.	Occasional.

Have a special skill or activity you'd like to share as a volunteer at Solid Ground? We'd love to hear from you! Contact the Volunteer Program Manager, Hannah Parish, at 651-846-9024 or volunteer@solidgroundmn.org to discuss how you can create a unique volunteer opportunity that fits your skills, interests and schedule.