

**BRUNSWICK HIGH SCHOOL**  
**NHS**  
**VOLUNTEER OPPORTUNITIES**

Hello! if you are reading this you have taken the first step in giving back to your community! Hooray! If everyone gives a little, the community gains a lot. You do not have to be a member of NHS to use this list. We hope that it will bridge your desire to contribute, to the needs in your area. If you have any questions need assistance navigating an opportunity, or know of an organization that would like to be added to this list, please contact anyone on the NHS leadership committee at [BRUNSWICKNATIONALHONORSOCIETY@GMAIL.COM](mailto:BRUNSWICKNATIONALHONORSOCIETY@GMAIL.COM) . If we all come together we can do great things!

**The Arc of Frederick County:**

The Arc Provides assistance to children and adults with developmental disabilities in Frederick County.

**To volunteer:** If you are interested in volunteering for either one of the ongoing opportunities (even if it is just once) or to be on a list for newly needed spots, go to [HTTP://ARCFC.ORG/GET-INVOLVED/VOLUNTEER.HTML](http://ARCFC.ORG/GET-INVOLVED/VOLUNTEER.HTML) you will then be contacted by Shauna Mulcahy. New opportunities arise often.

Ongoing volunteer opportunities:

- 1) Parents Day Out - held on the third Saturday of every month from 10am-2pm at 620 Research Ct, Frederick, MD 21703. Volunteers provide recreational support to children with developmental disabilities.

2) Working with someone one to one. This is very individualized depending on the individual with the disability and the volunteer.

**Blessings in A Backpack:**

BIAB provides food each weekend and over school breaks to local Frederick children who might otherwise go hungry when school meals are available.

**To volunteer:** contact [HERMINE@BIABFREDERICKMD.ORG](mailto:HERMINE@BIABFREDERICKMD.ORG)

Volunteer opportunities include packing backpacks, participating in special events, and collecting “Food and Funds” to support our program.

**Frederick Community Action Agency:**

Through a wide array of programs and services, the FCAA provides food, shelter, medical care, housing, transportation, and other forms of assistance to families or individuals that are lower income or homeless.

**To volunteer:** go to [WWW.CITYFREDERICK.COM/FCAA](http://WWW.CITYFREDERICK.COM/FCAA) or the volunteering page at [WWW.CITYOFFREDERICK.COM/191/VOLUNTEERING](http://WWW.CITYOFFREDERICK.COM/191/VOLUNTEERING)

and follow the instructions to sign up. You can also contact Sarah McAleavy, supervisor of food and nutrition services at 301-600-6263 or by email at

[SMCALEAVY@CITYOFFREDERICK.COM](mailto:SMCALEAVY@CITYOFFREDERICK.COM)

**Frederick County Humane Society:**

FCHS helps people keep their pets when they are facing hard times. We assist with the cost of vet care, supplies, and general needs.

**To volunteer:** go to [WWW.FCHS.ORG](http://WWW.FCHS.ORG), go to the “get involved” tab, click “volunteer with us”, click on “application”, fill it out, print it out, and mail it or drop it off : 550 Highland St #200, Frederick, MD 21701. You will then be added to an email list and they will email you as volunteer opportunities that suit you, arise.

**New Hope Community:** Awaiting info

**Seed of Life:** Awaiting info

**YMCA:**

The YMCA of Frederick County is a non-profit that works collaboratively with community partners to improve the lives of people in our community. Our purpose is to strengthen and enrich families through quality programs and services that build a healthy spirit, mind and body for all. Integral to everything that we do are the core values of caring, honesty, respect, and responsibility. Our Y serves people of all backgrounds, ages, capabilities and income levels, providing financial assistance to those in need. We also partner with several community organizations in Frederick County.

**To Volunteer:** go to [HTTPS://FREDERICKYMCA.ORG/WAYS-TO-GIVE/VOLUNTEER/](https://FREDERICKYMCA.ORG/WAYS-TO-GIVE/VOLUNTEER/)

After going to this link:

- 1) Scroll to bottom of page
- 2) Click on “volunteer application”

3) Print and fill out application. You do not need your social security number. You can give the application to Mylz Hahn or drop it off at the YMCA