

## Youth Volunteer Opportunities in NH

### **NH Food Bank**

The NH Food Bank is a program of NH Catholic Charities. This is the only food bank in the Granite State. The NH Food bank hosts a number of operational and educational programs in an ongoing battle against hunger in New Hampshire. Funding and foods donated to the NH Food bank ultimately reach New Hampshire children's meal programs, elderly meal assistance, food pantries and soup kitchens.

More Information: [Nhfoodbank.org](http://Nhfoodbank.org)

### **United Way of Greater Nashua**

United Way of Greater Nashua seeks to advance the common good in the community by focusing on the building blocks of a good life: a quality education that leads to a stable job; enough income to support a family through retirement; and good health.

More information: [unitedwaynashua.org](http://unitedwaynashua.org)

### **Humane Society of Greater Nashua**

[www.hsfh.org](http://www.hsfh.org)

We are happy to accept in-house shelter volunteer applications from interested individuals who are at least 16 years of age. There are several animal care needs within HSFN that are typically fulfilled by volunteers who work with companion cats, dogs, and a variety of small mammals. To safely and effectively serve as a volunteer at the animal shelter, volunteers must possess certain physical, mental, and emotional capacities. Before completing a volunteer application, please review the essential capabilities document to ensure you are capable of performing tasks that may be asked of you.

We also ask for a regular time commitment in your chosen volunteer position. Please contact Linda Rioux, Director of Volunteer Resources, with any volunteer questions at (603) 889-2275 ext. 25 or by email.

### **Appalachian Mountain Club**

Many Different Volunteer Opportunities

Age: contact AMC Volunteer Coordinator

The AMC's Volunteer Coordinator can help you find out what is going on in your area. Call 617-523-0655, ext. 314.

### **Audubon Society of New Hampshire**

Many Different Volunteer Opportunities

Age: contact ASNH

For a general information packet on volunteering with ASNH, please contact Leslie Simays at [lsimays@nhaudubon.org](mailto:lsimays@nhaudubon.org) or call 603-224-9909 ext. 315 or write us at 3 Silk Farm Road, Concord, NH 03301.

### **Blue Ocean Society**

Clean a Beach and Save a Whale

Any age with adult

118 Pleasant Street

Portsmouth, NH 03801

(603) 431-0260

E-mail [info@blueoceansociety.org](mailto:info@blueoceansociety.org)

### **The Center For Wildlife**

Wildlife Care Assistant

Ages 12 & up with adult

385 Mountain Road

Cape Neddick, ME 03902

Sarah Bunker, Volunteer Coordinator, 207-361-1400

**Cocheco Valley Humane Society**

Animal Care Volunteers  
Volunteers need to be 14 years of age. Ages 12 to 13 with adult.  
262 County Farm Road  
Dover, NH 03820  
Juliette Smith, Volunteer & Outreach Coordinator  
E-mail [volunteerc@ttlc.net](mailto:volunteerc@ttlc.net)

**Great Bay Coast Watch**

Volunteers work to protect the long-term health and natural resources of New Hampshire's coastal waters and estuarine systems.  
Ages 12 & up with adult  
Watch coordinator: Ann Reid  
Sea Grant, Kingman Farm/UNH  
Durham, NH 03824-3512  
Tel: 603.749.1565  
Fax: 603.743.3997  
E-mail: [ann.reid@unh.edu](mailto:ann.reid@unh.edu)

**Great Bay National Wildlife Refuge**

Assist with Great Bay National Wildlife Refuge Biological Program  
Ages 12 & up with adult  
Contact person: Jimmie Reynolds, Refuge Manager, (603)431-7511, extension 222  
100 Merrimac Drive  
Newington, NH 03801  
Email: [jimmie\\_reynolds@fws.gov](mailto:jimmie_reynolds@fws.gov)

**New Hampshire Society for the Prevention of Cruelty to Animals**

NHSPCA Junior Volunteers  
Ages 13-15  
P.O. Box 196, 104 Portsmouth Avenue, Stratham, NH 03885 U.S.A.  
Telephone (603) 772-2921; Fax (603) 778-7804  
Email: [info@nhspca.org](mailto:info@nhspca.org)

**New Hampshire Quarter Horse Association**

Assist in the organization and promotion of equine events across New Hampshire.  
Ages 12 & up with adult  
P.O. Box 106, 26 South Main St  
Concord, NH 03301  
Bill Elliott, President, 603 731-0758, [belliott@nhqha.com](mailto:belliott@nhqha.com)  
Tina Derby, Chair, Marketing Committee, 603-456-6253,  
Email: [tderby@theequineguide.com](mailto:tderby@theequineguide.com)

**The Sargent Museum**

Archaeological Research Trainees  
Any age accompanied by an adult  
The Sargent Museum  
PO Box 4212, Concord, NH 03302-4212  
Phone: 603-229-4966  
Email: [info@mail.sargentmuseum.org](mailto:info@mail.sargentmuseum.org)

### **Seacoast Repertory Theatre**

Ushering: An opportunity to volunteer and see the show for free.

Ages 12 & up with adult

125 Bow Street

Portsmouth, NH 03801

Martie Shea, Volunteer Coordinator

603-433-4793 x130

Email: [development@seacoastrep.org](mailto:development@seacoastrep.org)

### **Seacoast Science Center**

Youth Volunteers

Ages 12-17

570 Ocean Boulevard

Rye, NH 03870

Karen Provazza, Volunteer Coordinator

603-436-8043

[k.provazza@seacentr.org](mailto:k.provazza@seacentr.org)

### **Squam Lakes Natural Science Center**

Many different volunteer opportunities

Ages: teens

Route 113, Holderness, 03245

603-968-7194 Fax: 603-968-2229

email: [info@nhnature.org](mailto:info@nhnature.org)

### **StarMight Foundation**

Empowering Youth Volunteers/many different opportunities

67 Spruce Pond Drive

Strafford, NH 03884

Meagan Corlin, President, 603-664-9983

Email: [redwing@metrocast.net](mailto:redwing@metrocast.net)

Pat Corlin, Office Administrator, 603-664-9983

Email: [redwing@metrocast.net](mailto:redwing@metrocast.net)

### **Strawbery Banke Museum**

Many Volunteer Opportunities

Contact coordinator for age appropriate opportunities

454 Court Street

Portsmouth, NH 03802

Contact person: Rachel Bradt, Volunteer Coordinator, 603-422-7508

Email: [rbradt@strawberybanke.org](mailto:rbradt@strawberybanke.org)

### **Sandy Point Discovery Center**

Many different volunteer opportunities

Contact coordinator for age appropriate opportunities

89 Depot Road

Stratham, NH 03885

Sheila Roberge, Volunteer Coordinator, 603-778-0015

[sheila@greatbay.org](mailto:sheila@greatbay.org)