

Local Service Organizations and Shelters

So Others Might Eat (SOME)

<https://www.some.org>

some@some.org

Washington, DC

SOME has opportunities for youth 13 and up.

Capital Area Food Bank

<https://www.capitalareafoodbank.org/>

volunteer@capitalareafoodbank.org

The food banks in the area are always in need of young volunteers for stocking food, cooking, nutrition and food education, and special event representation.

Crisis Pregnancy Center

Hope in Northern Virginia

<https://www.friendsofhopeinnova.org/>

hopeinnova@gmail.com

This organization offers counseling and assistance to pregnant mothers in the area, and is always looking for volunteers to help with various tasks. Teenagers witness the reality of unwanted pregnancies and the need for pro-life resources for pregnant mothers. Young people can be empowered to volunteer and truly help the mothers and children in need.

Migration and Refugee Services

Catholic Charities of the Diocese of Arlington, VA

<https://www.cdda.net/need-help/immigrants-and-refugees/migration-and-refugee-services/>

info@cdda.net

MRS is a national affiliate of the United States Conference of Catholic Bishops. The injustices attached to resettlement are a rising problem in the United States and it is important for young people to learn the correct outlook and Catholic perspective on the issue of immigration, and what the church is doing about it. There are volunteer opportunities found in the local office of Refugee services, but simple awareness and education of this subject will break many stereotypes and barriers for young people.

Catholic Charities Volunteer Opportunities

Hogar Immigrant Services

<https://www.cdda.net/need-help/immigrants-and-refugees/>

info@cdda.net

Hogar has many opportunities for young people to volunteer. This is a great way to implement a multi-cultural aspect into your ministry and work with those young people who are Spanish speaking. Young people are needed to coordinate, help, or teach English classes, as well as bilingual volunteers to help with phone calls and administrative work. This may be something that only a few youth are involved with, but could be an educational awareness piece for the rest of the young people through a testimonial, or sharing by those involved.

Christ House

<https://christhouse.org/>

development@christhouse.org

Washington, DC

Christ House is a medical facility for the homeless, sponsored by Catholic Charities. Volunteers are always needed to help with serving meals, answering phones, cleaning, sorting clothes, and tutoring patients. Young people can have hands-on experience of volunteering at Christ House and can break down some stereotypes of the homeless by creating relationships with one another.

Prison Ministry- Catholic Charities

<https://www.cdda.net/give-help/serve-those-in-need/prison-ministry/>

Throughout Diocese of Arlington, VA

This is a ministry that all Catholics are called to in scripture...“you were in prison and you visited me.” Although this can be a challenging activity, it is an important one. Allow young people to fulfill this call to serve to those in prison by visiting a juvenile detention center, writing Christmas Cards to prisoners, or making cookies for the Kairos program. Opportunities available beyond mentorship.

St. Martin de Porres Senior Center

<https://www.cdda.net/need-help/other-assistance/st--martin-de-porres-senior-center/info@cdda.net>

Alexandria VA

Tel: (703) 751-2766

There are various volunteer opportunities available to young people to serve as receptionists, help with activities and to teach English for Speakers of Other Languages.

Unbound

<https://www.unbound.org>

mail@unbound.org

Kansas City, KS

Through this Catholic sponsorship organization your young people can together sponsor a child or aging person in a different country. Young people do not typically have the money to do this on their own, but collectively can sponsor and feel that they are making a difference. Through this sponsorship, the young people can learn about where he or she is from, and some of the injustices that surround that area of the world.

Direct Service Opportunities

Hands-on service to others gives young people the opportunity to live out the corporal works of mercy and experience Christ by serving the least of their brothers and sisters (Matthew 25:41). If you have a social justice committee or other service organizations in your parish, begin to determine what types of service opportunities exist around your parish. If this proves unfruitful, begin to search for social service agencies to the hungry, homeless, elderly, the mentally and physically disabled, and others in need of assistance near your parish. Soup kitchens often need food prepared and served. Nursing homes willingly accept young people to visit those in their care. You might bake cookies and bring these to residents in nursing homes near your parish. Following the service activity, schedule some type of reflection or discussion in order to allow

the Gospel message to illuminate our reasons as Catholic Christians for reaching out to those in need.

Arlington, VA:

Arlington Food Assistance Center (AFAC)

<https://afac.org> – communications@afac.org

A food distribution center in Arlington. See website for current needs and opportunities.

Arlington Street People's Assistance Network (ASPAN)

<https://www.a-span.org> – admin@a-span.org

ASPAN distributes food to street people in Arlington and also has an emergency shelter. Feeding the hungry involves either making bagged lunches/ dinners or serving these meals at a drop off spot in Arlington. See website for current needs and opportunities.

Residential Program Center (RPC),

<https://www.newhopehousing.org/our-services/shelters/residential-program-center/>

Serves homeless men and women in Arlington. See website for current needs and opportunities.

Washington, D.C.:

Missionaries of Charity, 3310 Wheeler Rd, SE, Washington, DC

Phone: 202-562-6890

High school groups and other church groups help Saturday mornings to prepare and serve lunch in their soup kitchen. Volunteers work alongside the sisters. They also may have other odd jobs either in their shelter for pregnant women or elsewhere on their property. Call for current needs and opportunities.

Advocacy opportunities

Advocating for the needs of the poor and disenfranchised provides a way for teens to make others aware of the injustices in our country and world. As with direct service, education and a time to discuss the reason for a certain advocacy effort are important in order to give an authentic and Christ-centered meaning to the event.

March for Life takes place each January in Washington, D.C. Contact the Office of Youth, Campus, and Young Adult Ministries at 703-841-2559 for more information.

Walk for Life sponsored by Catholic Charities; takes place each May in several locations in Northern VA. Money raised supports children and family services programs at Catholic Charities. Contact Catholic Charities, www.cdda.net, for more information.

Mass for Life followed by Prayer at a nearby abortion clinic sponsored by the Diocese of Arlington; takes place each month. Visit the Family Life calendar on the diocesan website at <https://www.arlingtondiocese.org/all-events/> for dates and locations.

Other Service Ideas and Numbers

Christmas in April, Our mission is to preserve and revitalize houses and communities, assuring that low-income homeowners, particularly those who are elderly and disabled and families with children live in warmth, safety, and independence. Our goal is to make a sustainable impact in

partnership with communities. While many affiliates provide year-round services, all affiliates plan and prepare rebuilding projects or another special event on National Rebuilding Day, typically held on the last Saturday in April. Contact Info: Alexandria 703/ 836-1021, kd@rebuildingtogetheralex.org.

Organize a clean-up or do yard work for a group home.

Make sandwiches or volunteer for Martha's Table; help to serve them on McKenna's Wagon, the Martha's Table van. <https://marthastable.org/volunteer/> See website for current needs and opportunities.

Learn about [Amnesty International](#); write letters on behalf of people whose rights have been abused.

Make cookies for an organization that can use baggies of treats.

Give a party for residents of a group home or children in a shelter or at a community center for residents of low-income housing. The party can be a few organized games indoors or outdoors with simple refreshments. Around a holiday this might include making a gift for another family member (e.g. a frame to hold a Polaroid picture of the giver that is taken at the party).

Offer to babysit regularly for parents of young children or to visit an elderly person on a regular basis (maybe someone who lives with a special needs adult son or daughter who can use a few hours break from taking care of them). Volunteer to help a senior citizen with yard work or other chores around the house.

Organize BINGO (and provide small prizes) at a nursing home or retirement community. Play the piano and lead people in singing, or provide other entertainment.

Volunteer for Special Olympics. <https://www.specialolympicsva.org/?locale=en>

Tutor a young child

THANKSGIVING Projects... Prepare brown paper bags full of food for needy families.

Fill up a shoe box for a homeless person with various items for a present (take them to SOME, So Others Might Eat, in DC, a ministry to the poor. Suggestions: hat, gloves, scarf, socks, underwear, toothbrush, toothpaste, lotion, deodorant, razors.) or to Christ House, the Diocesan shelter in Alexandria. See websites for current needs and opportunities.

Adopt-a-seminarian. Your young people can "adopt" a young man who is studying to be a priest in our diocese and offer our prayers and support during his time of preparation. Contact the Diocesan Office of Vocations: vocations@arlingtondiocese.org

Bake cookies for KAIROS prison ministry to support KAIROS retreats. info@ccda.net

Sunrise Assisted Living at Hunter Mill: 703-255-1006
<https://www.sunriseseniorliving.com/communities/sunrise-of-hunter-mill/about.aspx>

Fairfax Nursing Center: 703-273-7705 <https://fairfaxhc.com/>

Commonwealth Care Center (Dulles Health & Rehab Center) (Nursing Home): 703-934-5000

Christ House in Alexandria (Soup Kitchen): 703-549-8644

Embry-Rucker Shelter (Reston): 703-437-1975

LAMB Center (Food pantry): 703-691-3178

Alexandria Community Shelter: 703-746-3660

FACETS (Fairfax Area Christian Emergency & Transitional Services). 703-352-5090

Food For Others (Warehouse in Merrifield): 703-207-9173

Hospice of Northern Virginia: 703-525-7070

A.C.C.A. (Annandale Christian Community for Action): 703-256-0100 (General)

Less Secure Shelter (Fairfax): 703-246-3439

SHELTERS - Alexandria Homeless

Alexandria Community Shelter & Carpenter's Shelter:
https://www.alexandriava.gov/homeless-services/homeless-services#SheltersResources_0

Alive House: <https://www.alive-inc.org/alive-house-shelter-alexandria-va/>

Volunteers of America: <https://www.voa.org/homeless-people> &
<https://www.voachesapeake.org/acs>

SHELTERS - Arlington Homeless

Arlington Comm. Temporary Shelter: <https://bridges2.org/>

Sullivan House Shelter: https://www.homelessshelterdirectory.org/shelter/va_bridges-to-independence-arlington-sullivan-house

Volunteers of America Residential Program Center: <https://tinyurl.com/3676dnt5>

General info on Shelters in Arlington:
<https://www.arlingtonva.us/Government/Departments/DHS/Public-Assistance/Shelters>

SHELTERS - District of Columbia Homeless

Central Union Mission:

https://www.missiondc.org/?_ga=2.207830482.1177551791.1661270854-330069758.1661270854

La Casa Community Center: 3166 Mt. Pleasant St. NW, Washington, D.C. 20010, (202) 734-7600

SHELTERS - Fairfax, Falls Church Homeless

Embry Rucker Community Shelter: <https://www.cornerstonesva.org/services/food-financial-or-urgent-assistance/emergency-shelter/>

Fairfax Co. Dept. of Human Services – Office to Prevent and End Homelessness (shelter info): <https://www.fairfaxcounty.gov/homeless/emergency-shelters>

New Hope Housing, Inc. , Mondloch House: <https://www.newhopehousing.org/our-services/shelters/mondloch-house/>

New Hope Housing, Inc., Eleanor U. Kennedy Adult Shelter:
<https://www.newhopehousing.org/our-services/shelters/eleanor-u-kennedy-shelter/>

Shelter House, Inc. (families): <https://shelterhouse.org/>

Volunteers of America Bailey's Shelter: <https://www.newhopehousing.org/our-services/shelters/baileys-shelter-supportive-housing/>

Falls Church Winter Shelter: <https://veteransnavigator.org/program/66887/winter-homeless-shelter>

SHELTERS - Loudoun Homeless

Good Shepherd Housing opportunities: <https://goodshepherdnova.org/>

Good Shepherd Alliance Shelters (single men): 42802 Hebron Lane, Leesburg, VA 20175, (703) 777-3221

SHELTERS - Prince William Homeless

ACTS Shelter: <https://actspwc.org/services/housing>

Hilda M. Barg / Volunteers of America Homeless Prevention Center:
<https://www.shelterlistings.org/details/21660>,
<https://veteransnavigator.org/program/27583/hilda-m-barg-homeless-prevention-center>

SERVE House, Manassas: https://www.homelessshelterdirectory.org/shelter/va_serve-shelter
& <https://www.nvfs.org/our-services/homelessness-housing/serve-campus/>

SHELTERS & SERVICES - Runaways and Youth

Second Story, Vienna: <https://www.second-story.org/>

Loudoun Youth Programs: <https://www.loudoun.gov/4521/Youth-Programs>

Prince William Juvenile Services (including shelter information):
<https://www.pwcva.gov/departments/social-services/juvenile-pre-trial-supervision>

Youth For Tomorrow: <https://youthfortomorrow.org/>

Sasha Bruce House, D.C.: <https://www.sashabruce.org/>

Sheltercare Program of Northern Virginia: <https://www.jdcnv.org/copy-of-about>