

The following nonprofits accept youth volunteers. Please note age requirements, although many will accept younger volunteers with an adult. For details, call the nonprofit directly.

Opportunities for volunteers ages 12 and over

- Cerebral Palsy of Virginia -- (757) 497-7474
- Seton Youth Shelters -- (757) 963-5795

Opportunities for volunteers ages 13 and over

- American Cancer Society -- (757) 493-7940
- The Hermitage Museum and Gardens -- (757) 423-2052
- Norfolk Public Library -- (757) 664-7323
- Norfolk Senior Center t/a *Primeplus* -- (757) 625-5857
- Virginia Beach SPCA -- (757) 427-0070

Opportunities for volunteers 14 and over

- CLE (Changing Lives Everyday) -- (757) 374-7995
- EQUI-KIDS Therapeutic Riding Program -- (757) 425-8833
- Lake Taylor Transitional Care Hospital -- (757) 461-5001
- M.E. Cox Center For Elderly Day Care Inc. -- (757) 340-4388
- Righting Children's Wrongs -- (757) 483-3121

Opportunities for volunteers ages 15 and over

- Catholic Charities of Eastern Virginia -- (757) 456-2366
- ForKids, Inc. -- (757) 622-6400
- Habitat for Humanity -- (757) 640-0595
- The King's Daughters -- (757) 668-7098
- Mercy Medical Airlift -- (757) 318-9174
- Norfolk SPCA -- (757) 622-3319
- Portsmouth Area Resources Coalition, Inc. -- (757) 393-7848
- Virginia Sports Hall of Fame - (757) 393-8031
- YMCA of Portsmouth - (757) 483-9622

Opportunities for volunteers ages 16 and over

- Academy of Music -- (757) 627-0967
- American Diabetes Association -- (757) 424-6662
- American Red Cross of Southeastern Virginia -- (757) 446-7700
- Animal Rescue of Tidewater -- (757) 456-1354

- Armed Services YMCA -- (757) 363-1884
- Barrett Haven, Inc. -- (757) 624-6990
- Bon Secours Hospice -- (757) 391-6017
- Chesapeake Arboretum -- (757) 382-7060
- Chesapeake Community Service Board -- (757) 547-9334
- The Children's Center -- (757) 562-6806
- CHIP/ Healthy Families of Chesapeake -- (757) 543-9100
- Consortium for Infant and Child Health -- (757) 668-6426
- d'Art Center -- (757) 625-4211
- The Dwelling Place -- (757) 624-9879
- Edmarc Hospice for Children -- (757) 967-9251
- First Landing Foundation -- (757) 417-7012
- Foodbank of Southeastern Virginia -- (757) 627-6599
- Girl Scout Council of Colonial Coast -- (757) 547-4405
- International Cooperating Ministries -- (757) 827-6704
- JTC Lifechanging Center -- (757) 926-2060
- Judeo-Christian Outreach Center -- (757) 491-2846
- Lee's Friends -- (757) 440-7501
- Operation Smile -- (757) 321-7645
- R.E.A.C.H. Mission of the Holy Spirit -- (757) 858-0010
- Riddick's Folly House Museum -- (757) 934-0822
- Suffolk Meals on Wheels -- (757) 934-4911
- VOLUNTEER Hampton Roads -- (757) 624-2400

Taken from www.volunteerhr.org