

Individual Volunteer Opportunities

Alexandra House volunteers are essential in supporting the critical services offered to participants. While many volunteers choose to serve in more than one role, we feel it's important that they engage in ways that are not only meaningful but also sustainable. The grid below provides an overview of volunteer positions with expected time commitment, available hours, and requirements. Many individuals complete the full 50-hour training and then commit to the position(s) they feel are the best fit. A [volunteer application](#) is required for all **long-term** volunteers.

Position	Description	Minimum Commitment	Available Days/Shifts	Requirements*
Shelter Advocate	Assist callers through the 24-hour crisis lines with support information and referrals. Work with shelter residents to meet daily needs. Complete intakes with new residents. Take referrals from law enforcement and hospitals.	• 2 to 3x/month • 12 months • 3- to 4-hour shifts	• 7 days/week • Day • Evening	• All genders Age 18+ • Volunteer application; Interview; Background check • Attend Alexandra House 10-session/50-hour volunteer advocate training (offered Spring and Fall annually)
On-Call Hospital Advocate	Provide support and information to victims on-site at Unity & Mercy Hospitals. Work in conjunction with law enforcement and medical staff to ensure supportive, comprehensive services to individuals who have experienced a domestic or sexual assault.	• 3x/month • 12 months • 4-, 8-, or 12-hour on-call shifts • On-call shifts	• 7 days/week • Weekday (evening & overnight) • Weekend day or evening	• All genders Age 18+ • Volunteer application; Interview; Background check • Attend Alexandra House 10-session/50-hour volunteer advocate training (offered Spring and Fall annually) • Attend additional training as required • Live within 30 miles of Unity and Mercy Hospitals and must have reliable transportation.
Childcare Provider	Care for children aged infants through teens while mothers attend support groups or other shelter meetings. May also plan art, learning, or other activities for children staying at the shelter. Note that we cannot guarantee the ages or number of children at our shelter at any given time. This can fluctuate daily.	• 2x/month • 12 months • 1- to 3-hour shifts	• Weekday evenings • No weekends	• All genders Age 18+ • Volunteer application; Interview; Background check • Attend three designated sessions within Alexandra House's 10-session/50-hour volunteer advocate training. Designated sessions/dates are identified on the agenda once presenters have been finalized for each training cycle (spring or fall).
Kitchen Volunteer	Help prepare, portion, and serve meals and snacks for shelter residents. Perform light cleaning and organizing in the kitchen, dining, and pantry areas, including operating the dishwasher after meals.	• 2 to 3x/month • 12 months • 2-hour shifts	• Weekdays • Weekends <i>once fully trained</i> • Lunch: 10:30 am - 12:30 pm • Dinner: 4:00-6:00 pm	• All genders Age 18+ (or 15+ with an adult) • Volunteer application; Interview; Background check • Able to stand for up to two hours. • Brief on-site training and orientation by kitchen staff.

*To support healthy boundaries and well-being, former Alexandra House program participants are asked to wait one year after their last date of services before applying for direct service roles (shelter, hospital, childcare, and support group facilitator), and six months before applying for non-direct roles (kitchen, speaker's bureau). Individuals can request reasonable accommodation to participate in the volunteer process. Volunteers should have reliable transportation.

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Position	Description	Minimum Commitment	Available Days/Shifts	Requirements*
Facilities Volunteer	Assist facility staff with projects that keep our shelter clean, organized, and operating smoothly. May include sorting and organizing donations or food shelf area, cleaning, or other projects. <i>Limited availability.</i>	Commitment of at least 2 shifts/ month for 6 months.	Days Monday - Friday	- All genders Age 18+ (or 16+ with an adult) - Volunteer application; Interview; Background check - Brief on-site training and orientation by facilities staff or lead facilities volunteer.
Speaker's Bureau And Elder Abuse Program	Speaker's Bureau Assist with outreach and community engagement opportunities representing Alexandra House (resource table at community events, brief presentations to community groups, social media engagement, etc.). Elder Abuse Represent Alexandra House's resource table at local community events; assist with "bingo with a purpose" (community groups, senior centers, and senior living communities in Anoka County); help package prizes and packets for events; may work independently and/or in small groups at events.	Participate in at least 3 events or initiatives each year.	Varies depending on event/ opportunity	- All genders Age 18+ - Volunteer application; Interview; Background check - Attend Alexandra House 10-session/50-hour volunteer advocate training (offered Spring and Fall annually) - Brief training/orientation by the community outreach coordinator for the speaker's bureau role and by the elder abuse coordinator for the elder abuse program role. - Able to lift and pull up to 20 lbs. <i>May begin prior to completing 50-hour training if currently serving in a volunteer role and registered for the next ten-session/50-hour training cycle (Spring and Fall each year).</i>
Support Group Facilitator	Provide support group facilitation for victims of domestic and sexual violence, including planning and executing educational curriculum and providing support in a group setting, as well as providing crisis intervention, referrals, and addressing individual client needs as appropriate. <i>Limited availability/openings. NO CURRENT OPENINGS.</i>	1x/week 12 months 2- 2.5-hour shifts	Mostly weekday evenings during the support group's scheduled time.	- Women Age 18+ - Volunteer application; Interview; Background check - Attend Alexandra House 10-session/50-hour volunteer advocate training (offered Spring and Fall annually) - Minimum of one year of advocate/volunteer advocacy experience related to domestic and sexual abuse.

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