



➔ **Interested in Volunteering? [Click Here.](#)**

➔ **Looking for Volunteers? [Click Here.](#)**

Volunteer

When we reach out a hand to one, we can influence the condition of all. Give an hour. Give a day. Give your best. We all have the ability to help. Whether it's reading to children or visiting an elderly person who lives alone, there are lots of volunteer opportunities available.

Finding the Right Opportunity at VolunteerMaine.org

United Way of Mid Coast Maine can be your link to finding just the right volunteer opportunity! We are a partner in the VolunteerMaine Partnership and VolunteerMaine.org, a state-wide, searchable volunteer database that you can use to get started.

- If you are an **individual** looking for volunteer opportunities, **[click HERE.](#)**
- If you are a **non-profit agency, local school, or municipality** looking for volunteers or volunteer information, **[click HERE.](#)**

Do you have a community newsletter, flyer or other publication? Contact Kristin at Kristinr@uwmcm.org to request our drop-in ads for VolunteerMaine and 2-1-1Maine.

Looking for instructions to register your agency? [Click Here](#)

Check out [this page](#) for worksheets and useful reference sheets for using VolunteerMaine.

DonationsLink

If you are looking for a **donated item** or have an **item to donate**, click **[HERE](#)** for more information about DonationsLink.

For more information, email volunteersolutions@uwmcm.org or call 207-443-9752.