



Essex County Volunteer Stations

Jewish Family Service of MetroWest

Friend Advocate - The Friend Advocate program provides for recruitment, training, matching and supervision of volunteers who provide assistance to clients age 60 and over, many of whom are frail, isolated and vulnerable residents of Essex County. Volunteers provide assistance to older adults in such areas as bill paying, reading mail, arranging for medical appointments and transportation, making phone calls, providing companionship, etc.

Listen to Children - The Listen to Children program pairs a warm, accepting older adult volunteer with a Livingston elementary or middle school child on a one-to-one basis. The child-listener relationship allows a child to share conversations, joys, experiences and concerns in a caring, safe environment. The "listener" often functions as a surrogate grandparent and provides a non-judgmental, secure sounding board for children to express concerns or anxieties.

State Health Insurance Program (SHIP) – SHIP Volunteer Counselors are needed to educate and provide assistance to Medicare beneficiaries by explaining their Medicare coverage and helping them avoid spending more money by informing people of their options for coverage. Volunteers are trained and volunteer at their choice of sites in Essex County. SHIP asks that volunteers commit to a minimum of 1 year of volunteering.

Reading Buddies – Volunteers read to grammar school children in a small group setting in the public school system once a week to help improve their literacy skills and understanding.

Rachel Coalition

Court Advocate Training Program - Individuals will be trained to assist domestic violence victims as they await their restraining order hearings in Essex County Family Court. All volunteers must complete a 40-hour training course (no prior experience necessary).

Legal Interpreters - The legal Interpreter program needs bilingual volunteers, especially those who speak Spanish. Volunteers must be completely fluent in the language and take a 6 hour training course.

Cut it Out – Individuals will be trained to educate local salon professionals to recognize the dynamics and warning signs of domestic violence. All volunteers must complete a 2-hour training session (no prior experience necessary).

In Her Shoes - Do you ever wonder why a woman stays in an abusive relationship? In Her Shoes is an interactive workshop where individuals experience what a victim of domestic violence has to do once she decides to reach out for help. Volunteers are trained to be facilitators for this program.



Aging in Montclair, Inc – Volunteers are needed to staff a calling center located in the Salvation Army in Montclair.

A Lot to Grow – Volunteers assist in community gardens located in Nutley, Montclair, Upper Montclair or Glen Ridge. Fresh produce is grown and delivered to local food pantries.

American Red Cross of Northern New Jersey – Volunteers are needed to assist with disaster preparedness and response, blood drives, transporting seniors (Montclair, Glen Ridge and Nutley only), assisting in food pantries, working in the Jane Bente Braille Center or teaching first aid courses.

AngelaCARES, Inc – A program assistant is needed to help with programs for seniors at the Montclair Public Library.

Bike&Walk Montclair – Volunteer at events aimed at making Montclair a safe haven for walking and bicycling. Volunteers are also needed to plan events and assist with marketing of the agency.

Bobrow Kosher Food Pantry – Volunteers are needed one Wednesday a month from 7-8:30 to pack bags of food and the following Sunday morning for food distribution to low income families.

Care at Home NJ – Volunteers are matched one-on-one with an isolated homebound senior in Verona or the surrounding areas to visit once a week to provide companionship and alleviate loneliness.

Christian Episcopal/Church of the Epiphany – Volunteers needed to serve in the soup kitchen in Orange by preparing and serving food for low income residents each week.

Community Food Bank of New Jersey – Assist at the Hillside location with assembling the newsletter or sorting food in the warehouse. Volunteers are also needed to assist at their network of local pantries throughout Essex and Hudson Counties. Evening and weekend opportunities available.

Daughters of Israel – Wheel residents to/from events, assist with events, play music at the facility's piano, lead a discussion group or staff the gift shop.

Friendship Circle – Volunteers needed for light office work who can work independently. Hours vary per week. Volunteers are also needed on evenings and weekends to assist with programs for special needs children and camp depending on the time of year.

HOME Corp – Volunteers are needed to organize and tend to a community garden that supports local food pantries. Attorneys and other professionals are also sought to facilitate seminars on financial planning, foreclosure counseling, debt management, etc.

HomeSharing, Inc. - HomeSharing, Inc. aims to prevent homelessness by matching residents who need to share their homes in order to maintain them with individuals searching for affordable housing in the community. A volunteer is needed to help expand the program into the Montclair area.



Interfaith Hospitality Network of Essex County, Inc - Volunteers perform a range of activities including providing hospitality for the congregational shelter network, organizing fundraising drives, tutoring in the Afterschool Program, introducing IHN to their community group or friends and more.

JCC MetroWest – Volunteers are needed to serve lunch, lead discussion groups, and assist in other JCC programs.

Jewish Vocational Services of MetroWest NJ– JVS is seeking volunteers to assist with a range of opportunities including teaching ESL classes, helping disabled and ESL students with resume creating and job searching, assisting in their senior programs, volunteer management and administrative assignments.

HackensackUMC Mountainside (Montclair) – Volunteers support hospital staff by greeting patients and visitors, providing patient escort services, and providing clerical, accounting, computer technology and other types of assistance.

Literacy Volunteers of America –Tutor a group of 1-3 students once a week for two hours. Volunteers can choose any public place (usually libraries) to meet. Day and time are also set by the volunteer. Each volunteer receives 18 hour training with weekend trainings available. No experience required.

Meadowlink /EZ Ride – Volunteers use EZ-Ride’s cars to transport seniors and people with disabilities to doctors’ offices, grocery stores, appointments, etc in Essex County. The car, gas and insurance are all provided by EZ-Ride.

Montclair Child Development Center – Assist in the office or classroom in their Montclair, Glen Ridge or Orange location. Children range from infants to 5 years old.

Montclair Department of Health & Human Service – Volunteers are needed to administer Taxi Voucher Program for Seniors.

Montclair Historical Society – Help preserve Montclair’s rich history by leading tours, assisting with administrative tasks in the main office or maintaining the garden.

National Council of Jewish Women, Essex County Section - The National Council of Jewish Women (NCJW) is a grassroots organization of volunteers and advocates who turn progressive ideals into action. Inspired by Jewish values, NCJW strives for social justice by improving the quality of life for women, children and families by safeguarding individual rights and freedoms.

Neighbor to Neighbor Network (NTNN) – Volunteers provide supportive services to homebound seniors including friendly visits, help with errands and weekly food delivery of fresh groceries from a local food pantry.

Saint James Social Service Corporation – Volunteers tutor children in after school programs and summer camps. Saint James also runs a food pantry and soup kitchen that serves families in need.



Sierra House Inc – An East Orange nonprofit committed to improving the prospects of individual achievement for homeless and low to moderate individuals and families through housing, education, and community services is seeking volunteers to support their programs.

Smile on Seniors – Visit a senior living in a nursing home or other care facility once a week or once every other week. Volunteers provide friendship, companionship and a listening ear.

Succeed2gether - Succeed2gether provides volunteer based after-school tutoring in math, language arts, social studies, and science in Montclair.

Toni's Kitchen - Toni's Kitchen, located in Montclair, serves those in the community who are hungry without regards to circumstances. Volunteers are needed to cook and prepare meals, serve meals, garden, or assist with fundraising, grant-writing, event planning, etc.

Township of Livingston – Volunteers are needed to teach classes to seniors such as computer skills, knitting, etc 2-4x per month for an hour a session. Schedule is flexible.

United Way of Northern New Jersey - United Way of Northern New Jersey helps complete thousands of free tax returns for people in need through the Volunteer Income Tax Assistance (VITA) program. Volunteers to help with this effort in January – April in their Montclair location. Free training is provided year round.

VA New Jersey Health Care System – A variety of volunteer positions providing much needed services to veterans are available at the East Orange Campus and satellite offices in Bloomfield and Newark.

WAE Center – Volunteers with creative abilities are needed to assist the WAE Center in providing services to people with developmental disabilities. WAE currently has a need for volunteers who are skilled in music, cooking, yoga, gardening, reading, art, playing games, attending class trips, etc who want to share their skills with WAE's members.

Wynona's House Child Advocacy Center - The mission of Wynona's House is to promote justice and provide healing for child victims of abuse and neglect in Essex County. Volunteers are needed to assist with events and fundraisers.

To apply for any of these positions or inquire about others, please call the RSVP Director Stephanie Grove at 973-637-1766 or email her at sgrove@jfsmetrowest.org.