

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. Placements available in West Orange, Maplewood/South Orange, and Orange.

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.



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 for a wide array of duties including disaster preparedness and response, blood drives, fire safety education, reception and administrative duties, light groundwork and maintenance, writing/blogging, volunteer management, youth council advisory, and disaster client case management.

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

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.

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

Healthcare Quality Strategies, Inc – Lead Diabetes Self-Management workshops for adults 55+ with diabetes or pre-diabetes. Workshops are held in the community at local senior centers, medical centers, or nonprofits. Each class is 1.5 - 2.5 hours and is held once a week for 6 weeks.

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.

JerseySTEM – Help promote a love for Science, Technology, Engineering and Math ("STEM") among underprivileged students. Volunteers are needed to coordinate classes (no experience necessary) or to teach classes (training provided, some STEM knowledge needed).

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.

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

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 collect donations, both in the community and at the kitchen, provide tours of the Kitchen to local groups, and assist with administrative work like thank-you letters.

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 Essex and West Hudson - Help complete free tax returns for people in need through the Volunteer Income Tax Assistance (VITA) program. VITA runs January – April in Newark. Free training is provided year round.

United Way of Northern New Jersey - Help complete of free tax returns for people in need through the Volunteer Income Tax Assistance (VITA) program. VITA runs January – April in Montclair and Newark. Free training is provided year round.

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 – Volunteers help families with neglected or abused children through the Family Advocacy Volunteer Initiative by providing phone and in person support and referrals to families.

To apply for any of these positions or inquire about others, please call the RSVP Program Manager Julie Cramer at 973-637-1761 or email her at jcramer@jfsmetrowest.org.