**Students are required to submit 8 hours of community service each semester!** Community service is a way to give back to your community, become involved and learn more about potential careers. It is also a great way to meet new people and learn about your community. Below you will find opportunities in your local community!

| **Semester/Trimester** | **Deadline** | **Timeframe for Completion** |
| --- | --- | --- |
| **Summer 2023** | April 3, 2023 by 11:59 PM CT | November 2, 2022-April 3, 2023 |
| **Fall 2023** | July 5, 2023 by 11:59 PM CT | November 2, 2022-July 5, 2023 |
| **Spring 2024** | December 1, 2023 by 11:59 PM CT | July 6, 2023-December 1, 2023 |

**Don’t forget to submit!** Visit [**tnachieves.org/community-service/submit-cs-hours/**](https://tnachieves.org/community-service/submit-cs-hours/) and complete the form entirely.

| **Example**  |
| --- |
| ***General Community Support**** **Point of Contact:** Grace Niazi
* **Email:** gracen@crcmidtn.org
* **Phone Number:** (615) 291-6688
* **Best way to sign up:** Email
* **Website:** <https://crcncc.org/>

**Description:** The Community Resource Center provides basic essentials and small luxuries that improve the lives of Nashville's most vulnerable neighbors. The Community Resource Center is in need of students who would like to volunteer to sort brand new donations and help get them put out on shelves for our nonprofits to take. The volunteer will be sorting new donations from companies like Cracker Barrel and Dollar Tree.  |
| **Example** |
| ***Healthcare**** **Point of Contact:** Gladys Rudd
* **Email:** gladys.rudd@va.gov
* **Phone Number:** (615) 873-6978
* **Best way to sign up:** Phone call
* **Website:** <https://www.va.gov/tennessee-valley-health-care/locations/nashville-va-medical-center/>

**Description:** Volunteers will be asked to assist in the Voluntary Service Office helping to sort and organize donations, folding letters for mail outs, etc. For students interested in longer term assignments, a variety of positions are available including serving as a friendly visitor, volunteer Ambassadors (pushing patients in wheelchairs throughout the medical center and providing directional assistance), providing clerical assistance, etc. College students may also have an opportunity to volunteer in their area of career interest. Examples include pharmacy, physical therapy, occupational therapy and medicine. |
| **Example**  |
| ***Healthcare**** **Email:** info@stringforhope.com
* **Best way to sign up:** Email
* **Website:** <https://stringsforhope.com/pages/volunteer>

**Description:** Strings for Hope proudly introduces great pieces of wearable art composed from recycled strings from musical instruments donated by some of the country's most talented musicians. Volunteers are needed to help sort and organize this donated string. |
| **Example**  |
| ***General Community Support**** **Point of Contact:** Sarah Martino
* **Email:** sarah.Martino@uss.salvationarmy.org
* **Phone Number:** (615) 416-3175
* **Best way to sign up:** Website
* **Website:** <https://www.salvationarmynashville.org/volunteer>

**Description:** A wide variety of volunteer opportunities are offered at Salvation Army. All volunteer opportunities are listed on the website above.  |
| **Example**  |
| ***Food Insecurity**** **Point of Contact:** Xavie Rolon
* **Email:** volunteer@secondharvestmidtn.org
* **Phone Number:** (615) 627-1581
* **Best way to sign up:** Website
* **Website:** <https://www.secondharvestmidtn.org/act/volunteer/>

**Description:** Volunteers are needed to assist Second Harvest Food Bank of Middle TN with sorting and packing donated food in the warehouse which helps to provide millions of meals each month to our hungry neighbors in middle and west Tennessee. |
| **Example**  |
| ***General Community Support**** **Email:** hon@hon.org
* **Phone Number:** (615) 298-1108
* **Best way to sign up:** Phone call or website
* **Website:** <https://www.hon.org/search>

**Description:** Hands On Nashville connects volunteers of all ages to more than 300 service projects each month. Multiple opportunities are available daily, and range from swim-lessons, to tutoring, to working in community gardens. There is truly something for everyone! |
| **Example**  |
| ***Food Insecurity**** **Point of Contact:** Mari Clare Derrick
* **Email:** Mariclare@thestore.org
* **Phone Number:** (615) 460-8331
* **Best way to sign up:** Via Hans on Nashville online calendar: <https://www.hon.org/calendar>
* **Website:** <https://www.thestore.org/>

**Description:** The Store operates as a year-round free grocery store allowing people to shop for their basic needs. Volunteers are needed to help with stocking shelves, greeting customers, helping customers while they shop, checking customers out, bagging groceries, cleaning around the store, and other miscellaneous tasks as needed. |
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