

EXPLORE SOCIAL WORK



Where Can I Gain Volunteer Experience?

For those who are thinking about a career in social work, volunteering is a great way to learn more about the profession. Volunteering also prepares you for the field practicum (or internship) component of a social work degree.

Here are some national and community-based organizations to consider:

- [Big Brothers, Big Sisters \(BBBS\)](#): This organization provides mentorship for children ages 6–18, helping them to find their passion and drive so they can thrive in adulthood. BBBS has the largest volunteer-supported mentor network in the country.
- [Court Appointed Special Advocate \(CASA\) for Children](#): Children are the unfortunate victims of a lot of court-related issues. CASAs can stand up and speak for the children they are assigned to, making sure their interests are considered.
- [National Association of Area Agencies on Aging \(n4a\)](#): With more than 660 local agencies, this organization helps provide a voice for aging Americans and focuses on the issues that directly affect this demographic.
- [Department of Veterans Affairs \(VA\)](#): The VA assists veterans with physical and emotional healthcare needs and provides counseling for veterans and their family members. It serves veterans at more than 1,700 facilities.
- [Rape, Abuse & Incest National Network \(RAINN\) Crisis Centers](#): As the largest anti-sexual violence association, RAINN works with providers across the country to prevent sexual violence. They also operate the National Sexual Assault Hotline and the DoD Safe Helpline.
- [American Red Cross](#): The American Red Cross provides all the essential needs to communities after a disaster strikes. Volunteers provide healthcare, counseling, food, water, shelter, etc., anywhere they are needed.
- [American Cancer Society](#): The American Cancer Society helps fight cancer and provides for those battling this disease through funding, research, prevention, and supporting patients and their families.
- [Global Vision International \(GVI\)](#): Making a difference throughout the world through conservation and community development is a core value of GVI. Volunteers and staff strive to build a global network of people with the same goals.
- [The YMCA](#): For over 150 years, the YMCA has listened to the needs of the community, and responded. Their goal is simple: to provide everyone with the opportunity to grow, learn, and thrive.
- [Meals on Wheels](#): As a network of over 5,000 local programs, Meals on Wheels provides meals and a chance for senior citizens to check in with someone on a regular basis. It combines nutrition with a visit and a safety check.