

Volunteer opportunities:

- Allegany County Animal Shelter- 301-777-5930
- Allegany County Habitat for Humanity- 301-687-1006- alleganycountyhfh@verizon.net.
- Allegany County HRDC- 301-777-5970
- American Red Cross- 301-722-1760
- Big Brother Big Sisters- 301-724-2742
- Bowl with the handicap every Tuesday at the Bowler in LaVale- Tom Barnett - 301-724-1534
- Family Crisis Resource Center- 301-759-9246- fcrc@allconet.org
- Friends Aware- 301-722-7268-webmaster@friendsaware.org
- Make a Wish Foundation- 301-797-9474
- March of Dimes- 301-722-3867
- Maryland Salem Children's Trust- 301.689.6625 ext 207 - salem@mdsalem.org
- Cumberland Neighborhood Housing Services- (301) 722-6958-
rparsons@cumberlandnhs.org
- Rocky Gap State Park- 301-722-1480
- Salvation Army- 301-777-7600
- The Family Junction- 301-777-2858
- Union Rescue Mission- 301-724-1585
- Western Maryland Health System- Volunteer Services-
 - o Patty Wright at 240-964-8499
 - o Karyl Kuykendall at 240--964-9005
 - o 301-689-1391
 - o Diana Dayton, at 240-964-8031
- Western Maryland Food Bank- 301-722-2797