

Give back to humanity

Become a Red Cross volunteer

American Red Cross Volunteers Touch Lives Everyday

We are as diverse as the people receiving Red Cross services. We are all different ages, with different backgrounds and skills -- and together, we deliver the Red Cross mission to our communities.

As a Red Cross volunteer, you can help your community prepare for and respond to emergencies, deliver hope and comfort, meet new people -- all while making a huge, positive impact on the lives of those who need it most.

"The Red Cross teaches you, trains you in the field, and trusts you to go out and serve the community... You'll like it here."

— volunteer Joyce Adams



Disaster Response—Help people affected by disasters ranging from home fires to hurricanes by providing food, shelter, essential relief supplies and comfort and hope.

Preparedness Education—Teach families, people in classrooms, organizations and corporations how to Be Red Cross Ready for disasters and emergencies.

Service to the Armed Forces—Connect families and veterans with resources in response to emergencies, train military families in coping and resiliency skills, and supply recreational and therapeutic support in military and VA health care facilities.

Health and Safety Training—Teach vital lifesaving skills such as first aid/CPR/AED, babysitting and water safety.

International Humanitarian Services—

Coordinate fundraising for measles vaccines, educate youth about the Geneva Conventions and provide international tracing and messaging.

Fundraising—Make it financially possible for the Red Cross to deliver its lifesaving services. The Red Cross relies on volunteers and the generosity of the American public.

Leadership—Serve on a Red Cross board or decision-making committee, manage a program, or chair an activity.

Blood Services—Coordinate blood drives or serve as a blood drive volunteer to register blood donors and staff the refreshment area.

National Headquarters—Utilize professional skills to support departments with national initiatives.



American Red Cross
Cascades Region

Volunteer Services
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