

North Shore Youth Volunteer Directory

2021

Twenty-Sixth Edition

The North Shore Youth Volunteer Directory is a valuable resource for young people interested in volunteering within the community, particularly on the North Shore. The directory provides useful information regarding volunteer opportunities for youth between the ages of 12 – 19 years old in the City of North Vancouver, and the Districts of North and West Vancouver. North Shore Community Resources publishes the directory annually, creating an up-to-date and easy-to-use resource. A variety of volunteer positions are listed ranging from engagement in social, economic, cultural, and environmental activism. There are positions to meet everyone's interests and availability, with opportunities for entry level, to both short and long term time frames. The directory, as well as other volunteer resources, can be accessed online at the North Shore Community Resources website at www.nscr.ca

Benefits of Volunteering

There are many different reasons people become involved in volunteering. Volunteering is a way to contribute to your community, expand your horizons, and explore new future career options. It is also a social activity providing visibility to a wide range of people, including many strong influential community leaders. Volunteering is an excellent way to develop your career potential by fulfilling graduation requirements for secondary school and by gaining valuable work experience, network contacts, and references through volunteer positions that may even lead directly to employment. Volunteering enables you to find your strengths, your passions and explore your interests while developing workplace, management, customer service, and leadership skills that can be documented in your resume. School and career counsellors encourage job seekers to document pertinent volunteer experiences. Volunteer work opens doors to build character, teamwork, and balance in life while providing on-going training to upgrade your skills.

About North Shore Community Resources

North Shore Community Resources is a non-profit society that has been serving the North Shore since 1976. The North Shore Youth Volunteer Directory is just one service that our organization offers to the general public. The centre has four main functions: To provide up-to-date community information and referral services, to coordinate and promote volunteer services and volunteerism across the North Shore, to provide child care information, and to provide legal information and advocacy.

Directory Information

Directory Contributors:

Managing Editor 2020 – 2021: Sue Carabetta, Manager, Community Engagement and Seniors Programs

Twenty-Sixth Edition

Supervisor: Elaine Smith

Layout & Cover Design: Shohreh Sharafi

Content Updates: Min Namgung

Special thanks to our funders for their ongoing support.



The North Shore Youth Volunteer Directory is produced by
Volunteer North Shore, a service of:



North Shore Community Resources Society

Capilano Mall, Suite 201 – 935 Marine Drive,
North Vancouver, B.C., V7P 1S3

Telephone: 604-985-7138

Twitter Account: [@NSCRConnect](#)

Email: nscr@nscr.ca

Website: <http://www.nscr.ca>

Table of Contents

Animals and the Environment	5
Coho Society of the North Shore	5
District of North Vancouver – Volunteer in a Park	5
Elders Council for Parks	6
North Shore Black Bear Society	7
Seymour Salmonid Society (Seymour River Fish Hatchery).....	7
Stanley Park Ecology Society.....	8
Wild Bird Trust of British Columbia (WBT).....	9
Arts and Culture	11
Deep Cove Heritage Society.....	11
Dr. Sun Yat-Sen Classical Chinese Garden.....	11
Gordon Smith Gallery.....	12
North Van Arts	13
North Vancouver Community Players	15
North Vancouver Museum and Archives.....	15
Presentation House Arts Centre	16
Vancouver Fringe Festival	16
Seymour Art Gallery.....	18
Theatre Under the Stars.....	19
West Vancouver Art Museum.....	19
West Vancouver Community Arts Council.....	20
Community Services.....	21
District of West Vancouver	21
Family Services of the North Shore.....	22
Harvest Project.....	22
Lions Gate Hospital Foundation.....	23
North Shore Salvation Army	25
North Vancouver City Library.....	25
North Vancouver District Public Library	26
North Vancouver Recreation and Culture Commission.....	26
Quest Food Exchange.....	28
Terry Fox Foundation	28

Vancouver Adaptive Snow Sports.....	29
West Vancouver Memorial Library	29
Education	31
Democracy Cafe	32
Science World	31
Health.....	33
Canadian Liver Foundation	33
Canuck Place Children’s Hospice	33
Capilano Care Centre	35
Heart and Stroke Foundation	36
Leukemia & Lymphoma Society of Canada.....	37
North Shore Keep Well Society.....	39
Ovarian Cancer Canada.....	39
Pathways Serious Mental Illness Society	41
Seniors.....	42
North Shore Meals on Wheels Society	42
North Shore Volunteers for Seniors.....	42
Youth Work	44
Capilano Community Services Society	44
Catching the Spirit Youth Society.....	45
North Shore Neighbourhood House and John Braithwaite Community Centre	47
Norvan Boys and Girls Club South Coast BC	47
Parkgate Society.....	49
Scouts Canada	49

2020 has been a challenging year for all.

Due to Covid-19, many not-for-profit organizations closed their doors as staff provided services from their “home offices”. As agencies opened up, many were unable to welcome volunteers back.

We hope that as time progresses, services will get back to normal. Our 2021 Youth Volunteer Directory offers a place for you to start your search. If you would like more information, please give us a call at 604-985-7138 and we will try to connect you with up-to-date volunteer opportunities.

Animals and the Environment



Coho Society of the North Shore

PO Box 91656-West Vancouver, West Vancouver, B.C., V7V 3P3

The Coho Society of the North Shore is in its 4th decade of raising public awareness of current and potential threats to local waterways and fisheries and helping to resolve these issues through protecting, enhancing and restoring salmonid habitats. To do this, Coho creates partnerships between community stewardship groups, local government, the business community, concerned citizens and other organizations. We are involved in education in schools – we also celebrate the return of the salmon to the North Shore each year at the Coho Festival, with the Coho Run and Coho Walk.

Contact: Donna Oseen

Website: <https://www.cohosociety.com/get-involved/volunteer/>

Phone: 604-961-1212

Email: volunteer@cohosociety.com

VOLUNTEER TITLE: Festival Volunteer

VOLUNTEER ACTIVITIES: Components of festival: Run, Swim, BBQ, Food garden ticket sales; food service; clean up; serving coffee; parking attendant; setting up and taking down site; grounds clean; kid zone. Online application form available on the above website. The Coho Festival is held the second Sunday in September.

REQUIREMENTS: speaks and understands some English

HOURS INVOLVED: Saturday and Sunday am and pm; 4 hour shifts; flexible hours.

District of North Vancouver – Volunteer in a Park

355 West Queens Road, North Vancouver, B.C., V7N 2K6

With over 3,000 hectares of parkland throughout the District, we rely on volunteers to help us care for and maintain our trails, greenbelts, creeks and neighbourhood parks.

Contact: Tyler Farley, Gwynifyre Taylor; Trail and Habitat Coordinators **Phone:** 604-990-3806 or 604-990-3841

Email (preferred method of contact): farleyt@dnv.org or taylorgw@dnv.org

Website: <https://www.dnv.org/recreation-and-leisure/volunteer-park>

VOLUNTEER TITLE: Natural Parkland Volunteer

VOLUNTEER ACTIVITIES: Native species planting, invasive species removal, general park tidy up projects, trail maintenance, and small building projects.

TRAINING AVAILABLE: Training and orientation provided

DESIRABLE TRAITS: Willingness to work in all types of weather and terrain

HOURS INVOLVED: Due to the pandemic we have temporarily suspended our open public volunteer events, but are hoping to host a slate of volunteer events in the coming months. Please email us or check out our MeetUp page to learn more and receive updates when we schedule our next event.

We host a number of public volunteer events through the fall and spring that focus on planting native species, removing invasive species, and undertaking general parks maintenance works throughout the District. We primarily host events on Saturdays but we have the flexibility to make volunteer events for specific community groups if they reach out to us. We generally work rain or shine and a willingness to get dirty. Send us an email to ask about our upcoming volunteer event schedule.

MINIMUM AGE: High School

Elders Council for Parks

1620 Mount Seymour Road, North Vancouver, B.C., V7G 2R9

The Elders Council for Parks in BC is an independent society. Our members are retired parks system employees and conservation advocates who have dedicated a significant portion of their lives to parks and protected areas in BC. The society provides a way for our members to continue to lead and participate in volunteer projects aimed at ensuring the long-term well-being of BC's world-class park systems. Stationed at the entrance to Mount Seymour Provincial Park, the BC Parks Heritage Centre is seeking park volunteers who enjoy the outdoors and have an interest of the natural and cultural environment.

Volunteer Job Description is Covid-19 Dependent

Contact: Elise Roberts, BC Nature and Elders Council for Parks Office Manager

Email: elderscouncilprograms@gmail.com

Website: www.elderscouncilforparks.org

VOLUNTEER TITLE: Youth Nature Education Puppeteer

VOLUNTEER ACTIVITIES: To assist with nature interpretive puppet shows inside the BC Parks Heritage Centre. During school hours. Good for students looking for CAPP hours that can take a few hours off school.

TRAINING AVAILABLE: Orientation provided

REQUIREMENTS: Contact Elise Roberts for more information. Theatrical experience.

HOURS INVOLVED: 2 hours per month from March to June. Seasonal. Contact Elise Roberts for more information.

MINIMUM AGE: High School.

VOLUNTEER TITLE: Youth Garden Volunteer

VOLUNTEER ACTIVITIES: To weed the native plant garden at the BC Parks Heritage Centre. Summer Only.

TRAINING AVAILABLE: Orientation provided

REQUIREMENTS: Contact Elise Roberts for more information. Knowledge of native plant species.

HOURS INVOLVED: Contact Elise Roberts for more information.

MINIMUM AGE: High School

North Shore Black Bear Society

c/o 355 West Queens Road, North Vancouver, B.C., V7N 4N5

The North Shore Black Bear Society, a non-profit organization, works in partnership with municipalities and other groups involved with black bears and bear attractant issues. Our education program is delivered by dedicated volunteers across the North Shore of Vancouver.

Email: nsbbsociety@gmail.com

Phone: 604-317-4911

Contact Availability: Contact Anytime

Website: northshorebears.com

VOLUNTEER TITLE: Black Bear Society Volunteer

VOLUNTEER ACTIVITIES: Opportunities include assisting at information booths at public events and helping to canvass neighborhoods where there has been bear activity. All new volunteers will always be working with at least one experienced member of the North Shore Black Bear Society.

REQUIREMENTS: Volunteer must have excellent communication skills and be willing and enthusiastic about learning about bears.

TRAINING AVAILABLE: Training provided by the North Shore Black Bear Society

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Volunteer will gain experience working with a team and help increase safety of black bears. Volunteers can also use the hours towards their graduation credit or Duke of Edinburgh Awards.

HOURS INVOLVED: Contact Black Bear Society directly

MINIMUM AGE: Secondary High School students only

Seymour Salmonid Society (Seymour River Fish Hatchery)

Box 52221, North Vancouver, B.C., V7J 3V5

The Seymour Salmonid Society runs the Seymour River Fish Hatchery and Education Centre. The society has a working relationship with Fisheries and Oceans Canada, Metro Vancouver, and many schools, colleges, businesses and other conservation groups. Volunteers will be involved in the day-to-day operations of the hatchery. Most volunteer opportunities are hands on and outside in all weather conditions. If you are looking for entry-level career experience or would just like to give back to your community, the Seymour River Hatchery is a great place to spend time. For more information please visit: <http://seymoursalmon.com/volunteering.php>

Contact: Sasha Gale, Volunteer Coordinator

Phone: 604-288-0511

Email: volunteering@seymoursalmon.com

Website: www.seymoursalmon.com

Please look at <http://www.seymoursalmon.com/findus.php> to see how to get to the hatchery (we can help with getting you up to the hatchery) and also the volunteering page.

Contact Availability: Email anytime

VOLUNTEER TITLE: Fish Hatchery Operations Volunteer

VOLUNTEER ACTIVITIES: Help maintain the fish hatchery on weekdays or weekends. Many of the activities are seasonal and may include brood stock capture, fish releases, and fin clipping. Daily hatchery duties include feeding fish, cleaning troughs and general hatchery maintenance and cleaning.

TRAINING AVAILABLE: Volunteer Orientation provided. Instructions given on an as-needed basis.

REQUIREMENTS: Volunteers from all backgrounds are welcome to apply.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Fish husbandry, teamwork, communications, fish biology, and understanding of current topics in fisheries.

HOURS INVOLVED: No minimum commitment required. Hatchery operation hours are from 8:00 am – 3:00 pm year round.

MINIMUM AGE: 15 years old & up (younger volunteers are accepted but require parental supervision).

Stanley Park Ecology Society

610 Pipeline Road, Vancouver, BC, V6G 1Z4

Stanley Park Ecology Society promotes awareness and respect for the natural world and plays a leadership role in the stewardship of Stanley Park through collaborative initiatives in education, research and conservation.

For more information please visit: <http://stanleyparkecology.ca/>

Contact: Sasha Mark, Volunteer Coordinator

Phone: 604-257-6908 Ext. 105

Email: vols@stanleyparkecology.ca

VOLUNTEER TITLE: Special Invasive Plant Removal Team

VOLUNTEER ACTIVITIES: Volunteers will work as part of a small team to remove targeted invasive species from selected areas and help with other stewardship projects in Stanley Park. They will also interact with the public about ecology and invasive species in Stanley Park as needed. Volunteers will also collect data on invasive species removal and support fellow team members and the Stewardship Coordinator by maintaining a positive attitude and showing dedication while accomplishing tasks.

TRAINING AVAILABLE: Training will be provided.

REQUIREMENTS: Volunteers must be 16 years of age or older, have excellent English and effective communication skills. They must also be willing to work outdoors in all weather conditions, be reliable and punctual, have an interest in nature and be enthusiastic about contributing to habitat restoration work in Stanley Park.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Volunteers will gain experience in the field of environmental conservation, make an important contribution to the conservation and restoration of habitats in Stanley Park and develop team building, leadership and project organizational skills. They will also receive a letter of reference after 30 hours of service.

HOURS INVOLVED: 10:00 am – 1:00 pm Monday – Wednesday (Year Round)

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Nature House Host (summer)

VOLUNTEER ACTIVITIES: Volunteers will welcome visitors to the Nature House and share information about Stanley Park's ecology. They will also engage visitors with the educational displays and promote other Stanley Park Ecology Society programming. They will also organize resource materials, assist in the opening and closing procedure for the Nature House and perform some light cleaning duties.

TRAINING AVAILABLE: Training provided on select dates

REQUIREMENTS: Volunteers must have excellent communication skills, a friendly personality, and interest in and willingness to learn about ecology and Stanley Park and have a high level of commitment.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Volunteers will be invited to attend Discovery Walks for free and can receive a reference letter after 30 hours is completed. They also get to develop ecology interpretation skills and spend time and learn about Stanley Park.

HOURS INVOLVED: Tuesday – Friday 10:00 am – 1:30 pm or 1:30 pm – 4:00 pm (June-August)

MINIMUM AGE: 17 years old & up

VOLUNTEER TITLE: Stanley Park EcoCamp Volunteer

VOLUNTEER ACTIVITIES: Volunteers will be assisting SPES educators with various operational and educational activities. They will also be assisting in supervision and group management of campers.

TRAINING AVAILABLE: Training will be provided by Stanley Park

REQUIREMENTS: Volunteers must have excellent leadership, organizational and communication skills. They must also have a willingness to work outdoors (rain or shine) and have the ability to pass a criminal record check. Having work experience with children is an asset but not required.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Volunteers will gain leadership experience working with children, skills to build their resume, network with new people, contribute to the next generation's understanding and appreciation of nature and will be invited to attend the season-end volunteer appreciation party.

HOURS INVOLVED: 8:00am – 12:30pm, 12:30pm-5:00pm or all day 8:00am – 5:00pm. (Spring Break and July – August)

MINIMUM AGE: Must be enrolled in grade 11 or higher

Wild Bird Trust of British Columbia (WBT)

Mailing Address: 2645 Dollarton Highway, North Vancouver, BC, Canada, V7H 1B1

Work Location: The Conservation Area at Maplewood Flats, 2645 Dollarton Hwy, North Vancouver

Enhancing The Conservation Area at Maplewood Flats for birds and wildlife. School Programs, Bird Surveys, Nature Walks and Volunteer Days.

Contact: Elsie Webb, Office Manager

Email: volunteer@wildbirdtrust.org

Phone: 604-929-2379

Website: <http://www.wildbirdtrust.org/>

VOLUNTEER TITLE: Communications Assistant

VOLUNTEER ACTIVITIES: Support the social media team at Maplewood Flats by supporting the building of digital photography and social media assets and materials and share them with our followers on Instagram, Facebook, Twitter and through our semi-annual Wingspan publication.

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Should have an interest in communications and social marketing, the environment, wildlife and birds, and the interest and ability to follow and work under direction. Previous knowledge of the environment, wildlife, and birds is not necessary.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Working with people; gaining work references.

HOURS INVOLVED: Flexible and by arrangement

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: General Volunteer

VOLUNTEER ACTIVITIES: Volunteers are accepted all throughout the year for various activities and positions at the Wild Bird Trust. Volunteers will be involved with enhancing the conservation area at Maplewood Flats for birds and wildlife, school programs, bird surveys, nature walks. Some volunteer activities may include invasive plant removal, gardening, trail work, and tree planting. For more information contact WBT's MCA Manager Ernie Kennedy.

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Ability to sign WBT's Waiver of liability and transportation to the site are necessary. Should have an interest in the environment, wildlife and birds, and the interest and ability to follow and work under direction. Previous knowledge of the environment, wildlife and birds is not necessary.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Working with people; gaining references.

HOURS INVOLVED: Flexible and by arrangement

MINIMUM AGE: 16 years old & up

Arts and Culture



Deep Cove Heritage Society

4360 Gallant Avenue, North Vancouver, B.C, V7G 1V5

The Heritage Society is a not-for-profit, charitable organization that provides and develops an understanding, preservation and appreciation of our local history. We also provide Tourist information

Contact: Jim Slight, Office Coordinator

Phone: 604-929-5744

Email: deepcoveheritage@gmail.com

VOLUNTEER TITLE: Office Volunteer

VOLUNTEER ACTIVITIES: The office volunteer is responsible for running the office independently. This includes opening and closing the office, handling sales of merchandise and providing general information about the area

TRAINING AVAILABLE: limited training

REQUIREMENTS: Volunteer should have good people skills, be able to remain calm in stressful situations, communicate effectively written and verbally, work and interact effectively with the public, work independently. Knowledge of North Vancouver and Deep Cove an asset.

HOURS INVOLVED: Hours are from 1 - 4 pm - 3 hours, once a week - pick your day. Parking pass available

MINIMUM AGE: 16 years old and up

Dr. Sun Yat-Sen Classical Chinese Garden

578 Carrall Street, Vancouver, B.C., V6B 5K2

Situated in the heart of Vancouver's historic Chinatown neighbourhood, Dr. Sun Yat-Sen Classical Chinese Garden is an oasis of tranquility and reflection amid the bustle of urban life. Modeled after the Ming Dynasty scholars' gardens in the city of Suzhou, it became the first authentic full-scale Chinese garden built outside of China upon its completion in April 1986.

Are you interested in the history of Vancouver's Chinatown and Chinese culture? Would you like to develop your professional skills while working in a peaceful environment? Join our Volunteer Program and start your journey into Vancouver's Chinese Garden today! The joys of volunteering here are many, among which is an opportunity to meet great people, share your knowledge, and relish the Garden's tranquil environment.

Contact:

Email: volunteers@vancouverchinesegarden.com

Website: <https://vancouverchinesegarden.com/>

VOLUNTEER TITLE: Events Assistant (Ongoing)

VOLUNTEER ACTIVITIES: Assist in various roles at workshops, receptions, and festivals throughout the year. Events range from workshops, talks, and receptions, to major annual festivals such as Mid-Autumn Moon and Temple Fair. This is an exciting opportunity to build and fine-tune valuable career skills in customer service and events.

TRAINING AVAILABLE: Orientation provided (depends on type of event)

REQUIREMENTS: Excellent oral communication and interpersonal skills, enthusiastic, reliable, fluent in English, self-starter with a positive “can-do” attitude

Other desirable traits: Interest in learning and sharing of Chinese culture and history, fluency in a second language such as French, German, or Mandarin

HOURS INVOLVED: Flexible hours. Depends on the event. Term: Minimum 6 month commitment

MINIMUM AGE: 15 years old & up

VOLUNTEER TITLE: Garden Assistant (Ongoing)

VOLUNTEER ACTIVITIES: We are seeking volunteers to assist with garden maintenance on a weekly basis.

Responsibilities include: clearing moss and weed from the courtyard stones; skimming the pond to remove debris that could be harmful to wildlife; sweeping the courtyards; other garden maintenance tasks as required. Help the garden look its best, as we welcome visitors from around the world into this unique heritage space. This is a great opportunity for anyone interested in garden design and maintenance.

TRAINING AVAILABLE: Training provided

REQUIREMENTS: Comfortable working outdoors and getting your hands dirty, reliable, good attitude

Other desirable traits: Interest in or passion for gardening and conservation, previous gardening or landscaping experience

HOURS INVOLVED: Flexible hours. 1-2 days a week. Term: Minimum 6 month commitment

MINIMUM AGE: 15 years old & up

Gordon Smith Gallery

2121 Lonsdale Avenue, North Vancouver, B.C., V7M 2K6

The Gordon Smith Gallery of Canadian Art is home to the acclaimed Artists for Kids teaching collection. The Artists for Kids program has been acquiring masterworks from Canada's leading artists for more than 20 years. The organization purchases art from patron artists for its permanent collection, then sells limited-edition, original prints created by these artists to raise money for programs offered. The Gordon Smith Gallery provides a destination and a resource for gallery education and the development of artistic visual literacy, which is essential to the enhancement of culture and to a greater understanding of the world around us. We invite you to visit often.

Contact: Yolande Martinello, Volunteer Coordinator

Website: <https://www3.gordonsmithgallery.ca/Pages/default.aspx>

Phone: 604-998-8563

Email: admin@smithfoundation.ca

VOLUNTEER OPPORTUNITIES: Due to current ongoing pandemic concerns, the Gordon Smith Gallery operating hours are limited. Volunteer opportunities, will still be available, will also be limited. Please contact the coordinator via the provided email address with expressions of interest.

REQUIREMENTS: Must like working with the public, be friendly and enthusiastic, comfortable working independently, and willing to learn. Must be comfortable with simple math and have an ability to handle cash, Visa, MC, and debit machine transactions, and Social Media capabilities

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Skills for working with the public and sales experience.

HOURS INVOLVED: varied

MINIMUM AGE: 19 years old & up

North Van Arts

335 Lonsdale, North Vancouver, B.C., V7M 2G3

Located at CityScape Community Art Space, our mandate is to enable emerging and professional artists in all disciplines, bridge cultures and build strong communities through the arts. Resource centre for artists and public on arts and cultural matters, encouraging the development of the arts in all media. Programs include: Art Rental, Art in the Community, community events, art classes for adults, youth, and children, spring break and summer camps for children, as well as youth and community art projects. Also, program and manage CityScape Community Art Space and Maplewood House.

Contact: Andrew Warner, Volunteer Coordinator

Email: andrew@northvanarts.ca

Phone: 604-988-6844

Website: <https://northvanarts.ca/>

VOLUNTEER TITLE: Distribution Assistants

VOLUNTEER ACTIVITIES: We rely on our distribution assistants to hang posters, deliver cards, and spread the word about programs, events, and exhibitions. Find out how you can help us even without access to transportation by enquiring about our social media approach. A wifi connection can be offered if volunteers wish to assist with socials.

TRAINING AVAILABLE: Orientation provided

REQUIREMENTS: Volunteers with transportation (cars, bikes) are great at delivery. However, if mobility is an issue due to accessibility needs, we would love for you to distribute information online or on your personal networks through social media. Online-applications-only <http://northvanarts.ca/>

HOURS INVOLVED: Required to complete one weekly shift (ex. 12 - 2:30 pm or 2:30 - 5 pm Saturdays)

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Event Assistants

VOLUNTEER ACTIVITIES: We have a lot of fun planning, organizing, and executing various public events throughout the year. These popular gatherings are fabulous for those who want to work closely with the public in a rich interactive arts environment. Volunteer positions are defined according to the specific needs of the event. Many positions require being outdoors, lifting and carrying, etc. (ex. setting up tables and chairs).

TRAINING AVAILABLE: Orientation provided

REQUIREMENTS: Friendly, social, punctual, interested in arts. Online-applications-only <http://northvanarts.ca/>

HOURS INVOLVED: Dependent on the event, 2-6 hours. You will be contacted about the positions required to determine your interest and availability in participating in the event.

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Gallery Attendants

VOLUNTEER ACTIVITIES: Be present during the open hours of the Gallery to greet Gallery patrons and to inform them of North Van Arts exhibitions, events, and various programs. If the gallery is quiet you may be asked to help with day-to-day tasks.

TRAINING AVAILABLE: Orientation provided

REQUIREMENTS: Friendly, social, punctual, interested in arts. Online-applications-only <http://northvanarts.ca/>

HOURS INVOLVED: Required to complete one weekly shift (ex.12 - 2:30 pm or 2:30 – 5 pm Saturdays)

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Installation Assistants

VOLUNTEER ACTIVITIES: Several times per year, North Van Arts installs art exhibitions across the North Shore. The Exhibition Coordinator often requires an assistant with installations.

TRAINING AVAILABLE: Orientation provided

REQUIREMENTS: Background in arts and a willingness to learn. Experience using basic tools and climbing ladders to help lift, hang, or place works of art where needed. Online-applications-only <http://northvanarts.ca/>

HOURS INVOLVED: 3-4 hours during mornings (usually 9 am-1 pm Wednesdays)

MINIMUM AGE: 18 years old & up

VOLUNTEER TITLE: Office/General Volunteer

VOLUNTEER ACTIVITIES: There are occasions when NVA requires volunteer assistance in the office or in general where duties cannot be defined as clearly due to their changing nature. This can include, but is not limited to organizing archives (pictures and newspaper clippings), assisting with mail-outs to members, assisting with anniversary celebration planning, etc. Here we also hold space for feedback from the community if there is a talent, skill, idea, or program you would like to help implement; please tell us how you think your abilities can make North Van Arts a better place.

TRAINING AVAILABLE: Orientation provided

REQUIREMENTS: Volunteer experience with North Van Arts. Develop administrative skills and the opportunity to learn from within the heart of our organization, learning about our artistic community alongside our staff. Will place interested volunteers on a waiting list and requested on a need basis. Volunteers will have to give their contact info. Online-applications-only <http://northvanarts.ca/>

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Photographers/Videographers

VOLUNTEER ACTIVITIES: For some events, exhibitions, and programs that North Van Arts offers in our community, we use visual documentation for which we need additional support. This may be photographing an exhibition's opening night and subsequently ensuring North Van Arts has access to image collections for archival or promotional purposes. Videography is also seasonal; this may be capturing a weekend festival or event in a summative video or helping publish work on our YouTube Channel.

TRAINING AVAILABLE: Orientation provided

REQUIREMENTS: Punctual, organized, background in arts. Experience necessary. Online-applications-only <http://northvanarts.ca/>

HOURS INVOLVED: Flexible. Will place interested volunteers on a waiting list and request individuals. Partial hours may be completed remotely for technological needs.

SKILLS DEVELOPED: Develop freelance coordination skills, time management, and have your name or brand featured on North Van Arts website, social media, and potential others.

MINIMUM AGE: 18 years old & up

North Vancouver Community Players

Hendry Hall, 815 East 11 St., North Vancouver, B.C., V7R 2L5

We exist to provide a forum for our members to express their creativity, to entertain our community with six engaging theatrical performances a season.

For more information please visit: <https://northvanplayers.ca/>

Contact: Ticket line 604-983-2633

Website: www.northvanplayers.ca

Email: tickets@northvanplayers.ca

VOLUNTEER TITLE: Community Theatre Backstage Crew

VOLUNTEER ACTIVITIES: Help construct, paint & decorate stage sets, search for costumes and props, design, hang & run lighting, work behind the scenes during run of the show doing makeup & hair, moving scenery, running props.

REQUIREMENTS: Fluency in English, cheerful disposition and good work ethic. Carpentry skills and construction skills are important assets.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Working with a mentor who will show the volunteer the ropes in the field of work, experience in the theatre, and set development.

HOURS INVOLVED: Flexible, typically from 7:00 pm – 10:00 pm and weekend daytimes. Volunteers needed for September through June.

MINIMUM AGE: 16

North Vancouver Museum and Archives

3202 Institute Road, North Vancouver, B.C., V7K 3E5;
115 West Esplanade, North Vancouver, B.C., V7M 1A1

The North Vancouver Museum and Archives operates both the new Museum of North Vancouver to open in Lower Lonsdale (115 Esplanade) in 2021 as well as the Archives of North Vancouver located in the Community History Centre in Lynn Valley (3203 Institute Rd.). In addition to the two physical visitor centres, the NVMA supports several other online and offsite experiences for the public to engage and learn about the past, present, and future stories of North Vancouver.

Contact: Laurel Lawry, Administrative Services Manager

Phone: 604-990-3700

Email: nvmac@dnv.org

Website: nvma.ca

Volunteer Enquiry Form: <https://nvma.ca/support/volunteering/>

VOLUNTEER TITLE: Various Volunteer Positions

VOLUNTEER ACTIVITIES: As we approach the opening of the new Museum, we will be looking to fill a number of new volunteer positions. Please check our website for more information about current opportunities.

TRAINING AVAILABLE: Training provided

MINIMUM AGE: High School

Presentation House Theatre

333 Chesterfield Ave., North Vancouver, B.C., V7M 3G9

Nestled in the heart of North Vancouver's Lower Lonsdale, Presentation House Theatre has become a neighbourhood cultural hub, providing the community with a dynamic mix of professional theatre, music, and dance productions -- all just a Seabus away from downtown Vancouver. We are the North Shore's professional theatre company. For more than 40 years, we've entertained audiences with innovative programming and quality professional productions in our wonderfully intimate space. We are committed to presenting and producing shows of the highest standard and appealing to the diversity of North Shore audiences. We proudly offer programming for children and youth, adults young and old.

We couldn't do it without you!

For more information please visit: <http://www.phtheatre.org/support-pht/volunteer/>

Contact: Abigail Bueno, Administrative & Box Office Manager

Phone: 604-990-3474

Email: boxoffice@phtheatre.org

Website: www.phtheatre.org

VOLUNTEER TITLES: Usher/Ticket Taker; Special Events Ambassadors; Marketing Assistants

VOLUNTEER ACTIVITIES: Volunteering is a great way to be part of the theatre, connect with the community, meet new people, and contribute to our exciting season of shows year after year. Volunteer roles at PHT include ushering, ticket taking, and supporting marketing and special events initiatives as needed.

TRAINING AVAILABLE: Orientations provided.

REQUIREMENTS: Dependable, pleasant, and comfortable dealing with the public. Love of theatre and sense of humour a bonus!

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Because of our diverse and interesting programming and clientele, students have the opportunity to hone their customer service and interpersonal skills with a variety of audiences. Assisting in marketing and special events allows them to learn the ins-and-outs of these areas in a fast-paced, supportive, creative environment. Another benefit? Ushers remain in the theatre during performances, and can enjoy the shows for free.

HOURS INVOLVED: Hours vary depending on show times, but mostly evenings 6:45 – 10:00 pm and some weekend matinees 12:45 – 4:30 pm.

MINIMUM AGE: 16 years old & up

Vancouver Fringe Festival

Box 203 – 1298 Cartwright Street, Vancouver, B.C., V6H 3R8

The Vancouver Fringe Festival is moving forward with “staggered” dates for the 2020 Festival with in-person performance periods (or “mini Festivals”) from September to December. We will be operating fewer venues, creating a more concentrated Festival, with a focus on live, in-person events. The performance periods are scheduled for:

- *September 10 – 20*
- *October 1 – 10*
- *October 29 - November 8*
- *November 26 - December 6*

Our vision of "Theatre for Everyone" not only means an inclusive, uncensored theatre experience, but a fun, welcoming volunteer team as well! No matter your skillset or interests, we have a position here for you. We offer perks such as light snacks and refreshments, free admission to Festival shows, and more!

Register through our Website: vancouverfringe.com/volunteer/ Email: volunteer@vancouverfringe.com

VOLUNTEER TITLE: Ticket Seller

VOLUNTEER ACTIVITIES: Ticket Sellers will sell tickets at shows using a tablet and handle contactless payments. They should be comfortable with technology and multitasking in busy environments. All work stations are socially distanced and/or have an engineered barrier.

TRAINING AVAILABLE: Training provided by the Fringe

REQUIREMENTS: Ticket Sellers must be comfortable with technology and customer service

HOURS INVOLVED: Minimum of 16 hours within one mini Festival period

MINIMUM AGE: Must be 16+ or volunteer with a parent or guardian in the same area (not necessarily in the same role)

VOLUNTEER TITLE: Ushers

VOLUNTEER ACTIVITIES: Ushers will monitor contact tracing and ensure all patrons fill out their contact details before they enter the theatre. They will guide guests to their seats while maintaining social distance. Ushers will also help make sure guests are following the Health & Safety Policy in the venue.

TRAINING AVAILABLE: Training provided by the Fringe

REQUIREMENTS: Ushers must be comfortable with customer service

HOURS INVOLVED: Minimum of 16 hours within one mini Festival period

MINIMUM AGE: Must be 16+ or volunteer with a parent or guardian in the same area (not necessarily in the same role)

VOLUNTEER TITLE: Photographer

VOLUNTEER ACTIVITIES: Photographs are an important and powerful way to document the Festival for current and future Fringers, sponsors, donors, and funders. Volunteers in this role will be given a list of shots to capture on their shift, and will provide their photographs to the Fringe for use in social media, our email newsletters, various print materials, and on our website. You will be credited as photographer wherever your photos are used!

TRAINING AVAILABLE: Training provided by the Fringe

REQUIREMENTS: You must bring your own camera, and know how to use it

HOURS INVOLVED: Minimum of 16 hours within one mini Festival period

MINIMUM AGE: Must be 16+ or volunteer with a parent or guardian in the same area (not necessarily in the same role)

VOLUNTEER TITLE: Site Crew/Production

VOLUNTEER ACTIVITIES: It takes hard work to make the Festival look this good. Pick up a hammer and help our production and signage team build venues, paint and install signs, hang banners, and prepare the island for the Fringe – then take it all down again 11 days later! Comfortable, closed-toed shoes and warm clothes required. You might work outside, get dirty, and need to be able to lift stuff. A great choice for people who like being outside and working with their hands!

TRAINING AVAILABLE: Training provided by the Vancouver Fringe Festival

REQUIREMENTS: You might work outside, get dirty, and need to be able to lift stuff.

HOURS INVOLVED: Minimum of 16 hours within one mini Festival period

MINIMUM AGE: Must be 16+ or volunteer with a parent or guardian in the same area (not necessarily in the same role)

VOLUNTEER TITLE: Events

VOLUNTEER ACTIVITIES: We have some great Fringe special events this year. Events volunteers help with a variety of tasks including setup and strike, picking up empty bottles, carrying trays, and just generally helping the events run smoothly. Bonus points if you have Food Safe certification or Serving it Right! A great way to make sure you've got a ticket to the hottest events of the festival!

TRAINING AVAILABLE: Training will be provided by the Fringe

REQUIREMENTS: Food safe certification and being a team player is an asset

HOURS INVOLVED: Minimum of 16 hours within one mini Festival period

MINIMUM AGE: Must be 16+ or volunteer with a parent or guardian in the same area (not necessarily in the same role)

VOLUNTEER TITLE: Raffle Ticket Seller

VOLUNTEER ACTIVITIES: Get ready to have fun! "Get Lucky Raffle" sellers are outgoing, friendly, and unafraid to approach people. Raffle Ticket Sellers will have the chance to chat with fantastic Fringe goers and soak up the festival atmosphere. Raffle Ticket Sellers will be in the centre of the action selling raffle tickets to Fringe goers at Fringe special events! Must be confident using an iPad and talking to people about how great Fringe is!

TRAINING AVAILABLE: Training will be provided by the Fringe

REQUIREMENTS: Comfortable with technology and talking to people

HOURS INVOLVED: Minimum of 16 hours within one mini Festival period

MINIMUM AGE: Must be 16+ or volunteer with a parent or guardian in the same area (not necessarily in the same role)

Seymour Art Gallery

4360 Gallant Ave., North Vancouver, B.C., V7G 1L2

A non-profit gallery located within the Deep Cove Cultural Centre featuring group and solo exhibits of emerging to internationally recognized artists.

Contact: Vanessa Black, Curator/Director

Email: curator@seymourartgallery.com

Phone: 604-924-1378

Website: www.seymourartgallery.com

VOLUNTEER TITLE: Gallery Shop Volunteer

VOLUNTEER ACTIVITIES: Help customers and ring through sales in the Seymour Art Gallery's Gallery Shop, which sells work by more than 60 local artists; monitor the Gallery and record visitor numbers, provide friendly customer service and information to the public.

TRAINING AVAILABLE: Processing sales transactions, information about gallery exhibits, and customer service.

REQUIREMENTS: Must like working with the public, be friendly and enthusiastic, comfortable working independently, and willing to learn. Must be comfortable with simple math, using an iPad to process sales, and have an ability to handle cash, Visa, MC, and debit machine transactions.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Skills for working with the public and sales experience.

HOURS INVOLVED: 3.5 hours per shift, flexible and on-going.

MINIMUM AGE: 19 years old & up

Theatre Under the Stars

610 Pipeline Road, Vancouver, B.C., V6G 1Z4

Theatre Under the Stars has always depended on the hard work and dedication from our team of volunteers! Each year, over 200 volunteers contribute their time, energy, and skills to make our season a great success! We require energetic committed individuals to help in the front house: ushering, taking tickets, greeting, and staffing the coffee bar and bar, we also recruit for our backstage crew who work in costuming, lighting, sound, set and props for the run of the shows.

Contact: Volunteer Coordinator

Email: volunteers@tuts.ca

Fax: 604-734-1585

Phone: 604-734-1917

Website: <https://www.tuts.ca/>

VOLUNTEER TITLE: Front of House Support

VOLUNTEER ACTIVITIES: Greeter, Ticket Takers, Box Office, Coffee Bar, Bar, Programs and Cushions, Photo Booth, Emporium Gift Shop, Ushers

TRAINING AVAILABLE: Orientation and training dates start in April 2021

REQUIREMENTS: Friendly, social, can work in a team setting, and follow instructions from a supervisor.

SKILLS / ATTRIBUTES DEVELOPED AND BENEFITS: Have a fun experience and become part of the TUTS family as well as free entry to shows for yourself, a family and friends discount, and opportunities to meet professionals in the Vancouver arts industry.

HOURS INVOLVED: The hours for this position are flexible

MINIMUM AGE: 16 years old & up for most positions (unless volunteering with an adult) / 19+ for bar positions (SIR required)

West Vancouver Art Museum

680 17th Street, West Vancouver, B.C., V7V 3T2

The West Vancouver Museum is dedicated to foster awareness and understanding of art, culture and history through dynamic exhibitions and educational programs. The museum profiles important creators, innovators and events that have shaped our community, region and country.

CONTACT: Caroline Brandson, Coordinator, Volunteer Services, District of West Vancouver

Email: cbrandson@westvancouver.ca

Phone: 604-913-2703

Website: <http://westvancouver.ca/government/volunteer-opportunities-west-van>

Contact Availability: Tue – Wed, 9:00 am – 4:30 pm

VOLUNTEER TITLE: Gallery Guide

VOLUNTEER ACTIVITIES: Volunteers needed to work as gallery attendants. Talk to visitors and work in the gift shop. The Gallery Guide will assist with the preparation and delivery of programs and hosting special events.

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Friendly and reliable. Looking for skilled individuals who are interested in art, architecture and design. All volunteers with the District are required to do an orientation first, call 604-925-7270 to register. Criminal record check is required for 19 years and older. A volunteer under 19 years is required to submit a parent consent form.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Retail, communication, working with the public, organizational skills, learning how to plan programs, working with museum duties and materials, and knowledge of art and museum practices.

HOURS INVOLVED: 3 hours per week, minimum 3 month commitment

MINIMUM AGE: 15 years old & up

VOLUNTEER TITLE: Education Assistant

VOLUNTEER ACTIVITIES: Working with Education Coordinator, volunteers help prepare for the museum's art and architecture programs and educational programs offered at schools. If you like children and enjoy arts and crafts, this position is for you.

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Good communication skills. All volunteers with the District are required to do an orientation first, call 604-925-7270 to register. Criminal record check is required for 19 years and older. A volunteer under 19 years is required to submit a parent consent form.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Communication, public speaking, working with the public, organizational skills, and ability to pay attention to detail.

HOURS INVOLVED: Mon, Tue, or Wed, 3:30 – 5:00 pm, minimum 6 months commitment.

MINIMUM AGE: 15 years old & up

West Vancouver Community Arts Council

1570 Argyle Avenue, West Vancouver, B.C., V7V 1A1

The West Vancouver Community Arts Council was established in 1968, with a mission to increase and broaden the opportunities for West Vancouver and all North Shore citizens to enjoy and participate in cultural activities. Volunteers are an integral part of our success! We are always looking for interested and enthusiastic individuals who love their community and the arts.

Contact: Ardis Nelson, Art Box and Volunteer Coordinator

Email: ardis.wvcac@shaw.ca

Phone: 604-925-7292

Website: www.westvanartscouncil.ca

VOLUNTEER TITLE: Gallery Attendant

VOLUNTEER ACTIVITIES: The WVCAC has openings for Gallery Attendants, who are the friendly and welcoming hosts to visitors to our seaside gallery space at the Silk Purse.

Gallery Attendants provide information about current gallery exhibits, process sales from our gallery shop, the Art Box, sell memberships, and tickets to our concerts, and are fonts of information and enthusiasm for the variety of programming offered by the WVCAC. Volunteers work independently, on 2 hour shifts.

REQUIREMENTS: We encourage applications from students with an interest in the arts, especially visual arts, who would feel confident working on their own, engaging with the public, and handling sales transactions.

Previous experience in customer service or a position of responsibility would be an asset.

HOURS INVOLVED: We encourage applications from youth at the senior high school level for weekend shifts.

Community Services



District of West Vancouver

2121 Marine Drive, West Vancouver, B.C, V7V 4Y2

Discover a new skill, talent or hobby. Connect with a thriving community of big-hearted givers like yourself. Inspire others and you too will be inspired to make every day matter. The District of West Vancouver has a variety of volunteer opportunities available.

Contact: Volunteer Services Team

Phone: 604-202-8694

Email: volunteer@westvancouver.ca

VOLUNTEER TITLE: Various Volunteer Positions Available

VOLUNTEER ACTIVITIES: Camps, afterschool and weekend program assistants, events, youth lounge, food services, ice skating, swimming lessons, gymnastics, parks, outdoor programs and committees

Steps to become a youth volunteer with the District of West Vancouver:

REQUIREMENTS:

Step 1: Decide you would like to join and ensure you meet our Eligibility Requirements: » Minimum 14 years of age » Proof of valid BC Medical, BC Care Card or BC Services Card with a Personal Health Number » Good understanding of English » Eligible to Volunteer in Canada » Commit to a minimum of 3–6 months » Complete an online orientation and further training as needed.

TRAINING AVAILABLE:

Step 2: Register for our online volunteer orientation by calling 604-925-7270, online at activewestvanrec.ca or at any of the front desks at our West Vancouver Community Centre, Gleneagles Community Centre or the West Vancouver Seniors' Activity Centre. Registration is free for members of the WV Seniors' Activity Centre and \$20 for everyone else. Upon registration, you will receive an email with a link to the online orientation which consists of a video with important information and a quiz. Complete the online orientation.

Step 3: Youth who are successful will receive a welcome email with details on how to set up an appointment with the Volunteer Coordinator to discuss their next steps and subsequent training. Proof of identity (BC Services Card w/ Personal Health Number) will be required.

Step 4: Register or contact us about additional training if you would like to volunteer in the following areas: Café, Aquatics, Gymnastics, Arena, Museum, Parks, Camps and other areas. Please contact the Volunteer Services Team at 604-202-8694 for information on training and the different types of volunteer opportunities not seen in the volunteer software.

Step 5: Start volunteering. Login at MyImpactPage.com. You can enter your hours, print reports, edit your profile and more.

Step 6: Enter your hours online and have fun volunteering!

HOURS INVOLVED: Varied. Must commit to a minimum of 3–6 months

AGE: 14-18

Family Services of the North Shore

203-1111 Lonsdale Avenue, North Vancouver, B.C., V7M 2H4

Family Services of the North Shore is non-profit, community-based agency. For over sixty years, we have provided counselling, support, education and volunteer engagement for families and individuals. We are committed to making a deep and lasting impact in our community.

Website: <http://www.familyservices.bc.ca>

Phone: 604-988-5281

VOLUNTEER TITLE: Youth Leadership Advisory Board (YouthLAB)

VOLUNTEER ACTIVITIES: YouthLAB is a bi-monthly, youth leadership learning process for high school aged students with Family Services North Shore. As a part of YouthLAB you will become trained over the school year as a change agent within your community on the topics of mental health and healthy relationships. YouthLAB's goal is to reach other youth through community engagement by offering opportunities for learning through arts collaboration, building awareness and dialogue. Youth Volunteer roles include: Hosting Presentations, Supporting Campaigns, Participating in Agency events and more.

HOURS INVOLVED: About 5 hours per month during the school year. Program runs September - June

AGE: Entering grade 10 to 12 during the school year

VOLUNTEER TITLE: Christmas Bureau

VOLUNTEER ACTIVITIES: A foundational program that provides holiday gift baskets including grocery gift cards to some of the most vulnerable members of our community. Volunteer roles include: Toy Shop set-up, Toy Shop Elf, Reception and Admin support, Toy Drive event set-up and much more.

HOURS INVOLVED: As many or few as you can provide. Program runs September - January

VOLUNTEER TITLE: Companioning Community Care Program

VOLUNTEER ACTIVITIES: Individuals will be paired up with a Senior Volunteer to provide support to adults/seniors who have been affected by life-limiting illnesses, cancer treatment or bereavement and who may be isolated.

HOURS INVOLVED: Starting at one hour per week. All year

VOLUNTEER TITLE: Thrive Family Programs

VOLUNTEER ACTIVITIES: Parents, grandparents, and caregivers of children 0 – 6 years enjoy child-led play, crafts, songs and stories – all designed to nurture positive connections and promote healthy child development.

Volunteer roles include: Food Prep and Support, Toy Washing, Yard Maintenance, Program Support and more.

HOURS INVOLVED: Flexible with a variety of options to suit your schedule. All year

Harvest Project

1073 Roosevelt Crescent, North Vancouver, B.C., V7P 1M4

Helping North Shore residents experiencing challenging life circumstances. Volunteers are the heart and soul of the Harvest Project. We rely on more than 150 weekly volunteers to keep our programs running effectively and provide a quality service.

Contact: Philippe Segur, Support Programs Coordinator

Phone: 604-983-9488

Contact Availability: Tues to Fri, 10:00 am – 4:00 pm

VOLUNTEER TITLE: Cleaning Help

VOLUNTEER ACTIVITIES: Maintain a high standard of cleanliness throughout the building.

TRAINING AVAILABLE: Training and information sessions available.

REQUIREMENTS: A willingness to help, make a difference and be open to learning new skills.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Will provide references and letters of recommendation with job description and hours worked.

HOURS INVOLVED: Tuesday to Friday 12 pm to 4 pm

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Clothes for Change

VOLUNTEER ACTIVITIES: Sort incoming clothes, assist clients in selecting clothes for work, and sell clothes to the public.

TRAINING AVAILABLE: Training and information sessions available.

REQUIREMENTS: A willingness to help, make a difference, and be open to learning new skills.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Will provide references and letters of recommendation with job description and hours worked.

HOURS INVOLVED: Tuesday to Friday 12 pm to 4 pm

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Grocery

VOLUNTEER ACTIVITIES: Assist clients as they select and pack groceries. Keep shelves stocked and monitor food freshness.

TRAINING AVAILABLE: Training and information sessions available.

REQUIREMENTS: A willingness to help, make a difference, and be open to learning new skills.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Will provide references and letters of recommendation with job description and hours worked.

HOURS INVOLVED: Tuesday to Friday 10 am to 2 pm OR 12 pm to 4 pm; Saturday 10:30 am to 2:30 pm

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Warehouse

VOLUNTEER ACTIVITIES: Sort, crate, and store non-perishable foods. Maintain safety and cleanliness of the warehouse.

TRAINING AVAILABLE: Training and information sessions available.

REQUIREMENTS: A willingness to help, make a difference and be open to learning new skills.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Will provide references and letters of recommendation with job description and hours worked.

HOURS INVOLVED: Tuesday to Friday 12 pm to 4 pm

MINIMUM AGE: 16 years old & up

[Lions Gate Hospital Foundation](#)

231 East 15th Street (Main Floor), North Vancouver, B.C., V7L 2L7

Our tax dollars can't cover the cost of everything our hospital needs and vital donations from the community help bridge the gap between what the government can provide and what our patients need right now.

The giving spirit of our donors ensures that everyone from the tiniest newborns to the most vulnerable elderly patients have better access to ground breaking facilities, the latest equipment and updated infrastructure.

Over the past 8 years, the Foundation has invested more than \$200 million to bring leading edge care and facilities to our doorstep.

Email: info@lghfoundation.com

Phone: 604-984-5785

Website: <https://lghfoundation.com/>

VOLUNTEER TITLE: General Event Volunteer

VOLUNTEER ACTIVITIES: The Foundation always appreciates helping hands. Your commitment of time and participation will help to make a significant difference to the quality of care at our Hospital. Volunteering for the Foundation often involves assisting with fundraising for the Hospital (i.e. helping with office projects or special events). If you would like to inquire about our volunteer opportunities, please feel free to fill in the form below:

<https://lghfoundation.com/volunteer/>

TRAINING AVAILABLE: Orientation provided

REQUIREMENTS: Experience isn't necessary; you just need enthusiasm and a smile.

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Youth Advisory Committee

VOLUNTEER ACTIVITIES: The goal of the LGHF Youth Advisory Committee is to promote the Foundation's vision and spread our message in the community while providing youth and students leadership opportunities and development of transferable skills within a healthcare environment.

Your Responsibilities:

- Identify opportunities to involve North Shore youth with the Foundation
- Promote the Foundation's vision within the North Shore community, serve as an ambassador
- Develop fundraising ideas for current initiatives/campaigns
- Use social media to reach the North Shore population, particularly within schools
- Assist with special events where appropriate

Please see <https://lghfoundation.com/yac/> to apply online

TRAINING AVAILABLE: Orientation provided

REQUIREMENTS:

- Attendance at meetings throughout the year
- Attendance at LGHF community outreach events
- Exceptional interpersonal and communication skills
- Ability to work well with others in a collaborative environment
- Demonstrated leadership qualities
- Ability to exercise initiative, prioritize, and work to deadlines

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS:

- Opportunity to give back and make a difference to the quality of health care for everyone in our community.
- Opportunity to learn how a Foundation operates
- Opportunity to liaise with Foundation leadership including executives and community leaders who serve on the Foundation Board
- Experience serving on a committee
- Opportunity to promote health care on the North Shore
- Opportunity to obtain references

HOURS INVOLVED: Minimum of 10 volunteer hours, September through June

AGE: Must be between the ages of 16 and 22 for the period of September through June

North Shore Salvation Army

105 12th Street West, North Vancouver, B.C., V7M 1N2

The North Shore Salvation Army's vision is to serve the people of our community. To restore a cohesive spiritual and physical life, creating health in individuals and in our communities to the fullest.

Contact: Marjo Cote, Volunteer Coordinator

Email: northvansal.fs@gmail.com

Contact availability: Anytime

Phone: 604-980-4413

Website: <https://northshoresalvationarmy.com/>

VOLUNTEER TITLE: Various Positions Available

VOLUNTEER ACTIVITIES: Various volunteer positions available including recycling, composting, receiving food and shipping, do fresh hampers, do canned goods hampers, put the bread and pastries on the rack, packing meals, washing dishes and floors

TRAINING AVAILABLE: Training provided

HOURS INVOLVED: Hours may vary

MINIMUM AGE: 16+

North Vancouver City Library

120 West 14th Street, North Vancouver, B.C., V7M 1N9

We foster the love of learning in all its forms, connecting people to experiences, ideas and one another.

Email: klongley@cnv.org

Contact availability: Anytime

Phone: 604-998-3494

Website: <http://www.nvcl.ca>

VOLUNTEER TITLE: Teen Advisory Council (TAC)

VOLUNTEER ACTIVITIES: Want to develop your leadership skills while having fun to plan and promote Library programs and events for teens? Then this is the position for you! You will also get a chance to provide input on teen services and materials at the library.

TRAINING AVAILABLE: Job role training provided

HOURS INVOLVED: 1st and 3rd Tuesday of the month from 4:00 – 5:00 pm, virtual program for teens on the North Shore

MINIMUM AGE: Students grade 8 - 12

VOLUNTEER TITLE: Read Along

VOLUNTEER ACTIVITIES: Want to help children build their reading skills? Volunteer to be a reading buddy for children in the library.

TRAINING AVAILABLE: Job role training provided

REQUIREMENTS: English reading and speaking skills required

HOURS INVOLVED: Each Thursday from 4:00 – 5:15 pm

MINIMUM AGE: Students grade 8 – 12

Check out more opportunities that may come up throughout the year at: <http://www.nvcl.ca>

North Vancouver District Public Library

1277 Lynn Valley Road, North Vancouver, BC V7J 2A1

The library provides opportunities for students in grades 8 and up who want to volunteer or gain work experience credits at different branches at different times during the year.

Contact: Jessie Hawkes, Teen Engagement Librarian

Phone: 604-984-0286 ext. 8176

Email: hawkesj@nvdpl.ca

Website: <http://www.nvdpl.ca/get-involved>

VOLUNTEER TITLE: Homework Help

VOLUNTEER ACTIVITIES: As a homework helper, you'd be paired one-on-one with a younger student to help them complete assignments or understand concepts. Volunteers will meet once a week with 2-4 children in 30 minute sessions each. You can pick the subjects you specialize in (e.g., math, science, history, English, etc.), so you don't have to be an expert at everything!

REQUIREMENTS: Must be patient and feel confident about tutoring kids ages 8+.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Gain tutoring and teaching experience

HOURS INVOLVED: 12 hours over 6 weeks

MINIMUM AGE: Grade 10

VOLUNTEER TITLE: Book Buddy

VOLUNTEER ACTIVITIES: The Book Buddies volunteer will read one-on-one and play literacy games with younger children. Volunteers will meet once a week with 2-4 children in 30-minute sessions each.

REQUIREMENTS: Must be patient, friendly, and comfortable working with younger kids

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Will gain experience working with children and helping develop literacy skills.

HOURS INVOLVED: 12 hours over 6 weeks

MINIMUM AGE: Grade 9

VOLUNTEER TITLE: Teen Advisory Group

VOLUNTEER ACTIVITIES: Teen Advisory Group members help develop library programs, displays and crafts. We also team up with other organizations to do one-off volunteer programs (e.g., make cards for a senior center). TAG members may be invited to help run children's programs in the library.

REQUIREMENTS: Must be interested in books and the library

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: leadership, program/event planning, input into library programs and activities, and opportunities to assist with children's programs

HOURS INVOLVED: 1 hour per month, plus additional time assisting with library programs as needed

MINIMUM AGE: Grade 8

North Vancouver Recreation and Culture Commission

851 West Queens Road, North Vancouver B.C, V7N 4E3

North Vancouver Recreation and Culture Commission provides and coordinates a broad array of recreational opportunities to encourage individuals to develop their potential as physical, social, emotional, and spiritual beings.

Contact: Meh Najak, Volunteer Resources Programmer

Phone: 604-983-6345

VOLUNTEER TITLE: Day Camp Assistant

VOLUNTEER ACTIVITIES: Assist with the general supervision of participants as directed by the day camp leaders. Assist with preparation, set-up and clean-up of materials used by participants. Interacting with children and facilitating them to have a great day camp experience. Have fun and encourage kids to have fun!

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Interest in working with and sensitive to the needs of children; enthusiasm; must be reliable; willingness to take on responsibility. A criminal record check, 3 references and completion of orientation are required.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Leadership skills; communication skills; great group/team building skills.

HOURS INVOLVED: Mon to Fri, 8:45 am – 4:30 pm. A minimum commitment of two full day weeks or three weeks of half days.

MINIMUM AGE: 14 years old & up

VOLUNTEER TITLE: General Recreation/Special Events

VOLUNTEER ACTIVITIES: Volunteers assist with art, basketball, hockey, soccer, skating programs, and so much more. If you have an interest or passion call us and we will work with you to find a suitable placement.

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Interest in working with and sensitive to the needs of children; enthusiasm; must be reliable; willingness to take on responsibility. A criminal record check, 3 references and completion of orientation are required.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Leadership skills; communication skills; great group/team building skills.

HOURS INVOLVED: Varies according to program. A minimum commitment of 40 hours per year

MINIMUM AGE: 14 years old & up

VOLUNTEER TITLE: PLAY Volunteer

VOLUNTEER ACTIVITIES: Volunteers assist with arts, crafts and small games in the lobbies of our facilities with preschool and school aged children attending programs. You are creative, love to plan craft activities and engage with children and families.

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Love engaging with children; you are enthusiastic, have leadership qualities and must be able to commit one day a week after school or on the weekend. A criminal record check, 3 references and completion of orientation are required.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Leadership skills; communication skills; great group/team building skills.

HOURS INVOLVED: Varies according to program. A minimum commitment of 40 hours per year

MINIMUM AGE: 14 years old & up

VOLUNTEER TITLE: Rehabilitation Assistant

VOLUNTEER ACTIVITIES: Volunteers support instructors with rehabilitation programs such as stroke rehabilitation, and joint replacement fitness classes. Classes include water and land fitness classes

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Interest in working with and sensitive to the needs of adults with diverse abilities and needs. A criminal record check, 3 references and completion of orientation are required.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Interest in rehabilitation science. Perfect fit for those interested in the field of Occupation or Physical therapy or medicine.

HOURS INVOLVED: Varies according to program. A minimum commitment of 40 hours per year

MINIMUM AGE: 16 years old & up

Quest Food Exchange

2020 Dundas Street, Vancouver, B.C., V5L 1J4

Quest Food Exchange is a not-for-profit organization that provides dignified access to affordable and healthy foods to individuals facing food security challenges.

Not open to the general public, Quest Food Exchange partners with community resource agencies to complete a client referral form that enables clients to shop at the markets. Contact a local social service or community resource agency to complete the referral process.

Email: volunteeropportunities@questoutreach.org

Phone: 604-602-0168

Website: <http://www.questoutreach.org/volunteer/individuals/>

VOLUNTEER TITLE: Various Volunteer Positions

VOLUNTEER ACTIVITIES: Quest has the following volunteer opportunities: Grocery Clerk: duties include cleaning, stocking products, assisting customers, receiving and inspecting incoming products. Warehouse Person: duties include inventory, sorting & culling incoming donations, assisting drivers with on/off-loading the trucks, order picking and general warehouse upkeep. Office Assistant: duties include data entry, processing of documents, inbound/outbound phone calls, as well as other general duties (Dundas location only). Food Repackaging: repackaging of food (Dundas location only). If interested, please apply online.

TRAINING AVAILABLE: Training provided by the North Shore Homelessness Task Force

REQUIREMENTS: Effective communication skills. Contact Quest Food Exchange for specific requirements.

HOURS INVOLVED: See website

MINIMUM AGE: 16 years old and up

Terry Fox Foundation

150-8960 University High Street, Burnaby, B.C., V5A 4Y6

Nothing mattered more to Terry than the support of Canadians who stood by him, supporting his every step during those 5 months in 1980. By getting involved with The Terry Fox Foundation on any level, you will be making an important contribution to a charitable organization that still embodies the values of its founder; that funds cancer research projects that are innovative and daring; that has become an important part of community-building and fellowship.

Contact: Donna White, Community Events Director, BC and Yukon

Phone: 604-464-2666

Email: Donna.White@terryfoxrun.org

Website: <https://www.terryfox.org/run/volunteer/>

VOLUNTEER TITLE: Various Volunteer Positions

VOLUNTEER ACTIVITIES: Please visit Terry Fox Foundation's volunteer website page to view available volunteer positions and apply. Youth may serve as committee members or assist at the event on Run Day.

REQUIREMENTS: Leadership and organization skills
TRAINING AVAILABLE: Provided by the Terry Fox Foundation
HOURS INVOLVED: Varied
MINIMUM AGE: High School

Vancouver Adaptive Snow Sports

322, 125A 1030 Denman Street, Vancouver, B.C., V6G 2M6

VASS delivers ski, snowboard and sit ski lessons to people with a disability in the Lower Mainland operating on Grouse, Seymour and Cypress. All lessons are 100% coordinated and taught by volunteers. First year instructors are typically paired up with a more experienced instructor for the season. VASS enables people to contribute to their community while having fun in a mountain setting.

Email: info@vass.ca

Phone: 604-646-8277

Contact Availability: Contact anytime

VOLUNTEER TITLE: Ski and Snowboard Volunteer Instructor

VOLUNTEER ACTIVITIES: Volunteer will be in charge of assisting and teaching people with a disability to ski or snowboard.

REQUIREMENTS: Must be able to volunteer on weekend for training then six weeks of being an assistant instructor in the morning or evening. The volunteer must be comfortable riding blue runs and supply their own equipment.

TRAINING AVAILABLE: One weekend of mandatory training in the beginning of January provided by Vancouver Adaptive Snow Sports. There is a cost for this certified training and you must become a member of the Canadian Adaptive Snowsports organization totalling \$105. This will also cover all of the required insurance for you to become an instructor.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Volunteer will gain experience working with people in a mountainous environment as well as gaining experience in working with people with a wide array of disabilities. Volunteer can also log hours to put toward their graduation credit. There will also be free opportunity to get professional coaching on your own skiing or riding.

HOURS INVOLVED: One weekend of training and then 6 weeks of lessons at a repeating time either on the weekend morning or weekday evening. Total volunteer hours will be 38 or greater.

MINIMUM AGE: 15 years old & up

West Vancouver Memorial Library

1950 Marine Drive, West Vancouver, B.C., V7V 1J8

The West Vancouver Memorial Library is a dynamic, free and welcoming space that inspires discovery and learning for visitors of all ages. With books, movies and music, free WiFi, research and homework help, an art gallery and programming for teens and children, the library is a learning hub and a community gathering place.

Email: rhinmueller@westvanlibrary.ca

Phone: 604-925-7400

Contact availability: Anytime

VOLUNTEER TITLE: Teen Advising Group (TAG) Member

VOLUNTEER ACTIVITIES: TAG members contribute to the library through: designing the media slides, writing reviews, helping with the selection of teen books, magazines and movies for the library, being a spokesperson for teens in the community, getting involved in library programs and helping to promote them and other ideas suggested by you.

TRAINING AVAILABLE: Job role training provided

REQUIREMENTS: Willing to be an active participant in the group and want to make a positive impact on the library

HOURS INVOLVED: Meets once a month for 1.5 hours

MINIMUM AGE: Grade 8 - 12

VOLUNTEER TITLE: Shelver

VOLUNTEER ACTIVITIES: Shelves will receive training from staff and will spend their time putting books away, tidying the collection, assisting with displays and other tasks

TRAINING AVAILABLE: Job role training provided

REQUIREMENTS: Youth Volunteer Orientation and Training at the West Vancouver Community Centre

MINIMUM AGE: Grade 8 – 12

VOLUNTEER TITLE: Book Buddies

VOLUNTEER ACTIVITIES: Book Buddies are partnered with kids in kindergarten to grade 7 to practice reading skills and play literacy games.

TRAINING AVAILABLE: Job role training provided

REQUIREMENTS: Youth Volunteer Orientation and Training at the West Vancouver Community Centre

HOURS INVOLVED: Two hours shift once a week for four-week term

MINIMUM AGE: Grade 8 – 12

VOLUNTEER TITLE: Special Events Volunteer

VOLUNTEER ACTIVITIES: Special events volunteers will generally just be needed for a single activity happening in the library like concerts and festivals.

TRAINING AVAILABLE: Job role training provided

REQUIREMENTS: Youth Volunteer Orientation and Training at the West Vancouver Community Centre

MINIMUM AGE: Grade 8 – 12

VOLUNTEER TITLE: Teen Technology Mentor

VOLUNTEER ACTIVITIES: TTMs will help kids and adults in library LAB programs

TRAINING AVAILABLE: Job role training provided

REQUIREMENTS: Teens must have a valid BC care card, an interest in technology and completed the Youth Volunteer Orientation and Training at the West Vancouver Community Centre

HOURS INVOLVED: 1.5 – 3 hours a week

MINIMUM AGE: Grade 10 – 12

Education



Democracy Café

Suite #201, 935 Marine Drive, North Vancouver, B.C., V7P 1S3

Democracy Café is North Shore Community Resource's platform for all types of citizen engagement in democratic life including learning about local, provincial and federal government, electoral reform, voting and how citizens can participate in public life to make their democracy better.

Email: murray.mollard@nscr.ca

Phone: 604-985-7138

Contact Availability: Available Monday to Friday 9:00 am – 4:30 pm

VOLUNTEER TITLE: Democracy Café Volunteer

VOLUNTEER ACTIVITIES: Volunteer will be assisting with event management, community outreach, school workshops, performing research and more

TRAINING AVAILABLE: Training provided by Democracy Café

REQUIREMENTS: Must have an interest in democracy and politics

SKILLS / ATTRIBUTES DEVELOPED AND BENEFITS: Volunteers will gain knowledge on democracy and local, provincial and federal government. They will also gain volunteer hours which they can put towards their graduation

HOURS INVOLVED: Contact Democracy Café

MINIMUM AGE: 15 years old and up

Science World

1455 Quebec St., Vancouver B.C., V6A 3Z7

Features interactive exhibits and programs exploring basic scientific principles, innovative technology, and the processes of art and science and art/science collaborations.

Email: volunteerresources@scienceworld.ca

Website: <http://www.scienceworld.ca>

VOLUNTEER TITLE: Various Positions

VOLUNTEER ACTIVITIES: There are various volunteer roles for which we recruit twice a year. Some examples are Gallery Interpreters for our varied exhibits/galleries (e.g. Search Gallery, Body Works, etc.). We also normally recruit for Birthday Party volunteers and other administration roles.

TRAINING AVAILABLE: There are 2 intake and training sessions each year – Spring and Fall. Please check our website for further information and instructions regarding completion of an application form (available each Spring and Fall). There also may be the possibility of specific recruitment for volunteers.

REQUIREMENTS: You must be at least 16 years old and must be able to commit to a minimum of 100 hours of volunteer service. We will ask you to volunteer for 2-4 hour shift once per week.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Volunteers will develop communication/social skills, creativity, and numerous other skills, and concrete benefits depending on position.

VOLUNTEER TITLE: Gallery Volunteer Interpreters

VOLUNTEER ACTIVITIES: Greet and be friendly with visitors, demonstrate exhibits, answer questions, supervise use of equipment and centre. Volunteer will work with all ages and individuals.

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Interest in people; willingness to learn and demonstrate exhibits; interest and ease in talking to the public.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Communication/social skills and self-confidence.

HOURS INVOLVED: Hours involved varies, term of 6 months, 4 hours per week. We are a 7-day operation, weekend shifts available.

MINIMUM AGE: 16 years old & up

Due to the pandemic, Science World has made the decision to postpone Spring 2021 Intake for volunteers. Check the website for further updates.

Health



Canadian Liver Foundation

828 W 8th Ave, Vancouver, B.C., V5Z 1E2

In 1969 the Canadian Liver Foundation was born out of the passion and concern of a committed group of business leaders and doctors who believed that liver disease needed a champion. With the help of volunteers, patients and families, researchers, doctors, donors and corporate supporters who share our vision of a world without liver disease, we are bringing liver research to life.

Contact: Haneen Albayati, Regional Coordinator
Email: halbayati@liver.ca

Phone: 604-707-6434
Website: www.liver.ca

VOLUNTEER TITLE: CLF Volunteer

VOLUNTEER ACTIVITIES: Volunteer will be involved in fundraising events throughout the year, such as the LIVERight Health Forum, The Stroll for Liver, and the LIVERight Gala. In addition, they can be involved in health promotion presentations and liver disease awareness. Volunteers are welcome to establish their own fundraising initiatives, such as third-party events.

TRAINING AVAILABLE: Training and orientation provided by the Canadian Liver Foundation

REQUIREMENTS: (Language, Skills, Education). English communication skills, high school or bachelor's degree.

HOURS INVOLVED: Flexible

MINIMUM AGE: 16 years old & up

Canuck Place Children's Hospice

1690 Matthews Avenue, Vancouver, B.C., V6J 2T2

Canuck Place is a caring, innovative children's hospice and community-based service that fully embraces the life of each child and family. We provide leadership in improving pediatric palliative care regionally, nationally, and internationally through collaboration, education and research.

Contact: Alex Rios, Coordinator, Volunteer & Support Services
Email: alex.rios@canuckplace.org

Phone: 604-731-4847
Website: <http://www.canuckplace.org/volunteers/>

VOLUNTEER TITLE: Garden Volunteer

VOLUNTEER ACTIVITIES: Canuck Place Vancouver is set in beautiful gardens lovingly maintained by a dedicated team of volunteers.

REQUIREMENTS: Gardening experience is an asset but not a requirement

HOURS INVOLVED: Saturdays 10 am – 3 pm

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Maintenance Volunteer

VOLUNTEER ACTIVITIES: Maintenance Volunteers work with our Facilities Manager & Coordinator on a variety of projects to help preserve the beauty of our Hospice facility in Vancouver.

REQUIREMENTS: Maintenance experience is an asset but not a requirement

HOURS INVOLVED: Flexible Hours

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Peer Volunteer

VOLUNTEER ACTIVITIES: Peer Volunteers support the Family Volunteers and the professional care team. The Peer Volunteer acts as a companion to the children and siblings on the Canuck Place Program.

HOURS INVOLVED: Monday to Sunday 9 am – 1 pm , 1 – 5 pm, 5 – 9 pm

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Family Volunteer

VOLUNTEER ACTIVITIES: Family Volunteers work directly alongside the professional care team to enhance the quality of life of the child with a progressive, life-threatening illness, and his/her family

REQUIREMENTS: High School Graduate

HOURS INVOLVED: Monday to Sunday 9 am – 1 pm , 1 – 5 pm, 5 – 9 pm

MINIMUM AGE: 18 years old & up

VOLUNTEER TITLE: Reception Volunteer

VOLUNTEER ACTIVITIES: Office Reception Volunteers assist the full-time receptionist with office duties and provide reception & switchboard coverage for Canuck Place Children's Hospice during the evenings and weekends.

REQUIREMENTS: Administrative experience is an asset but not a requirement

HOURS INVOLVED: Monday to Sunday 9 am – 1 pm , 1 – 5 pm, 5 – 9 pm

MINIMUM AGE: 18 years old & up

VOLUNTEER TITLE: Kitchen Volunteer

VOLUNTEER ACTIVITIES: Provide support to kitchen staff by assisting with baking, some preparation of meals, cleaning of the kitchen and dining room areas.

REQUIREMENTS: Food Safe Level 1 Certificate and a current Hepatitis A Vaccine.

HOURS INVOLVED: Monday to Sunday 10 am – 2 pm & 3 – 7 pm

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Housekeeping Volunteer

VOLUNTEER ACTIVITIES: Housekeeping Volunteers work with our Housekeeping Coordinator and housekeepers on a variety of light housekeeping duties to help preserve the beauty of our Hospice facility.

HOURS INVOLVED: Monday to Sunday: 9 am – 1 pm or 1 – 5 pm

MINIMUM AGE: 16 years old & up

Capilano Care Centre

525 Clyde Avenue, West Vancouver, B.C., V7T 1C4

A seniors' care facility.

Contact: Alana Amaroso, Volunteer Coordinator
Contact Availability: Mon to Fri, 8:00 am – 4:00 pm
Email: alana.amaroso@reveraliving.com

Phone: 604-926-6856 ext. 331
Fax: 604-926-0245

VOLUNTEER TITLE: One to One Visitor

VOLUNTEER ACTIVITIES: Volunteers are needed to visit with residents on a one to one basis. This position is flexible as visiting times are determined by the resident and volunteer.

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Must be patient, understanding, work independently after orientation. Good communication skills to be able to hold and stimulate conversation. Criminal records check required. Previous experience working with the elderly is an asset.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Gain a wealth of knowledge from seniors and an opportunity to provide compassion and nurturing of seniors.

HOURS INVOLVED: A six-month commitment is required.

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Recreation Assistant

VOLUNTEER ACTIVITIES: Volunteers are needed to assist recreation staff to run various programs. This position is flexible as visiting times are determined by the resident and volunteer

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Must be patient, understanding, work independently after orientation. Good communication skills to be able to hold and stimulate conversation. Criminal records check required. Previous experience working with the elderly is an asset.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Gain a wealth of knowledge from seniors and an opportunity to provide compassion and nurturing of seniors.

HOURS INVOLVED: A six-month commitment is required.

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Pet Visitor

VOLUNTEER ACTIVITIES: Volunteer will bring their own dogs to the Centre to visit regularly with interested residents to offer gentle, non-threatening interaction between residents and dogs, providing socialization, physical stimulation, and therapeutic touch.

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Dogs will be introduced to the Volunteer Coordinator prior to participation in the program. Qualities sought include: gentle manner, tolerant of strangers, enjoy petting. Criminal records check, proof of dog vaccinations required. Volunteers will be comfortable with elderly and handicapped people; able to manage dog and will possess effective communication skills. Will meet with Volunteer Coordinator along with the pet prior to participation.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Gain a wealth of knowledge from seniors and an opportunity to provide compassion and nurturing of seniors.

HOURS INVOLVED: A six-month commitment is required.

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Bus Outings Assistant

VOLUNTEER ACTIVITIES: Assist leisure services staff to take residents in a long term care facility out on bus trips.

Activities include drives, shopping at the mall and restaurants. Also involves social time and personal assistance.

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Good communication skills. Able to push wheelchair. Criminal records check required. Previous experience working with the elderly is an asset.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Gain a wealth of knowledge from seniors and an opportunity to provide compassion and nurturing of seniors.

HOURS INVOLVED: A six-month commitment is required.

MINIMUM AGE: 16 years old & up

Heart and Stroke Foundation

200-885 Dunsmuir Street, Vancouver, B.C., V6C 1N5

Volunteers are the heart of the Foundation.

For over 60 years, Heart & Stroke has been dedicated to fighting heart disease and stroke. Their work has saved thousands of lives and improved the lives of millions of others.

Every volunteer is a valued and essential partner in achieving Heart & Stroke's vision of healthy lives free of heart disease and stroke. Our community offers a welcoming and fulfilling environment for volunteers to contribute their time and talents.

Contact: Shani Rifayee, Community Administrator

Email: Shanitha.rifayee@heartandstroke.ca

Phone: 778-372-8055

Website: <https://www.heartandstroke.ca/>

VOLUNTEER TITLE: Program Assistant, Big Bike & My Own Fundraising

SUMMARY OF POSITION: This position plays a vital role in supporting the Heart and Stroke Foundation's Heart Month event campaigns as well as Big Bike events throughout the Coastal Vancouver region. These events raise awareness and funds for research and health promotion initiatives.

The Program Assistant will help with a variety of administrative tasks requiring a high degree of attention to detail. Some of the tasks encompassed by this role include: phone correspondence, working with databases/spread sheets, preparing event campaign packages and delivering packages to community groups and businesses hosting Stroke Month events. Big Bike duties may include event assistance in preparation for and during event days, photography and sorting of photos using a cloud system, donor inquiries and administrative support. A vehicle is necessary.

HOURS INVOLVED: 10-12 Hours per week; flexible schedule (weekday hours). Start mid-January until end of August (with possibility of extension)

RESPONSIBILITIES: Prepare and deliver fundraising materials and event campaign packages; Input and maintain accurate program records in databases and spread sheets; Create and send out correspondence to community partners; Assist with the overall coordination and deployment our annual Stroke Month Campaign and Big Bike Events; Take photographs and maintain event photograph database; good knowledge of cloud storage and sharing.

VOLUNTEER TITLE: Program Assistant, Person to Person Campaign Support

SUMMARY OF POSITION: This position plays a vital role in supporting the Heart and Stroke Foundation's Heart Month event campaigns as well as Big Bike events throughout the Coastal Vancouver region. These events raise awareness and funds for research and health promotion initiatives.

The Program Assistant will help with a variety of administrative tasks requiring a high degree of attention to detail. Some of the tasks encompassed by this role include: phone correspondence, working with databases/spread sheets, preparing event campaign packages and delivering packages to Captains and Canvassers.

HOURS INVOLVED: 4 Hours per week. Position runs from November until end of August.

RESPONSIBILITIES: This is the perfect opportunity for anyone who wants to support our work, but might not be comfortable asking for donations. This position offers you a flexible schedule and a wide variety of tasks to choose from. Options vary by region, but generally include: Entering volunteer information into our system; Making phone calls; Preparing mail outs; Helping prepare canvasser kits; Assist in the development and execution of strategies for recruiting volunteer canvassers; Create and send out correspondence to canvassers, captains and community partners; Assisting with the overall coordination and deployment for annual Heart & Stroke Campaign.

VOLUNTEER TITLE: Office Administrative Volunteer

SUMMARY OF POSITION: Our Area Offices deliver a number of our national Community Engagement programs, including Jump Rope for Heart, Big Bike, Person to Person Canvassing, Special Events, and My Own Fundraisers. As an Office Administrative Volunteer, you will help with a variety of tasks, ranging from general clerical duties (photocopying, mailouts, etc.), data entry, office organization, making phone calls, managing office supplies inventory, and much more!

HOURS INVOLVED: 4-8 Hours per week; flexible schedule (weekday hours). Volunteer shifts are assigned according to individual availability. You may choose to volunteer on a weekly from 9:30 am to 12:30 pm or 12:30 pm to 4 pm or "as needed" basis.

PRIMARY RESPONSIBILITIES: Data Entry into our OneCRM database; Data Management; Reconciling donations; Carry out general clerical duties (such as photocopying, mailing, producing letters, etc.); Preparation of materials for revenue tracking and banking documentation; Assist with other office tasks that might arise

Leukemia & Lymphoma Society of Canada

303 - 1401 West Broadway, Vancouver, B.C., V6H 1H6

Increases public awareness and raises vital funds for research into leukemia and other blood cancers. Our mission statement is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families.

Contact: Emilia Sahraie, Office Administration

Email: emilia.sahraie@lls.org

Phone: 604-733-2873 ext. 5203

Website: llscanada.org

VOLUNTEER TITLE: Administrative Assistant

VOLUNTEER ACTIVITIES: There are a wide range of activities that we can provide our volunteers. On a day-to-day basis, we need help with donor stewardship through thank you calling and writing letters, filing invoices and expenses, organizing our booklets and mailing out resources to our donor/patient community, and inputting constituent data into our databases. Other tasks include inventory checks in our storage unit, volunteering at our patient education events and/or fundraising events, and helping out with donor prospecting and research.

TRAINING AVAILABLE: Training and orientation offered.

REQUIREMENTS: Great communication skills, basic knowledge of Microsoft Word and Excel, and excellent organization skills. Openness to a variety of jobs and responsibilities, and a positive attitude!

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Working in a collaborative and fun team-work environment, learning more about the impact of blood cancer research, first-hand insight into fundraising tactics and donor prospecting skills. A great opportunity to build on communication skills and building excellent rapport with others.

HOURS INVOLVED: 2-6 hours a week.

MINIMUM AGE: 15 years and above.

VOLUNTEER TITLE: General Light the Night Volunteers

VOLUNTEER ACTIVITIES: Leading up to the date of this event, we will need help with inventory counts, organizing and/or managing specific volunteer committees, and donor stewardship through thank you calls and letters. On the day of the event, there are different kinds of jobs we can provide. From manning the children's activity booth to set-up/clean-up crew, and even drafting and facilitating a "Green" waste-management system for the day of. We would also need some help with decorations and sign set-up, and post-event we would need some assistance with further donor stewardship tasks.

TRAINING AVAILABLE: Training and orientation offered.

REQUIREMENTS: Ability to move medium to large objects, great communication skills, ability to build good rapport with a variety of age groups, and an enthusiastic and engaging attitude. If you're a hands-on person who loves getting into the community to give back and interact with others, this is the volunteer job for you!

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Being a part of the meaningful and powerful experience of Light the Night!

HOURS INVOLVED: Must be available all day on the event day. Throughout the month of September and October, 2-4 hours a week can be expected.

MINIMUM AGE: 15 years and above.

North Shore Keep Well Society

Capilano Community Services Society, 600 West Queens Road, North Vancouver, B.C., V7N 2L3

*A free health and wellness program for older adults. **Seven** weekly drop-ins in community centers offer mild exercise, blood pressure checks, massage, nutrition information, peer support, speakers, **and social times**, at various North Shore locations from Dundarave to Deep Cove.*

Contact: Joanne Waddington, Interim Coordinator

Email: keepwellsociety@telus.net

Fax: 604 988-7105

Phone: 604 988-7115 ext. 27

Website www.keepwellsociety.ca

VOLUNTEER TITLE: Wellness Volunteer

VOLUNTEER ACTIVITIES: Volunteers are needed to work at an exercise and wellness drop-in for seniors 55+.

Applicants may choose to work on the registration desk, do shoulder or hand or foot massage, help with set-up and tidy-up, and take blood pressure (RN required).

TRAINING AVAILABLE: Massage training is provided.

REQUIREMENTS: An interest in helping others.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Learn about seniors' wellness, and enjoy the company of good people.

HOURS INVOLVED: 2 1/2 hours per week.

DAYS AND LOCATIONS: Mondays: North Shore Neighbourhood House from 9:30 am – 12:00 pm, and Delbrook Recreation Centre from 11:00 am - 1:00 pm; Tuesdays: Parkgate Community Centre from 9:30 am – 11:30 am, West Vancouver Kiwanis from 11:00 am – 12:00 pm; Wednesdays: Silver Harbor Seniors Centre from 9:30 am – 11:30 am; Thursdays: West Vancouver Seniors Activity Centre from 9:00 am – 11:00 am; Fridays: St. Stephen's Parish from 9:30 am – 11:30 am.

MINIMUM AGE: 16 years old & up

Ovarian Cancer Canada

831 - 470 Granville Street, Vancouver, B.C., V6C 1V5

Ovarian Cancer Canada champions the health and wellbeing of women with ovarian cancer and others at risk of this disease while advancing research to save lives. As the only registered Canadian charity solely dedicated to overcoming ovarian cancer, the organization provides leadership in research, advocacy, and support, so that women live fuller, better, longer lives.

Contact: Tracy Kolwich, Regional Director

Phone: 604-219 5330 or 1-877-413-7970 Ext 341

Email: tkolwich@ovariancanada.org

Website: <https://ovariancanada.org/Get-Involved/Volunteer/Volunteer-opportunities>

VOLUNTEER TITLE: Various Volunteer Positions and event specific roles

VOLUNTEER ACTIVITIES: Thank you for your interest in volunteering with Ovarian Cancer Canada. Volunteer roles are outlined below to give you an idea of opportunities. Openings often vary by location and time of year.

Please complete the online volunteer application: <https://ovariancanada.org/get-involved/volunteer/volunteer-application?lang=en-ca>. If you are interested in a particular role, please connect with our regional office for further details.

TRAINING AVAILABLE: Training and orientation provided by Ovarian Cancer Canada

REQUIREMENTS: Varies per volunteer position

HOURS INVOLVED: Varies per volunteer position

MINIMUM AGE: High School

VOLUNTEER TITLE: Share Your Story

VOLUNTEER ACTIVITIES: Volunteers with a personal experience of ovarian cancer, whether as a survivor or a member of a family who has been affected by the disease, can help increase awareness by sharing their stories. Opportunities may include:

- Survivors Teaching Students - Saving Women's Lives® (select cities): <https://ovariancanada.org/about-ovarian-cancer/education-programs/for-healthcare-professionals>
- Meeting with elected representatives (Government Relations)
- Guest speaker at a community event

VOLUNTEER TITLE: Events

VOLUNTEER ACTIVITIES: Outgoing and enthusiastic volunteers help with the planning and guest experience at a variety of events in support of Ovarian Cancer Canada. Events may include:

Host your own event

Community fundraising events are initiated by individuals, community groups, or businesses to raise funds for Ovarian Cancer Canada.

Event Volunteer

Tasks may include greeting guests, assisting with silent auctions or promotional draws, or processing donations. Events vary by region but may include LOVE HER/THE LADY BALL.

Information Volunteer

Volunteers provide information about ovarian cancer and Ovarian Cancer Canada's programs at various information tables in the community. Locations may include cancer centres or trade shows.

For more information on events, contact Ashley Law alaw@ovariancanada.org.

VOLUNTEER TITLE: Ovarian Cancer Canada Walk of Hope

VOLUNTEER ACTIVITIES: The Ovarian Cancer Canada Walk of Hope is the country's most powerful awareness and fundraising initiative dedicated to overcoming ovarian cancer. This annual family-friendly event is held on the 2nd Sunday in September during Ovarian Cancer Awareness Month in communities across Canada.

Day-Of Volunteer

On Walk day, volunteers assist with setting up, greeting participants, registration and more.

Committee Volunteer

The Ovarian Cancer Canada Walk of Hope is planned by a committee of volunteers working throughout the year to organize a Walk in their community. Committee roles vary and may include: Recruitment & Sponsorship Co-Chair, Logistics and Operations Co-Chair, Volunteer Lead, Media Lead, Social Media Lead, Sponsorship Lead, Finance Lead, Registration Lead, Recruitment Lead, Food & Beverage Lead, Entertainment & Activity Lead, Park & Route Logistics Lead

VOLUNTEER TITLE: Volunteer at our Office**VOLUNTEER ACTIVITIES:***Special Skills*

From time to time, volunteers assist with: General administrative tasks; Preparing information kits, resources for women living with ovarian cancer

If you have a background or interest in administration, communications, marketing, health sciences, research, or government relations, please let us know as there may be projects in need of your assistance.

Student Placement

Are you a student studying in the field of health, events management, administration, government relations, or marketing and communications? If so, please apply to become a volunteer and complete your student placement with Ovarian Cancer Canada.

Pathways Serious Mental Illness Society

205 - 1865 Marine Drive, West Vancouver, B.C., V7V 1J7

As a non-profit society, PATHWAYS SMIS provides support to family members, supporting a relative with serious mental illness, to access support, education and programs to help families navigate the mental health system. All our services are free, and we would not be able to run without our amazing volunteers

Contact: Valeska Gauthier, Program Coordinator

Phone: 604-926-0856

Email: familysupport@pathwayssmi.org

VOLUNTEER TITLE: Social Media Whiz

VOLUNTEER ACTIVITIES: social media person to help raise awareness via our social media platforms, currently Instagram, Facebook, and Twitter. Time commitment would be approximately 2-4 hours a week.

TRAINING AVAILABLE: Training and orientation offered.

REQUIREMENTS: Needs to be social media savvy and have access to the Internet from home and has own computer.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Will gain a better understanding about mental illness. Volunteer will be emailed the information to post and also is encouraged to research any information that might be helpful to our community.

HOURS INVOLVED: 2 – 4 hours a week from home.

MINIMUM AGE: 15

VOLUNTEER TITLE: Distributor

VOLUNTEER ACTIVITIES: Hanging up posters to raise awareness of our free programs

TRAINING AVAILABLE: Training and orientation offered

REQUIREMENTS: Able to find appropriate places to distribute and hang up our posters.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Communication, confidence.

HOURS INVOLVED: Flexible. Depends on the volunteer's availability. Can adjust quantity of posters

MINIMUM AGE: 14

VOLUNTEER TITLE: Marketing and Outreach Assistant

VOLUNTEER ACTIVITIES: Assisting in marketing, raising awareness of Pathways in the community, promoting programs at community centers, schools, and health centers.

TRAINING AVAILABLE: Training and orientation offered.

REQUIREMENTS: Having an interest in mental illness, being able to find optimal venues to promote Pathways, communication and networking skills, access to a computer and Internet.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: A deeper understanding of mental illness, skills and experience in effective marketing strategies, building confidence in networking, opportunities to gain references.

HOURS INVOLVED: 2 - 4 hours a week.

MINIMUM AGE: 15

VOLUNTEER TITLE: Graphic Designer

VOLUNTEER ACTIVITIES: Creating brochures, flyers, and online marketing materials, updating website. All work can be completed at home.

TRAINING AVAILABLE: Guidance and orientation offered.

REQUIREMENTS: Having an interest in mental illness, a passion for graphic design, access to a computer and Internet.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: A deeper understanding of mental illness, experience in graphic design, opportunities to build graphic design portfolio, opportunities to gain references.

HOURS INVOLVED: 3 – 5 hours a week.

MINIMUM AGE: 14

VOLUNTEER TITLE: Office Assistant

VOLUNTEER ACTIVITIES: Assembling all materials needed for courses such as student binders, assisting with various tasks including but not limited to copying, organizing files, creating different projects, data entry.

TRAINING AVAILABLE: Training and orientation offered.

REQUIREMENTS: Having an interest in mental illness, detail-oriented, takes pride in completing work with quality, able to work independently.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: A deeper understanding of mental illness, experience in an office setting, opportunities to gain references.

HOURS INVOLVED: 2 – 4 hours a week.

MINIMUM AGE: 14

Seniors



North Shore Meals on Wheels Society

1525 Taylor Way, West Vancouver, B.C., V7S 1N5

A volunteer service which delivers hot meals on Monday, Wednesday, and Friday to the elderly, the disabled or those who are unable to prepare a nutritious meal for themselves. This service assists North Shore residents to remain in their own familiar surroundings and contributes to an independent lifestyle.

Contact: Troy Steyn, Volunteer Coordinator

Phone: 604-922-3414

Contact Availability: 9:30 am – 11:30 am, Mon, Wed, and Fri

Fax: 604-922-3401

For more information please visit: <http://northshoremealsonwheels.org/volunteers/>

VOLUNTEER TITLE: Kitchen/Office Help

VOLUNTEER ACTIVITIES: Kitchen-portion and assemble meals at one or two churches where the preparation is done. Assist in volunteer delivery.

TRAINING AVAILABLE: On-the-job orientation.

REQUIREMENTS: Reliability, communication skills, empathy, able to work during daytime hours.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Teamwork, increased understanding of the needs of seniors and people with disabilities.

HOURS INVOLVED: Able to work between 10:00 am – 1:30 pm on Mon, Wed, or Fri: 2 hours, one day per week.

MINIMUM AGE: 16 years old & up

North Shore Volunteers for Seniors

275 21st Street, West Vancouver, B.C., V7V 4A5

North Shore Volunteers for Seniors was established in 1961 as a non-profit society dedicated to the independence and well-being of seniors. Our mission is to improve the lives of seniors on the North Shore by providing activity, engagement and socialization through programs and services offered in the accessible, homelike atmosphere of The Centre.

Some of our programs offered are Chair Exercise, Chair Yoga, Nordic Walking, Majong, Bridge, Scrabble, Ted Talks, Current Affairs, Book Club, Musical Conversations and we host an Iranian Group as well. Along with these

programs, we have monthly bus trips, visiting special sites around Vancouver. Our programs are open to all North Shore seniors and our facility is fully accessible.

Contact: Martine Fox, Coordinator

Contact availability: Monday to Friday

Email: info@nsvs.ca

Phone: 604-922-1575

Website: www.nsvs.ca

Facebook Page: <https://www.facebook.com/nsvs.ca/>

Twitter: <https://twitter.com/NSVSCentre>

VOLUNTEER TITLE: Program Volunteers at The Centre

VOLUNTEER ACTIVITIES: Volunteers greet members, clean up, and organize the space for our activities. Volunteers also help at special and seasonal events, such as bus trips and maintaining our garden. Lunch volunteers prepare, serve and clean up. ***At this time of the pandemic all lunch programs are cancelled until further notice.*** Please call The Centre for more information.

Youth Work



Capilano Community Services Society

600 West Queens Road, North Building, North Vancouver, B.C., V7N 2L3

Capilano Community Services Society (CCSS) provides one-to-one support, school and community outreach, and programming for youth between the age of 10 and 24 who live in North Vancouver.

Contact: Maralyn Wild, Program Manager

Email: maralyn@capservices.ca

Fax: 604-988-7105

Phone: 604-988-7115

Website: www.capservices.ca

VOLUNTEER TITLE: After School and School Closure Program Volunteer

VOLUNTEER ACTIVITIES: Provide support to CCSS Youth Outreach Workers with leading/facilitating social/recreational activities (i.e. arts and crafts, cooking, music, out-trips, games), for grade 6 and 7 students, for programming delivered after school and during school breaks/closures.

TRAINING AVAILABLE: Training and orientation will be provided by one of our Youth Outreach Workers.

REQUIREMENTS:

- Criminal Record Check and Vulnerable Sector Check is required for all youth program volunteers.
- Positive and fun attitude, good communication skills, willingness to learn and work as a team while having fun!
- Available at the program destination for 3pm for after school programs and varying times during school closure programming (spring, summer, winter breaks).

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Leadership skills and experience working with youth from diverse cultural, ethno-linguistic backgrounds and those who identify as LGBTQ2S+.

HOURS INVOLVED: The after school program is on Tuesdays and Thursdays 3:00 pm – 6:00 pm, and for school closure programming the days/hours vary (volunteers are not necessarily required to work all of these days)

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Youth Week/CityFest Volunteer

VOLUNTEER ACTIVITIES: Variety of volunteer opportunities for North Shore Youth Week events and activities.

TRAINING AVAILABLE: Training and orientation will be provided by a Youth Outreach Worker and other individual involved in the events.

REQUIREMENTS: Positive and fun attitude, good communication skills, willingness to learn and work as a team while having fun!

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Experience with event planning, marketing communications, and

the opportunity to support Youth Week in North Vancouver!

HOURS INVOLVED: Depending on Youth Week event, which is held during the first week of May.

MINIMUM AGE: 14 years old & up

Catching the Spirit Youth Society

6825 Cariboo Road, Burnaby, B.C., V3N 4A3

Catching the Spirit (CTS) is a non-profit organization dedicated to developing leadership and social responsibility in youth through environmental awareness and stewardship, outdoor recreation and youth ownership.

Email: info@catchingthespirit.com

Phone: 604-562-0583

VOLUNTEER TITLE: Spirit Steward Program

VOLUNTEER ACTIVITIES: Volunteers will be camping in tents overnight and cooking their own meals while participating in environmental projects, initiatives and games to inspire a connection with their natural environment, communities and each other.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Outdoor and camping skills, increased environmental knowledge

HOURS INVOLVED: Varied

MINIMUM AGE: 12-18

VOLUNTEER TITLE: Ranger Program

VOLUNTEER ACTIVITIES: Day programs dedicated to getting youth connected to the outdoors. Spend time exploring Metro Vancouver Regional Parks and be led by our youth leaders. From Learn to Hike programs to Bog Walks, these youth-led programs are for anyone and everyone to develop their love for the natural world.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Outdoor and camping skills, increased environmental knowledge

HOURS INVOLVED: Varied

MINIMUM AGE: 12-18

VOLUNTEER TITLE: Peer Leader

VOLUNTEER ACTIVITIES: Help plan program activities, make menu plans and keep everyone on track as you are the leaders.

TRAINING AVAILABLE: Training Provided

REQUIREMENTS: Love for the outdoors and camping

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Outdoor and camping skills, increased environmental knowledge

HOURS INVOLVED: Varied

MINIMUM AGE: 15-18

VOLUNTEER TITLE: CTS Youth Council

VOLUNTEER ACTIVITIES: Plan year-round events and activities in the parks, help maintain the CTS community, and meet and interact with like-minded youth leaders.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Event planning and execution, close mentoring from CTS staff, ability to help shape and grow the CTS community

HOURS INVOLVED: Varied

MINIMUM AGE: 15-18

North Shore Neighbourhood House and John Braithwaite Community Centre

NSNH: 225 East 2nd St., North Vancouver, B.C., V7L 1C4; JBCC: 145 West 1st St., North Vancouver, B.C., V7M 3N8

North Shore Neighbourhood House and John Braithwaite Community Centre are partners in delivering community, social and recreational services to the Lower Lonsdale Community.

DUE TO COVID-19 OUR PROGRAMS AND SERVICES ARE SUBJECT TO CHANGE, PLEASE GO TO OUR WEBSITE www.nsnh.bc.ca TO CHECK FOR UPDATES

Contact: Amal Hasan, Volunteer Services Coordinator
Email: ahasan@nsnh.bc.ca

Phone: 604-987-8138 ext. 202
Website: www.nsnh.bc.ca

VOLUNTEER TITLE: Day Camp Assistant

VOLUNTEER ACTIVITIES: To assist day camp leaders in supervision of children and providing activities.

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Dependable, take direction well, experience with children an asset.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Great experience for resume and enhancement of leadership skills.

HOURS INVOLVED: Camps run Monday to Friday, 8:45 am – 4:15 pm during Spring Break and the summer. Half-day camps also run Monday to Friday. Volunteers can pick weeks that work for their schedules.

MINIMUM AGE: 14 years old & up

VOLUNTEER TITLE: After School Children's Sports or Arts Programs

VOLUNTEER ACTIVITIES: Assisting instructor in supervision and instruction. It includes a few different school site (JBCC, Queen Mary elementary, Westview elementary, and Ridgeway elementary).

TRAINING AVAILABLE: Orientation provided.

REQUIREMENTS: Dependable, enjoy children, and play sports or enjoy art.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Leaderships skills, great experience in teaching and coaching.

HOURS INVOLVED: After school.

MINIMUM AGE: 14 years old & up

VOLUNTEER TITLE: Fitness Centre Assistant at JBCC

VOLUNTEER DUTIES: greet clients, check their wrist bands – keep the centre clean and tidy – maintain sanitation bottles full with clean towels - some shifts include doing laundry

TRAINING AVAILABLE: 45 minute orientation/ training is provided

REQUIREMENTS: A valid first aid and CPR certificate

HOURS INVOLVED: 2.5 to 3 hours shift per week, part of the schedule (to have the ability to work on your own) shifts are vary as the centre is open 7 days a week.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: People and communication skills

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Saturday Soccer Classes Assistant at JBCC

VOLUNTEER ACTIVITIES: Assist the leader in teaching the kids fundamentals of movement and soccer skills, ball handling, passing, strength, and develop skills through game play and fun activities

TRAINING AVAILABLE: Orientation provided on the first day of volunteering in the program

REQUIREMENTS: Like playing soccer, and children

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Leadership skills and dealing with children skills and communication with parents, experience in coaching

HOURS INVOLVED: TBD

MINIMUM AGE: 14 years old & up

VOLUNTEER TITLE: Summer at the Park Playgroup Assistant

VOLUNTEER ACTIVITIES: Help the staff in set up for activities, art, games, water play, story time and more, then clean up

TRAINING AVAILABLE: Orientation provided

REQUIREMENTS: Outgoing, friendly, enjoy spending time with children and parents

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: People and communication skills

HOURS INVOLVED: Tuesdays and Thursdays, 10 am – 12 pm, it is at a local park (cancel if rain). Meet at the park.

MINIMUM AGE: 14 years old & up

VOLUNTEER TITLE: Farm Intern with the Edible Garden Project

VOLUNTEER ACTIVITIES: To assist Farmers at Loutet Farm with growing, harvesting and selling locally grown produce.

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Dependable, take direction well, like working outside, like working in a team.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Farming/gardening, ecology, customer service/marketing.

HOURS INVOLVED: Farmers are working on site Monday to Saturday, 9 am – 5 pm from April to October.

Volunteers can create a schedule that works for them. No minimum amount of hours required.

MINIMUM AGE: 14 years old & up

VOLUNTEER TITLE: Market Sales Assistant

VOLUNTEER ACTIVITIES: Assist farmers sell farm produce, twice-weekly at farmers markets

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Dependable, take direction well, like working outside, like working in a team.

Being able to lift 40lbs is an asset, but not required.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Farming/gardening, ecology, customer service/marketing.

HOURS INVOLVED: Shifts: Saturdays, 9 am - 12 pm or 11:30 am - 2:30 pm; Wednesdays: 1 – 4 pm

Norvan Boys and Girls Club South Coast BC

800 Forsman Avenue, North Vancouver, B.C., V7J 2G6

At Boys and Girls Clubs (BGC), we believe that every kid is amazing. And we know that by seeing and hearing them, they'll believe it, too! That is why, for over 80 years, BGC has been giving children and youth what they deserve: a place to belong when they aren't at home or in school. To kids, their Club feels like a place where they can hang out with their friends, and make new ones! But it's so much more. It's a safe place that provide them with three of the things they need most: a sense of belonging, a sense of success, and positive relationships. That happens through a wide range of activities that are not only of interest to kids, but that are good for them, too: sports, homework, safe

access to the online world, arts, crafts, and of course, sharing meals. Annually, we serve over 12,500 children, youth, and families — and no one is ever turned away due to an inability to pay.

Contact: Julia Hart, Club Coordinator
Email: norvanclub@bgcbc.ca

Phone: 604-986-3449
Website: www.bgcbc.ca

VOLUNTEER TITLE: U19 Youth Volunteer

VOLUNTEER ACTIVITIES: Reports to the Club Coordinator. The Norvan Boys and Girls Club U19 Volunteer Leader will be responsible to support BGC quality educational, recreational and social based programs for children ages 6-12. The responsibilities of the U19 Volunteer Leader is to provide role model behavior, dynamic programming to increase the self-esteem in children. All programs must be designed and led in a safe manner that is developmentally appropriate.

TRAINING AVAILABLE: Orientation/Training on site

HOURS INVOLVED: TBD

AGE: 15 – 19 years old

Parkgate Society

3625 Banff Court, North Vancouver, B.C., V7H 2Z8

Parkgate Society works in partnership with North Van Recreation Commission to provide services for children, youth, seniors and families.

Contact: Volunteer Coordinator
Email: kgrass@parkgatesociety.ca

Phone: 604-983-6385
Website: parkgatesociety.ca

VOLUNTEER TITLE: Youth Volunteer Opportunities

VOLUNTEER ACTIVITIES: Volunteers positions include camp activity assistants, seniors kitchen, seniors activity assistant, youth activity assistants, dementia services assistant, art assistants, gym assistants as well as outreach coordinators.

TRAINING AVAILABLE: Basic Safety training is provided. Additional training varies depending upon the position.

REQUIREMENTS: Criminal record check, volunteer agreement, and confidentiality agreement required for all volunteers. Licensed childcare volunteers must provide proof of vaccination. Genuine desire to contribute to the community, willingness to learn and work as a team while having FUN!

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Benefits vary according to position. Opportunity to gain leadership skills and work experience. Parkgate can provide a reference for work and future scholarship applications. Volunteer experience can lead to future part-time and temporary employment at Parkgate Community Centre.

HOURS INVOLVED: Hours vary depending upon position.

MINIMUM AGE: 13 years old & up

Scouts Canada

Nature is a Scouts playground. A place to discover new things and embark on great adventures. A place where youth gain leadership skills by leading their peers on meaningful outdoor adventures.

Volunteering with Scouts Canada is easy, fun and flexible. You will be supported by a team of dynamic adults who get as much fun out of Scouting adventures as the youth they mentor. We provide the training and adventure. You provide the enthusiasm.

Website: <https://www.scouts.ca/volunteer/overview.html>

Phone: 1-888-855-3336

Email: helpcentre@scouts.ca

VOLUNTEER TITLE: Scouters

VOLUNTEER ACTIVITIES: Do you...Enjoy the outdoors? Have the desire to learn new skills? Like to make new friends? Want to spend quality time with your children?

Whatever your age, abilities and skills, there are many ways in which you can give your time to help Scouting. Most of our volunteers have full-time jobs or study and help out on a flexible basis, working around their other commitments. Throughout the numerous Scouting groups in the North Shore we are always looking for volunteers we call Scouters, formally known as just Leaders. Have a passion for the outdoors or a specific activity like biking, canoeing or climbing? You could work as a resource Scouter with multiple groups and introduce a new generation to your sport. We need volunteers to help young people experience the challenge and adventure of Scouting. The above website will walk you through the process. We will direct your application to your local Council office. Scouts Canada has a great record of accommodating persons with disabilities.

TRAINING AVAILABLE: For the most part our Scouters are involved directly with youth so go through several steps of screening and training so we know we have identified the right person.

REQUIREMENTS: You don't need previous experience in Scouting, just energy and enthusiasm.

HOURS INVOLVED: Simply let us know your availability and how much you would like to help and we will match this to roles within your local area. It only takes a few hours a week or one day a month. Scouters are ALWAYS needed and right the way through the year. This being said, our Scouting year starts 01 Sep and runs until May or through to August depending on the age group of youth in question.

MINIMUM AGE: High School