

North Shore Youth Volunteer Directory 2023



North Shore Youth Volunteer Directory 2023

Twenty-Eighth Edition



The North Shore Youth Volunteer Directory is an easy-to-use resource, published annually, for young people interested in volunteering within our North Shore communities. The directory provides volunteer connections and 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. 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 spanning 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

About North Shore Community Resources

North Shore Community Resources is a non-profit, charitable society that has been serving the North Shore since 1976. The North Shore Youth Volunteer Directory is just one service of many that our organization offers to the community.

Our vision: A thriving North Shore community.

Our mission: to enhance wellbeing, social connections, empowerment and community participation, NSCR designs and delivers programs and services for the North Shore.

Benefits of Volunteering

Volunteering is a way to contribute to your community, expand your horizons, and explore future career options. 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 prospective career by fulfilling graduation requirements for secondary school and by gaining valuable work experience, network contacts, and references through positions that can potentially lead directly to employment. An activity to find your strengths, 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.

Volunteering in 2022/2023

Although organizations have begun to re-open their doors, many have not been able to fully welcome volunteers back into their centres or recruit new volunteers. We are optimistic for the future of volunteering and hope the shift back to “normal” will continue. Our 2023 Youth Volunteer Directory serves as a place to start your search into our local volunteering community.

If you'd like more information, please give us a call at the number below or go to <https://volunteer.nscr.ca/> and click “All Volunteer Opportunities”.

North Shore Community Resources

Suite 201 – 935 Marine Drive

North Vancouver, BC, V7P 1S3

Telephone: 604-985-7138

Email: nscr@nscr.ca

Website: <https://volunteer.nscr.ca/>

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Table of Contents

Animals and the Environment	6
City of North Vancouver - Cleanup Crew.....	6
City Park Stewards.....	7
District of North Vancouver – Volunteer in a Park.....	8
Elders Council for Parks.....	8
Lynn Canyon Ecology Centre.....	9
North Shore Black Bear Society.....	10
Seymour Salmonid Society (Seymour River Hatchery).....	10
Stanley Park Ecology Society.....	11
The Lower Mainland Green Team.....	14
Arts & Culture	16
Artists For Kids and Gordon Smith Gallery.....	16
Deep Cove Heritage Society.....	17
Ferry Building Gallery.....	18
Laudate Singers.....	19
MONOVA Museum and Archives of North Vancouver.....	20
North Van Arts.....	22
North Vancouver Community Players.....	25
Presentation House Theatre.....	26
Theatre Under the Stars (TUTS).....	27
Vancouver Fringe Festival.....	27
Vancouver International Children’s Festival.....	30
West Vancouver Art Museum.....	31
West Vancouver Community Arts Council.....	33
Community Services	34
Adaptive Sailing Association of BC (ASABC).....	34
Battered Women’s Support Services (BWSS).....	35
British Columbia Mobility Opportunities Society (BCMOS).....	37
Capilano Community Services Society.....	39
ConnecTra Society.....	41
Disability Foundation.....	42

Disabled Independent Gardeners Association (DIGA).....	44
District of West Vancouver.....	46
Greater Vancouver Food Bank.....	47
Harvest Project.....	48
North Shore Neighbourhood House (NSNH) and John Braithwaite Community Centre (JBCC)	49
North Vancouver Recreation and Culture Commission.....	52
North Vancouver District Public Library.....	54
North Shore Disability Resource Centre.....	55
Terry Fox Foundation.....	64
Vancouver Adapted Music Society (VAMS).....	64
Vancouver Adaptive Snow Sports (VASS).....	65
West Vancouver Memorial Library.....	66
Education.....	68
Democracy Café.....	68
Health.....	69
Canadian Blood Services.....	69
Canadian Liver Foundation.....	71
Canadian Red Cross.....	71
Canuck Place Children’s Hospice.....	72
Seniors.....	74
Chartwell Churchill House.....	74
Youth Work.....	76
Athletics for Kids (A4K).....	76
Big Brothers of Greater Vancouver.....	77
Foundry North Shore.....	78
Impact North Shore.....	78
Kids Help Phone – BC and Yukon Region.....	80
Washington Kids Foundation.....	81

Animals and the Environment



City of North Vancouver - Cleanup Crew

141 West 14th Street, North Vancouver, BC, V7M 1H9

Ecology resource centre featuring films, lectures, trails, and nature walks. Special programs are available for schools and groups. Operated by the District of North Vancouver

Email: cleanup@cnv.org

Phone: 604 983 7333

Website: <https://www.cnv.org/Your-Government/News-Room/Whats-New/2022/4/28/Join-the-City's-Community-Cleanup-Crew!>

City Community Cleanup Crew

VOLUNTEER ACTIVITIES: Love your city and parks? We do too!

As more people spend time outdoors and in public spaces, the need to keep our community and waterways waste free has grown. Our volunteer litter cleanup pilot program, Community Cleanup Crew, is your opportunity to give back to the places you love.

Learn more about volunteer cleanups in the City and what we do to keep our community green and clean at [cnv.org/cleanup](https://www.cnv.org/cleanup)

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Fair English skills, enjoys working with children, responsible. Volunteers must attend training and express enthusiasm for children/nature.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Increased knowledge of natural history and nature education. Facilitation skills in teaching and working with children.

HOURS INVOLVED: Looking for people who can come in from 9:00 am – 12:30 pm or 1:00 pm – 4:00 pm, Monday – Wednesday or Wednesday – Friday for one or more weeks during the summer.

MINIMUM AGE: 15 years old and up

City Park Stewards

141 West 14th Street, North Vancouver, BC, V7M 1H9

Want to get out into our parks and get your hands dirty while making a difference? Then come join in the fun with the City Park Stewards!

Email: parkstewards@cnv.org

Phone: 604 983 7333

Website: <http://www.cnv.org/cityparkstewards>

City Park Steward

VOLUNTEER ACTIVITIES: The City Park Stewards program in the City of North Vancouver brings together community partners and citizens to restore and enhance a natural space that supports habitat for native plants and animals. To accomplish this work, we rely on local volunteers to help plant native plants, remove invasive species and care for the park. On the 3rd Saturday of each month, volunteers will assist with stewardship events at city parks throughout North Vancouver.

TRAINING AVAILABLE: Yes, available at each volunteer activity.

REQUIREMENTS: Everyone is welcome, and no experience is necessary. The City will supply all the training, tools, and refreshments. All events go ahead rain or shine, so please come dressed for the weather, with sturdy shoes, and in clothing you don't mind getting a bit dirty. Arrive in style. Please consider walking, cycling, taking public transit, or carpooling with friends to the event. Location changes each month. To RSVP and to learn more about this program, contact parkstewards@cnv.org.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Volunteers will get to work outside to help restore and maintain parks. Volunteers can also log their hours to use towards their graduation credit.

HOURS INVOLVED: 2 to 3 hours per event. Events are held once a month.

MINIMUM AGE: All ages welcome

District of North Vancouver – Volunteer in a Park

355 West Queens Road, North Vancouver, BC, 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: Email the Trail and Habitat Coordinators Brad Parrish, parrishb@dnv.org or Andy White whitean@dnv.org.

Phone: 604 990 3806 or 604 990 3841

Website: <https://www.dnv.org/recreation-and-leisure/volunteer-park> & <https://www.meetup.com/District-of-North-Van-Natural-Parkland-Volunteer-Team/>

Contact Availability: Email is the preferred method of contact

Natural Parkland Volunteer

VOLUNTEER ACTIVITIES: Native species planting, invasive species removal, general park, shoreline clean, and trail maintenance.

TRAINING AVAILABLE: Training and orientation provided.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Willingness to work in all types of weather and terrain.

HOURS INVOLVED: Due to the public health orders in place, we are limited in hosting public volunteer events. Please email us or register on our [Meet Up page](#) at District of North Van - Natural Parkland Volunteer Team (North Vancouver, BC) | Meetup to learn more and receive updates on upcoming events. We host several public volunteer events through the fall and spring that focus on planting native species, removing invasive species, and undertaking general park maintenance works throughout the District. We primarily host events on Saturdays but we have the flexibility to create volunteer events for specific community groups if they reach out to us. We work rain or shine so be dressed and willing to get dirty and have a good time!

MINIMUM AGE: High School

Elders Council for Parks

1620 Mount Seymour Road, North Vancouver, BC, 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.

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

Email: elderscouncilprograms@gmail.com

Website: <https://www.dnv.org/recreation-and-leisure/volunteer-park> &
<https://www.meetup.com/District-of-North-Van-Natural-Parkland-Volunteer-Team/>

Contact Availability: Email is the preferred method of contact

Youth Garden Volunteer

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

TRAINING AVAILABLE: Orientation provided and always under supervision.

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

HOURS INVOLVED: 2 hours per week

MINIMUM AGE: High School

Lynn Canyon Ecology Centre

3663 Park Road, North Vancouver, B.C. V7J 3G3

Ecology resource centre featuring films, lectures, trails, and nature walks. Special programs are available for schools and groups. Operated by the District of North Vancouver

Email: edgart@dnv.org

Phone: 604 990 3755

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

Contact Availability: Please leave a message or send an email to arrange an interview.

Summer Nature Program Assistant

VOLUNTEER ACTIVITIES: The nature program assistant helps the Ecology Centre summer nature educators with programs for children ages 5 - 8. This is a great introduction to working with children. The assistant helps children make crafts, play games, and explore outdoors (only for July & August).

TRAINING AVAILABLE: Training and orientation provided.

REQUIREMENTS: Fair English skills, enjoys working with children, responsible. Volunteers must attend training and express enthusiasm for children/nature.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Increased knowledge of natural history and nature education. Facilitation skills in teaching and working with children.

HOURS INVOLVED: Looking for people who can come in from 9:00 am – 12:30 pm or 1:00 pm – 4:00 pm, Monday – Wednesday or Wednesday – Friday for one or more weeks during the summer.

MINIMUM AGE: 15 years old

North Shore Black Bear Society

c/o 355 West Queens Road, North Vancouver, BC, 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

Website: northshorebears.com

Contact Availability: Contact Anytime

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.

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

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

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 Hatchery)

Box 52221, North Vancouver, BC, 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>.

Phone: (604) 288-0511

Website: <https://seymoursalmon.com>

Contact Name: Megan Samson

Fish Hatchery Operations Volunteer

VOLUNTEER ACTIVITIES: Help maintain the fish hatchery on weekdays or weekends. Many of the activities are seasonal and may include broodstock 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 are 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. If the volunteer requires transport to and from the hatchery (pick up is at Rice Lake gate) then the volunteer is required to spend the full day.

MINIMUM AGE: 15 years old (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 of and respect for the natural world through collaborative leadership in environmental education, research, and conservation in Stanley Park. For more information please visit: <http://stanleyparkecology.ca/>

Phone: (604) 257-6908 Ext. 105

Website: vols@stanleyparkecology.ca

Contact Name: Sarah More, Volunteer Coordinator

Popcorn Maker

VOLUNTEER ACTIVITIES: Working out of the 'Cob House' popcorn stand, volunteers will raise vital funds for Stanley Park Ecology Society's conservation and education initiatives by preparing and selling popcorn. Volunteers will handle card transactions and support the opening and closing of the popcorn stand.

TRAINING AVAILABLE: Training will take place during the first volunteer shift and will cover topics such as how to prepare popcorn for sale, handling payments and safety and cleaning procedures.

REQUIREMENTS: Volunteers should enjoy interacting with the public, engaging in a friendly and polite manner and be willing to work in a semi-outdoor environment.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Gain fundraising, retail and food service experience and practice your customer service skills working in a fun environment. A reference letter is available after 25 hours of volunteer service and volunteers are invited to the summer volunteer appreciation event.

HOURS INVOLVED: The Cob House is open at various times throughout the year to coincide with the Easter, Halloween and Bright Nights train. It also opens during the summer (July and August). Shifts are generally 4 to 6 hours long.

MINIMUM AGE: 16 years old

EcoCamp Assistant

VOLUNTEER ACTIVITIES: Volunteers will support Stanley Park Ecology Society Educators with the preparation and delivery of fun, educational activities, participating enthusiastically and being a positive role model to EcoCampers.

TRAINING AVAILABLE: Stanley Park Ecology Society will provide thorough training on select dates.

REQUIREMENTS: Volunteers must have excellent leadership, organizational and communication skills. They must also be willing to work outdoors, come rain or shine. Having experience working with elementary school children is an asset but not required.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Volunteers will gain experience working with children in an outdoor setting, develop skills to build their resume and spend their summer in Stanley Park empowering future environmental stewards with an understanding and appreciation of nature. A reference letter is available after 25 hours of volunteer service and volunteers are invited to the summer volunteer appreciation event.

HOURS INVOLVED: EcoCamps run during Spring Break and over the summer. Volunteer shifts will be four hours long with morning (8:30am-12:30pm) and afternoon (12:30pm-4:30pm) shifts available. We are looking for volunteers to commit to at least two weeks of camp

MINIMUM AGE: Must be enrolled in grade 11 or higher

Nature House Host (Summer)

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

TRAINING AVAILABLE: SPES staff will provide thorough training on topics such as the ecology of Stanley Park and interpretation techniques.

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

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Volunteers will gain experience working with children in an outdoor setting, develop skills to build their resume and spend their summer in Stanley Park empowering future environmental stewards with an understanding and appreciation of nature. A reference letter is available after 25 hours of volunteer service and volunteers are invited to the summer volunteer appreciation event.

HOURS INVOLVED: Tuesday – Sunday 10:00am – 1:30pm or 1:30pm – 5:00pm (July & August)

MINIMUM AGE: 16 years old

EcoRangers (Summer)

VOLUNTEER ACTIVITIES: EcoRangers spend the summer sharing their passion for ecology with visitors of Stanley Park. EcoRangers work in pairs as roving naturalists in the park, answering visitors' questions about local animals and plants and providing other important on-the-spot interpretation.

TRAINING AVAILABLE: SPES staff will provide thorough training on topics such as the ecology of Stanley Park and interpretation techniques.

REQUIREMENTS: Volunteers must have a passion for ecology and an interest in Stanley Park, have excellent communication skills and enjoy interacting with people, be an enthusiastic and reliable team player with high levels of commitment.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Volunteers will gain valuable hands-on experience in public outreach, nature interpretation and environmental education as well as learning about the ecology of Stanley Park. A reference letter is available after 25 hours of volunteer service and volunteers are invited to the summer volunteer appreciation event.

HOURS INVOLVED: Volunteers must commit to at least two 3.5-hour shifts (morning/afternoon) per week throughout July and August as well as be able to attend training sessions prior to beginning the role.

MINIMUM AGE: 16 years old

Dedicated Invasive Removal Team (DIRT)

VOLUNTEER ACTIVITIES: Volunteers will work as part of a small team to remove targeted invasive species from selected areas of Stanley Park. They will also interact with the public about ecology and invasive species in Stanley Park as needed.

TRAINING AVAILABLE: Ongoing training is provided on the job.

REQUIREMENTS: Volunteers must 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 conservation and 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 and leadership skills. A reference letter can be requested after 25 hours of service.

HOURS INVOLVED: 10:00am – 1:00 pm Monday, Wednesday and Friday (year-round)

MINIMUM AGE: 16 years old

The Lower Mainland Green Team

Various locations, Lower Mainland, BC

Want to meet new people, try something new, spend time in nature and give back to the environment and your community - all while getting volunteer hours? Join the Lower Mainland Green Team today!

The Lower Mainland Green Team runs hands-on activities in parks across the region including in Burnaby, Richmond, Port Moody, Coquitlam, White Rock, Langley, Pitt Meadows and Maple Ridge. Activities include invasive plant removals, plantings and more!

Phone: (604) 257-6908 Ext. 105

Registration: <https://www.meetup.com/The-Lower-Mainland-Green-Team/>

Contact Name: Ashton Kerr, Program Manager

Various Opportunities

VOLUNTEER ACTIVITIES: Removing invasive plants that are out-competing and overtaking our native plants and trees, planting native plants and trees, picking up litter in natural spaces, nature interpretive walks, and anything that gets people together in nature to make a difference!

TRAINING AVAILABLE: Educational instruction, tools, gloves, and yummy refreshments are provided. More information can be found on the Lower Mainland Green Team's Meetup page here: <https://www.meetup.com/The-Lower-Mainland-Green-Team/>

REQUIREMENTS: NO EXPERIENCE NECESSARY, EVERYONE WELCOME! No matter your age, background, experience level, or ability, we want you to join us for a day of fun community building and habitat restoration!

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Learn first-hand about the environmental issues faced in local parks, make a positive impact by conserving, restoring and enhancing green spaces, spend time in nature and enjoy the mental and physical health benefits of doing so, meet new people and be

part of a community, learn to be a leader and work as a team, build stewardship and habitat restoration skills, get exercise outdoors, feel happier, healthier and more connected to nature, explore places in the Lower Mainland you may have never been to before, learn about all the amazing work being done by different groups and organizations in the Lower Mainland to take care of the environment, gain volunteer hours (a letter to confirm your hours will be emailed to you upon request), have fun!

Arts & Culture



Artists For Kids and Gordon Smith Gallery

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

The Gordon Smith Gallery of Canadian Art, in North Vancouver, opened its doors in 2012 to provide art enrichment opportunities for children and to ignite community engagement through exceptional Canadian Art curation and education.

Contact: Sophia Boutsakis, Volunteer Coordinator

Email: sgvolunteer1@gmail.com

Phone: 604 998 8563 (Sophia) or 604 903 3798 (General Information)

Website: <http://www.smithfoundation.co/engage/volunteer>

General Volunteer

VOLUNTEER ACTIVITIES: Engage with gallery patrons and answer inquiries about the art, artists, the gallery and the surrounding area—facilitation skills in teaching and working with children. Assist with evening events and exhibition openings; set up chairs and tables; help with participant hosting preparation and service; Track attendance; Encourage visitors to sign up for AFK and Gordon Smith Gallery Programming, sell galleries' merchandise.

TRAINING AVAILABLE: Training and orientation provided

REQUIREMENTS: Must like working with the public, be friendly and enthusiastic, comfortable working independently, and willing to learn. All volunteers must have completed a Criminal Record Check as part of the North Vancouver School District Policies.

HOURS INVOLVED: Varied

MINIMUM AGE: 15 years old & up

Gallery Attendant

VOLUNTEER ACTIVITIES: Present during the gallery's open hours to greet patrons, track attendance and monitor the gallery. Attendants may also occasionally be asked to assist with office duties.

TRAINING AVAILABLE: Training and orientation provided

REQUIREMENTS: No previous art or gallery experience is necessary. However, an interest in art would be helpful, and a willingness to learn is essential. In addition, attendants must be comfortable handling money,

processing sales transactions and working in the gallery independently. Must like working with the public, be friendly and enthusiastic, comfortable working independently, and willing to learn. All volunteers must have completed a Criminal Record Check as part of the North Vancouver School District Policies.

HOURS INVOLVED: Varied

MINIMUM AGE: 15 years old & up

Special Event Volunteer

VOLUNTEER ACTIVITIES: Help with the many special events we hold during the year, including opening receptions, musical evenings, Artist for Kids print launches, and other events inspired by our current exhibitions. In addition, positions in hospitality involve greeting (information providers,) set-up/take down, coat check, handling ticket sales tables, serving food and drinks, etc.

TRAINING AVAILABLE: Training and orientation provided

REQUIREMENTS: Must like working with the public, be friendly and enthusiastic, comfortable working independently, and willing to learn. All volunteers must have completed a Criminal Record Check as part of the North Vancouver School District Policies.

HOURS INVOLVED: Varied

MINIMUM AGE: 15 years old & up

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.

Contact: Jim Slight, Office Coordinator

Email: deepcoveheritage@gmail.com

Phone: 604 929 5744

Various Opportunities

VOLUNTEER ACTIVITIES: General help with events, workshops, presentations, cataloguing pictures/media for the online database, and more. Contact the Office Coordinator for more information.

TRAINING AVAILABLE: Training will be provided.

HOURS INVOLVED: Variable

MINIMUM AGE: 16+

Ferry Building Gallery

1414 Argyle Avenue, West Vancouver, B.C., V7T 1C2

The Ferry Building Gallery is at the base of Ambleside Landing and serves as a hub for arts and culture in West Vancouver. Located in one of West Vancouver's oldest buildings and operated by the District of West Vancouver, the Gallery serves over 500 visitors weekly and presents up to 18 annual exhibitions, lectures, tours and programs. The Gallery's success depends on a team of dedicated volunteers who share their time and talent to help fulfill the Gallery's mandate to support the development of emerging and established artists from the North Shore, the Sea to Sky Corridor, and Sunshine Coast reflecting the cultural diversity of the North Shore.

Contact: Laura Morrison, Assistant Program Coordinator

Email: lmorrison@westvancouver.ca

Phone: 604 925 7290

Website: <https://ferrybuildinggallery.ca/support>

Various Volunteer Positions

VOLUNTEER ACTIVITIES: See the following positions or visit the above website.

Apply here: <https://ferrybuildinggallery.ca/support/volunteer-application/form>

TRAINING AVAILABLE: Orientation provided

REQUIREMENTS: All volunteers must have completed a Criminal Record Check as part of the District of West Vancouver's policy.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: We strive to create an environment for our volunteers to connect to the community while developing their skills, gaining valuable experience and finding personal fulfillment.

MINIMUM AGE: 16 years & up

General Volunteer

VOLUNTEER ACTIVITIES: Engage with gallery patrons and answer inquiries about the art, artists, the gallery and the surrounding area; track attendance; encourage visitors to leave comments in the guestbook and sign up the e-newsletter; sell artwork, books and cards

Great Gifts Holiday Exhibition and Sale

VOLUNTEER ACTIVITIES: Setup and maintain artisan displays of 35 participating artisans; assist customers and sell merchandise; cash transactions; gift wrap items

Harmony Arts Festival

VOLUNTEER ACTIVITIES: Track attendance; sell artwork, cards and books; setup and manage ArtSpeaks events, workshops, lectures, and demos

Evening Events and Exhibition Openings

VOLUNTEER ACTIVITIES: Assist with evening events and exhibition openings; set up chairs and tables; help with participant hosting preparation and service; handle cash transactions

Laudate Singers

269 West Osborne Rd, North Vancouver, BC, V7N 2R2

Building community and moving audiences with choral music on the North Shore.

Laudate Singers, founded in 1995 by current Artistic Director Lars Kaario, is a professional mixed-voice chamber choir that is committed to enriching the cultural fabric of our community and to the development of professional musicians. Laudate Singers presents repertoire across periods, cultures and genres, engaging listeners with concerts that broaden their appreciation for our vast musical heritage.

Contact: Miriam Davidson

Email: info@laudatesingers.com

Phone: 604 729 6814

Website: <http://www.laudatesingers.com/>

Various Volunteer Positions

VOLUNTEER ACTIVITIES: Laudate Singers presents 3-4 main series in person concerts throughout the year (pending public health orders), with 2021-2022's events taking place at the below venues. We also have a new 40-voice community choir with which we will be producing large choral works. We are looking to expand our roster of valued concert volunteers, specifically in 1 or a combination of the following roles: Front of House usher, CD Sales, Reception (Food & Coffee), and Photography. Volunteering with Laudate comes with the perk of beautiful music, great audience, and a welcoming team. Our exciting, professional-level concerts could not be pulled off without our volunteers!

- Front of House involves handing out program booklets, taking tickets, and generally helping direct traffic. It may also include checking for reserved tickets on the will-call list.
- CD Sales requires the ability to make sales with the cash till or Square credit card reader.
- Reception duties include setting up the tables & goodies for the reception at intermission and preparing coffee in advance of the intermission. This is an ideal job for someone who likes hosting, plating food, and

attending to the details that can make the event extra special. This role also works during the reception to help pour coffee and restock empty platters, as well as taking down the reception.

TRAINING AVAILABLE: Training provided

REQUIREMENTS: The most special qualifications for this role are an enjoyment of music, and a courteous and welcoming customer-service manner. The concert is a team effort, so the role requires the ability to work as part of a team, be flexible, identify what needs to be done, and follow the instructions from the Manager or head volunteer. Familiarity with Square reader is an asset. Familiarity and comfort in creating appropriate posts on social media platforms is encouraged. Photography buffs welcome! We would love help with a few photos from each event.

HOURS INVOLVED: Volunteers must be able to commit to at least 2 of the following events, arriving an hour and 20 minutes before the event start time.

MINIMUM AGE: 13 years & up

MONOVA Museum and Archives of North Vancouver

3203 Institute Road, North Vancouver, BC, V7K 3E5

115 West Esplanade, North Vancouver, BC, V7M 0G7

MONOVA: Museum of North Vancouver, operated by the North Vancouver Museum and Archives, is a shared partner agency of the City and District of North Vancouver. MONOVA operates both the museum of North Vancouver in Lower Lonsdale / Shipyards District and the Archives of North Vancouver located in Lynn Valley. In addition to the two physical visitor centres, MONOVA supports several other online/offsite experiences for the public to engage with and learn about the past, present and future stories of North Vancouver.

Please note that MONOVA is a unionized environment. We value volunteer effort and commitment, but some volunteer duties may be restricted in accordance with the union agreement. The Events Assistant will work as a team with at least one other volunteer and at least one staff person. The Events Assistant will report directly to the staff person at the event but may also report to the Marketing and Communications Team or the Public Programming department. Some flexibility is required.

Contact: Andrew Hildred, Volunteer Coordinator

Email: hildreda@monova.ca

Phone: 604 990 3700

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

Events Assistant

VOLUNTEER ACTIVITIES: Events Assistants help promote MONOVA hosted events at the museum, the archives or off-site. The Events Assistant will lead visitors in an activity or interact with visitors as they engage with our booths, displays or in special events. Volunteers will help the museum to engage with the community and to promote the museum's role in connecting people to North Vancouver's history.

TRAINING AVAILABLE: Both formal and informal training will be provided.

REQUIREMENTS: Must enjoy working with adults, children and families, knowledge of MONOVA and North Vancouver history, enthusiastic about heritage and museums, must reflect the museum's core values and act as a professional representative of the museum, positive energy, weekend and weekday evening availability.

BENEFITS: A great way to get involved and to get to know the community, MONOVA T-shirt, invitation to all volunteer recognition events, a chance to help and attend special events such as workshops and lectures at the museum and archives, participate in off-site festivals and performances throughout the community.

HOURS INVOLVED: Three-hour shifts, commitment can vary depending on availability and frequency of events. Available for at least one event per month

MINIMUM AGE: High School

Gallery Ambassador

VOLUNTEER ACTIVITIES: Gallery Ambassador volunteers provide a warm and friendly welcome to visitors and play a valuable role in telling the story of North Vancouver's past. Gallery Ambassadors will be stationed throughout the museum to activate select exhibits and engage the public. Duties might include interacting with children and families at a craft station, engaging visitors at an artifact table, or interacting with visitors on a historic streetcar.

TRAINING AVAILABLE: Both formal and informal training will be provided.

REQUIREMENTS: Must enjoy working with adults, children and families, knowledge of MONOVA and North Vancouver history, enthusiastic about heritage and museums, must reflect the museum's core values and function as a professional representative of the museum, positive energy, weekend availability.

BENEFITS: A great way to get involved and to get to know the community, MONOVA T-shirt, invitation to all volunteer recognition events, a chance to help and attend special events such as workshops and lectures at the museum and archives, participate in off-site festivals and performances throughout the community.

HOURS INVOLVED: Three-hour shifts, commitment can vary depending on availability and frequency of events. Available for at least one event per month.

MINIMUM AGE: High School

Online Discussion Group for Youth

VOLUNTEER ACTIVITIES: Online meetings once a month to discuss a graphic novel with historical content. Relate how the source material fits into the context of the museum and discuss the historical significance of the graphic novel to North Vancouver history. Sessions will take place September to January and each session will be approximately one hour in length. This volunteer activity is meant to be combined with another role at the museum and can be considered as informal training. Hours will count towards volunteering at the museum.

TRAINING AVAILABLE: This opportunity is part of the informal museum training that you will receive when you volunteer at the museum.

REQUIREMENTS: Ability to work in a group with other youth participants, ability to relate the content to the museum, willingness to perform other volunteer work in the museum in addition to the on-line discussion group, an interest in history, an interest in graphic novels and historical novels, a willingness to learn and have an open mind about history and the past, and availability afterschool one day a month for one hour on Zoom

BENEFITS: A great way to learn more about the museum and to work with other youth volunteers, interaction with MONOVA staff, a way to share your passion for history with others, and a fun way to learn more about history and how big world events sometimes had an impact on North Vancouver and the community that lived here.

HOURS INVOLVED: Once a month September – January (5 sessions), one-hour sessions afterschool on a weekday, some availability to volunteer at the Museum for other activities in addition to the online discussion group

MINIMUM AGE: High School

North Van Arts

335 Lonsdale Avenue, North Vancouver BC, V7M 2G3

Our office is located at CityScape Community Art Space at 335 Lonsdale Avenue, North Vancouver. Our mandate is to enable emerging and professional artists in all disciplines, bridge cultures and build strong communities through the arts. We serve as a resource centre for artists and public on arts and cultural matters, encouraging the development of the arts in all media. Programs offered by North Van Arts include: Art Rental; Art in the Community; Exhibitions; community events; art classes for adults, youth, and children; spring break and summer camps for children; as well as youth and community art projects. Volunteer opportunities with North Van Arts' run from the CityScape Community Art Space, Maplewood House, and various community locations across the North Shore.

Contact: Volunteer Coordinator

Email: info@northvanarts.ca

Phone: 604 988 6844

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

Promotion Volunteers

VOLUNTEER ACTIVITIES: We rely on our distribution assistants to hang posters, deliver flyers, 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.

TRAINING AVAILABLE: For hand delivery, our staff lead will provide a list of locations in neighbourhoods where flyers and posters are welcome.

For social media, our Social Engagement Manager will provide information and training.

REQUIREMENTS: Volunteers with transportation (cars, bikes, bus pass) are great at hand delivery. If mobility is an issue due to accessibility needs, we would appreciate distribution of information online or on your personal networks through social media.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Develop local community connections and/or social media marketing skills.

Hours: Flexible. Interested volunteers will be contacted as needed

Minimum Age: 16 years old

Application Method: Online application only - [North Van Arts Sign Up Form](#)

Gallery Attendants

VOLUNTEER ACTIVITIES: Be present during the open hours of the CityScape Community Art Space located at 335 Lonsdale Ave, North Vancouver and greet gallery patrons. Inform visitors of North Van Arts' exhibitions, events, art rental, and various programs. If the gallery is quiet, you may be asked to assist with day-to-day tasks.

TRAINING AVAILABLE: Orientation provided on your first shift. For social media, our Social Engagement Manager will provide information and training.

REQUIREMENTS: Friendly, social, punctual, interested in the arts. Commitment to a weekly shift is preferred.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Develop leadership skills and the ability to interact with others.

Hours: A minimum of a weekly 2.5-hour shift (ex. Monday-Friday 9:30am-12:00pm / 12:00pm-2:30pm / 2:30pm-5:00pm; Thursdays 5:00-8:00pm; or Saturdays 12:00-2:30pm / 2:30-5:00pm)

Minimum Age: 16 years old

Application Method: Online application only - [North Van Arts Sign Up Form](#) . After filling out the online application above, please refer to available gallery attending shifts on our online sign-up sheet: [Volunteer Opportunities with North Van Arts signup sheet](#)

Event Volunteers

VOLUNTEER ACTIVITIES: We have a lot of fun planning, organizing, executing, and representing 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 and community environment. Volunteer positions are defined according to the specific needs of the event.

TRAINING AVAILABLE: For events, you will be put in touch with our staff lead who is working at this event. The staff member will outline the meet-up time and location and share details and information.

REQUIREMENTS: Friendly, social, punctual, interested in the arts and community. Many positions require being outdoors, lifting and carrying (example: setting up and taking down tents, tables, chairs), and facilitating hands-on art activities with the public. You will need to organize your own transportation to and from the event.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Develop leadership skills, teamwork, and goal-based accomplishments.

Hours: 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

Application Method: Online application only - [North Van Arts Sign Up Form](#) . After filling out the on-line application above, please refer to available gallery attending shifts on our online sign-up sheet: [Volunteer Opportunities with North Van Arts signup sheet](#)

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 volunteer 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 to be used on our Social Media platforms.

TRAINING AVAILABLE: Orientation provided by staff lead.

REQUIREMENTS: Experience necessary. Ability to take, edit and share photographs/videos. North Van Arts does have a camera; however, if you prefer to use your own equipment that you are familiar with, that works too!

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Develop local community connections and enjoy fun community opportunities from behind the camera.

Hours: 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

Application Method: Online application only - [North Van Arts Sign Up Form](#) . Please include links to your portfolio.

North Vancouver Community Players

Hendry Hall, 815 East 11 St., North Vancouver, BC, 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/>

Email: tickets@northvanplayers.ca

Phone: 604 983 2633

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

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 years old

Presentation House Theatre

333 Chesterfield Avenue, North Vancouver, BC, 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: Emily Brown, Administrative & Box Office Manager

Email: boxoffice@phtheatre.org

Phone: 604 990 3474

Website: www.phtheatre.org

Usher/Ticket Taker; Special Events Ambassadors

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, 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

Theatre Under the Stars (TUTS)

610 Pipeline Road, Vancouver BC, V6G 1Z4

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

Contact: Amelia Brooker, Volunteer Coordinator

Email: volunteers@tuts.ca

Phone: 604 734 1917

Website: www.tuts.ca

Front of House Volunteer

VOLUNTEER ACTIVITIES: Greeter, Ticket Takers, Box Office, Coffee Bar, Bar, Programs & Cushions, Photobooth, Guest Services, Usher.

TRAINING AVAILABLE: Information sessions and training starting in June, season starting in July.

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

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, family and friends discount, and opportunities to meet professionals in the Vancouver arts industry.

HOURS INVOLVED: Flexible hours.

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

Vancouver Fringe Festival

Box 203 – 1298 Cartwright Street, Vancouver, BC, V6H 3R8

The Vancouver Fringe Festival is a celebration of all kinds of theatre. Produced annually by the Vancouver Fringe Theatre Society over 11 days in September, with over 500 volunteers supporting 700+ performances and attracting over 40,000 attendees, the Vancouver Fringe Festival is consistently voted Vancouver's Best Local Performing Arts Festival by Georgia Straight readers. 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 free admission to Festival shows, snacks and refreshments, and more! Positions are subject to change over time: please

check in with organization at time of viewing to confirm availability and nature of any position of interest.

Register through our Website: vancouverfringe.com/volunteer

Email: volunteer@vancouverfringe.com

Ticket Seller

VOLUNTEER ACTIVITIES: Ticket Sellers will sell tickets at shows using a tablet and handle payments. They should be comfortable with technology and multitasking in busy environments.

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 the festival period

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

Ushers

VOLUNTEER ACTIVITIES: Ushers will guide guests to their seats and 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 the festival period

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

Patron Check-In Attendants

VOLUNTEER ACTIVITIES: Patron Check-In Attendants will be the first point of contact for arriving guests. They will be checking in patrons via a digital guest list using a tablet, so being comfortable with technology is required.

TRAINING AVAILABLE: Training provided by the Fringe

REQUIREMENTS: Patron Check-in Attendants must be comfortable with technology and customer service.

HOURS INVOLVED: Minimum of 16 hours within the festival period

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

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, 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 the festival period

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

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 our sites for the Festival – then take it all down again 11 days later! Comfortable, closed-toed shoes and warm clothes required. You might work outside, get dirty, and be lifting stuff. A great choice for people who like being outside and working with their hands!

TRAINING AVAILABLE: Training provided by the Fringe

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

HOURS INVOLVED: Minimum of 16 hours within the festival period

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

Events

VOLUNTEER ACTIVITIES: 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! This is a great way to make sure you've got a ticket to the hottest events in the Festival!

TRAINING AVAILABLE: Training provided by the Fringe

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

HOURS INVOLVED: Minimum of 16 hours within the festival period

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

Raffle Ticket Seller

VOLUNTEER ACTIVITIES: Get ready to have fun! Raffle Ticket Sellers are outgoing, friendly, and unafraid to approach people. You will have the chance to chat with fantastic Fringe goers and soak up the festival atmosphere. Raffle Ticket Sellers will be in the center 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 provided by the Fringe

REQUIREMENTS: Comfortable with technology (iPad) and talking to people

HOURS INVOLVED: Minimum of 16 hours within the festival period

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

Vancouver International Children's Festival

1360 E 3rd Ave, Vancouver, BC, V5N 5R8

The longest-running professional performing arts festival for young audiences and the first of its kind in North America and Europe, the Vancouver International Children's Festival presents the world's finest music, theatre, dance, puppetry, acrobatics and storytelling, as well as creative arts activities for the entire family. Families come from near and far to experience this extraordinary annual arts festival created specifically for children and families. We are dedicated to providing creative, diverse programming that engages and delights our young audience. **FESTIVAL DATES:** May 29th – June 4th, 2023, Granville Island

Contact: Volunteer Coordinator

Phone: 604 708 5655

Email: volunteer@childrensfestival.ca or info@childrensfestival.ca

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

Contact Availability: 9am – 4pm, M-F

Key Volunteer

VOLUNTEER ACTIVITIES: Key Volunteers attend 90-minute monthly meetings (Saturday mornings – 4 - 6 in total) at our Festival office and recruit, interview & process fellow student volunteers at their school.

Closer to the Festival we offer Key Volunteers a number of Key Assistant positions at the Festival in the following areas: Hands-on Activities, Volunteer Coordination, Hosts/Information, Sales, Administration, and Production. Their schedule and position depend on their availability and career goals.

This position is an excellent opportunity for secondary students to gain experience in an arts organization and complete required work hours for career prep programs.

The following is a list of guidelines and expectations for the job:

- punctually attend monthly “key” volunteer meetings at the Children’s Festival office (Jan – Jun 2023)
- actively recruit fellow students to volunteer at the Children’s Festival (May 29 – June 4, 2023) through announcements, posters, etc.
- liaise with festival staff on a bi-weekly basis, (i.e., phone, e-mail), to update on progress at school. With career prep or contact teacher to update progress and explore new ideas for recruiting volunteers
- complete paperwork required to recruit and organize volunteers (i.e., keep a file on each volunteer with application form, etc.)
- arrange to interview fellow students to determine appropriate volunteer position at festival (i.e., ushering, security, face painting, etc.) You will receive training at the second Key Volunteer meeting.
- if available for festival week, take on a “key” position at the festival with specific responsibilities and keep track of hours spent working on volunteer recruiting for official hours sheet

TRAINING AVAILABLE: Orientation provided

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

HOURS INVOLVED: The meetings & recruitment require a commitment of about 20 hours, while volunteering at the Festival depends on the student’s availability (for example 2 days=15 hours; all week= 40+ hours) Some Key Volunteers put in about 20 hours total while others get more involved and put in 100.

MINIMUM AGE: 15 years old & up

West Vancouver Art Museum

680 17th Street, West Vancouver, BC, V7V 3T2

The West Vancouver Art Museum builds awareness of diverse forms of contemporary and historical art, architecture, and design, engaging audiences with issues and ideas central to the community and the world beyond.

Contact: Alison Powell, Assistant Curator

Phone: 604 925 7296

Website: <https://westvancouver.ca/be-involved/volunteer-opportunities-west-van>

Contact Availability: Tuesday – Saturday, 9:30 a.m. – 4:30 p.m.

Arts Education Volunteer, Art Explorers

VOLUNTEER ACTIVITIES: Working with the Educator, volunteers help prepare the museum’s arts & educational programs offered at schools. If you like children, arts and crafts, this position is for you.

TRAINING AVAILABLE: Training and orientation is 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 & BENEFITS: Communication, public speaking, working with the public, organizational skills, and ability to pay attention to detail.

HOURS INVOLVED: 9 a.m. to 5 p.m. Monday to Friday in July.

MINIMUM AGE FOR ALL: 15 years old

Arts Education Volunteer, Architecture Camp

VOLUNTEER ACTIVITIES: Working with the Educator, volunteers help prepare for the museum's 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 is 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 & BENEFITS: Communication, public speaking, working with the public, organizational skills, and ability to pay attention to detail.

HOURS INVOLVED: 9 a.m. to 5 p.m. Monday to Friday in August

Arts Education Volunteer, School Year

VOLUNTEER ACTIVITIES: Working with the Educator, volunteers help prepare for the museum's art and architecture programs and educational programs offered at schools.

TRAINING AVAILABLE: Training and orientation is 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 & BENEFITS: Communication, public speaking, working with the public, organizational skills, and ability to pay attention to detail.

HOURS INVOLVED: 3:30 p.m. to 5 p.m. Wednesdays and Fridays.

West Vancouver Community Arts Council

1570 Argyle Avenue, West Vancouver, BC, 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

Gallery Host

VOLUNTEER ACTIVITIES: The WVCAC has openings for Gallery Hosts, who are the friendly and welcoming hosts to visitors to our seaside gallery space at the Silk Purse. Gallery Hosts 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 in pairs, on 2-hour shifts between the hours of noon and 5PM, Wednesday through Sunday

TRAINING AVAILABLE: Training is provided.

REQUIREMENTS: We encourage applications from students with an interest in the arts, especially visual arts, who would feel confident engaging with the public, and handling sales transactions. Previous experience in customer service or a position of responsibility would be an asset.

HOURS INVOLVED: For the summer, Wednesday through Sunday. School year: Saturdays, Sundays

MINIMUM AGE: 17 years old

Community Services



Adaptive Sailing Association of BC (ASABC)

Jericho Sailing Centre - 1300 Discovery Street, Vancouver BC, V6R 4L9

For over 30 years, ASABC (Formally Disabled Sailing BC) has been providing opportunities for people with physical disabilities to experience recreational and competitive sailing in fully accessible sailboats. Adaptive sailing is a unique experience, leaving one's disability onshore to experience the freedom and exhilaration of sailing independently.

Contact: Sheryl Newman & Samantha Kerr, Volunteer Management Coordinators

Email: volunteer@disabilityfoundation.org or skerr@disabilityfoundation.org

Phone: 778 945 8828

Website: <https://asabc.org/>

Land Volunteer

VOLUNTEER ACTIVITIES: Work with other volunteers to make sure everything on land runs smoothly. Land volunteers will help with various ASA duties which may include rigging boats, helping participants into boats, towing the boats in, and lowering them into the water using a winch, helping organize race days, etc.

TRAINING AVAILABLE: ASABC staff will train new volunteers for the duties that will be performed. The ASABC staff will always be on-site to support volunteers as needed. Volunteers will never be left alone to perform tasks by themselves, they will always be in the company of other volunteers and/or coordinators.

REQUIREMENTS: Volunteers must be comfortable working with people with all levels of disabilities. This role requires the participant to be physically fit.

HOURS INVOLVED: The volunteer may book as many 1.5 hour shifts as desired. This is a summer program that runs Wednesday through Sunday until September 1st.

MINIMUM AGE: 15 years old

Sailing Companion

VOLUNTEER ACTIVITIES: Sailing companions will accompany our participants, who are individuals with disabilities, on the water in our Martin 16 boats for recreational sailing.

TRAINING AVAILABLE: The ASABC coordinator will take the volunteer out on the water and show them the differences between our adaptive boats and “regular, non-adaptive” boats. The volunteer is also encouraged to talk to the onsite coordinators and ask for assistance help, or clarification.

REQUIREMENTS: Volunteers *must* be comfortable working with people with all levels of disabilities. Since the volunteer will be out on the water alone with the participant, it is important that they are a confident and experienced sailor. There will always be the ability to communicate with the land crew through our radios.

HOURS INVOLVED: The volunteer may book as many 1.5 hour shifts as desired. This is a summer program that runs Wednesday through Sunday until September 1st.

MINIMUM AGE: 16 years old

Battered Women’s Support Services (BWSS)

(The exact location is confidential due to the nature of our work. It is in the Commercial Drive area)

Battered Women’s Support Services provides direct services to survivors of gender-based violence and abuse. We support survivors of intimate partner violence and abuse, sexual assault, and childhood sexual assault.

A feminist voice against violence and oppression, BWSS is a strong, dynamic organization that provides support and advocacy for women who have experienced abuse, as well as community education and training about violence against women. Part of a global feminist anti-violence movement, our long-term goal is the elimination of all violence against women and girls.

We contribute to the freedom and liberation of girls and women from violence and to empower our community through training and education programs.

Since 1979, we have been providing counselling and healing spaces for those who have experienced abuse. To help women build strength and resiliency, we work on institutional and systemic advocacy, legal

advocacy and law reform, youth engagement and we operate two social enterprises: [My Sister's Closet](#) and [Strategic Interventions](#) in British Columbia.

Contact: Munnie Paliwal or Brianne Fung

Email: trainingcoordinator@bwss.org (Munnie) or intake1@bwss.org (Brianne)

Phone: 236-558-7783 (Munnie) or 778-238-3935 (Brianne)

Website: www.bwss.org/

Intake and Crisis Line Volunteer

VOLUNTEER ACTIVITIES: Our Crisis line does not get answered without the help of volunteers. This volunteer opportunity is for women who see themselves ready to make a difference by working directly with survivors of violence. After completing [an intensive 12-week training program](#), volunteers answer our intake crisis lines providing emotional support, information and resources to women and the community. They may help facilitate support groups for women survivors, join in fundraising activities and fairs and join us in local events. Most of this work is done weekdays, during the day.

TRAINING AVAILABLE: The training is mostly done over Zoom but practicum hours are generally completed in the office.

REQUIREMENTS: This Program is offered to women, femmes, and transfeminine people who want to obtain the necessary skills to contribute to end gender-based violence. Trainees must have access to a (laptop) computer with stable internet so that they can access Zoom. They will need to be in an area of their home where training cannot be heard by others.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Through this inclusive, intensive training, and volunteer work participants will acquire knowledge and skills related to:

- Theoretical framework of violence against girls, women, femmes, transfeminine and 2SLGBTQI+ survivors of gender-based violence.
- Trauma-informed crisis intervention.
- Safety assessment, lethality assessment, and safety planning.
- Group facilitation.
- Introduction to criminal, family, and immigration law.
- Feminist, intersectional, and decolonizing practices.
- Impacts of colonization, assimilation, and residential schools.
- Understanding the spectrum of gender-based violence.
- Ability to provide emotional support

HOURS INVOLVED: Trainees must be able to commit to 12 Fridays from 10am to 4pm and then at least six months of volunteer practicum (one four-hour shift a week minimum).

MINIMUM AGE: 18 years old

British Columbia Mobility Opportunities Society (BCMOS)

Pacific Spirit Park – 4915 West 16th Avenue, Vancouver BC, V6R 3E9

BCMOS provides opportunities for people with physical disabilities to access outdoor recreation. BCMOS offers hiking, cycling, kayaking, paddleboarding, and adapted personal training programs. Each summer, we offer guided hikes and bike rides on different trails throughout the Lower Mainland, and adaptive paddling and kayaking in the heart of Vancouver. Being in nature is highly valuable to one's quality of life and challenges perceptions of our capabilities. BCMOS inspires and empowers people with physical disabilities to re-imagine what is possible by making outdoor recreation accessible.

Contact: Sheryl Newman & Samantha Kerr, Volunteer Management Coordinators

Email: volunteer@disabilityfoundation.org or skerr@disabilityfoundation.org

Phone: 778 945 8828

Website: <https://bcmos.org/>

Hiking Sherpa

VOLUNTEER ACTIVITIES: Pair up with other volunteers to assist a person with disabilities on their hike through Pacific Spirit Park, Spanish Banks, Jericho Beach, Camosun Bog, Lynn Canyon, or Stanley Park! The centerpiece of our hiking program is the TrailRider, our own custom access-all-areas wheelchair. With one wheel, and "sherpas" back and front, it can tackle any terrain. Hiking Sherpa's will either push or pull a person with disability in a TrailRider on hiking trails.

TRAINING AVAILABLE: BCMOS staff will be on site at all times to help volunteers out as needed. Volunteers will never be left alone to push/pull the TrailRider, there will always be at least one more person on the hike to help.

REQUIREMENTS: Volunteers must be comfortable working with people with all levels of disabilities. Volunteers need to be fit/physically able to push and pull a TrailRider.

HOURS INVOLVED: The volunteer may book as many 1.5 hour shifts as desired. This is a summer program that runs Wednesday through Sunday until September 1st.

MINIMUM AGE: 15 years old

Cycling Volunteer

VOLUNTEER ACTIVITIES: Partner up with a person with disability to explore the trails in Pacific Spirit Park on a handle cycle or recumbent bike and provide assistance as needed. This position is very casual. It is all about getting out on the trails and socializing with others! Occasionally the participant may need assistance, for example, they may need a push up a hill. Otherwise, it is about being in nature and having fun!

TRAINING AVAILABLE: A BCMOS staff member will help train all cycling volunteers and will be on site at all times to help.

REQUIREMENTS: Volunteers *must* be comfortable working with people with all levels of disabilities. Social and outgoing people are desired for this role.

HOURS INVOLVED: The volunteer may book as many 1.5 hour shifts as desired. This is a summer program that runs Wednesday through Sunday until September 1st.

MINIMUM AGE: 15 years old

Kayaking Volunteer

VOLUNTEER ACTIVITIES: Help a person with disability use an adaptive kayak in False Creek! The volunteer will sit in the back of a double kayak to help paddle and steer. Pontoons are on the sides of the kayak to prevent it from flipping.

TRAINING AVAILABLE: BCMOS staff will help train all volunteers on site. They will be onsite at all times to help.

REQUIREMENTS: Volunteers *must* be comfortable working with people with all levels of disabilities. Social and outgoing people are desired for this role. Experience kayaking is required.

HOURS INVOLVED: The volunteer may book as many 1.5 hour shifts as desired. This is a summer program that runs seven days a week until September 1st.

MINIMUM AGE: 15 years old

Paddleboarding Volunteer

VOLUNTEER ACTIVITIES: Help a person with disability use an adaptive paddle board in False Creek! The volunteer will stand on the back of a paddle board while a person with disability sits on a secured wheelchair in front. Pontoons are on the sides of the paddle board to prevent it from flipping.

TRAINING AVAILABLE: BCMOS staff will help train all volunteers on site. They will be onsite at all times to help.

REQUIREMENTS: Volunteers *must* be comfortable working with people with all levels of disabilities. Social and outgoing people are desired for this role. Experience in paddleboarding is required.

HOURS INVOLVED: The volunteer may book as many 1.5 hour shifts as desired. This is a summer program that runs seven days a week until September 1st.

MINIMUM AGE: 15 years old

Paddling and Kayaking Land Volunteer

VOLUNTEER ACTIVITIES: Work with other volunteers to ensure tasks on land run smoothly. Land volunteers will help with various BCMOS duties which may include greeting clients, helping transfer participants on to and off of the paddle boards, in and out of kayaks, etc.

TRAINING AVAILABLE: BCMOS staff will help train all volunteers on site. The BCMOS staff will be on site at all times to support volunteers as needed. Volunteers will never be left alone to perform tasks by themselves

REQUIREMENTS: Volunteers *must* be comfortable working with people with all levels of disabilities. This role requires the participant to be physically fit.

HOURS INVOLVED: The volunteer may book as many 1.5 hour shifts as desired. This is a summer program that runs seven days a week until September 1st.

MINIMUM AGE: 15 years old

Capilano Community Services Society

1733 Lions Gate Lane, North Vancouver, V7P 0C7

Capilano Community Services Society (CCSS) provide one-to-one support, school and community outreach and programs at Lions Gate Community Recreation Centre for youth between the ages of 10 and 24 years old who live in North Vancouver.

Contact: Marjorie Somerton, Volunteer Coordinator

Email: marjorie@capservices.ca

Phone: 604 988 7115 ext. 2004

Website: www.capservices.ca

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 break/closures.

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

REQUIREMENTS: Positive and fun attitude, good communication skills, willingness to learn & work as a team, transportation to school/program, and successful completion of Criminal Record Check

SKILLS/ATTRIBUTES DEVELOPED & BENEFITS: Acquire 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

Program Volunteer

VOLUNTEER ACTIVITIES: Provide support to CCSS Youth Outreach Workers with leading/facilitating drop-in and registered programs for pre-teens and Youth at Lions Gate Community Recreation Centre. Activities include arts and crafts, cooking, music, sports, games, movies, special events.

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

REQUIREMENTS: Positive and fun attitude, good communication, observation, listening skills, and punctuality. Sensitivity and understanding of youth and different cultures is an asset. First aid certificate is an asset. Successful completion of criminal record check.

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

HOURS INVOLVED: Hours vary depending on program schedule, but weekdays from 3:30 to 6 pm with special events once a month from 6 to 8 pm.

MINIMUM AGE: 16 years old

Youth Voice Volunteer Member

VOLUNTEER ACTIVITIES: Collaborate and brainstorm with other youth in the community to provide CCSS with program ideas, suggestions, and help develop fun and educational youth programs based on youth interests, passions, and goals

TRAINING AVAILABLE: No training required

REQUIREMENTS: Ability to work respectfully within a team, open-mind, good communication skills and inclusive attitude

SKILLS/ATTRIBUTES DEVELOPED & BENEFITS: Develop program planning skills, team building skills, and gain leadership skills when working in smaller groups.

HOURS INVOLVED: “Youth Voice” members and CCSS youth program staff meet quarterly on pre-determined evenings from 5:00-6:30 PM. Pizza and other refreshments provided!

MINIMUM AGE: 13 years old

ConnecTra Society

110 – 2285 Clark Drive, Vancouver BC, V5N 3G9

The ConnecTra Society is a connecting agency, linking people with physical disabilities to activities and programs that will allow them to grow, gain confidence, and become more active and involved in community life.

Contact: Sheryl Newman & Samantha Kerr, Volunteer Management Coordinators

Email: volunteer@disabilityfoundation.org or skerr@disabilityfoundation.org

Phone: 604 688 6464

Website: <https://connectra.org/>

Research Assistant

VOLUNTEER ACTIVITIES: The volunteer will work with the ConnecTra Coordinator by researching opportunities to help with the promotion of accessible communities. The volunteer will research content (organizations, people, stories, ideas, etc.) for ConnecTra. Virtual role.

REQUIREMENTS: Volunteers must have access to a computer and/or laptop, with the ability to video chat.

HOURS INVOLVED: The hours will vary. This is a very flexible position and can be worked out during the onboarding process

MINIMUM AGE: 14 years old

Technical Assistant

VOLUNTEER ACTIVITIES: The volunteer will ensure that online ConnecTra events, workshops, and meetings run smoothly. The volunteer will be present for virtual community-wide events, workshops, and meetings to help with any technical issues that may arise. This can involve muting & spotlighting participants, monitoring the chat, organizing community questions, etc.

TRAINING AVAILABLE: The ConnecTra Coordinators will train the volunteers and will be available to answer any questions or concerns.

REQUIREMENTS: The volunteer needs access to a computer and/or laptop with the ability to use video chat. The volunteer must be familiar with Zoom. Familiarity with Microsoft Teams is a bonus asset.

HOURS INVOLVED: The hours will vary. This position is very flexible and can be worked out during the onboarding process

MINIMUM AGE: 14 years old

Disability Foundation

110 – 2285 Clark Drive, Vancouver BC, V5N 3G9

The Disability Foundation supports six of the other listed disability-focused societies, ASABC, BCMOS, ConnecTra, DIGA, Tetra, and VAMS. For more than 20 years, the Disability Foundation, in supporting our affiliated societies, has been fostering meaningful experiences for people with disabilities through outdoor recreation, social connection, and innovative adapted devices from Metro Vancouver, throughout BC, and across Canada. The Disability Foundation looks after all logistics including funding, staff and volunteer onboarding, grant proposals, corporate partnerships, administration, outreach, social media, and communications, and

Contact: Sheryl Newman & Samantha Kerr, Volunteer Management Coordinators

Email: volunteer@disabilityfoundation.org or skerr@disabilityfoundation.org

Phone: 604 688 6464

Website: <https://disabilityfoundation.org/>

Data Entry Volunteer

VOLUNTEER ACTIVITIES: This volunteer will collect and record data from each of our seven organizations, create analytic reports from raw data, input raw data into excel spreadsheets, and analyze data using Salesforce, VPN, and other CRM platforms.

TRAINING AVAILABLE: The volunteer will be trained by Disability Foundation staff; they will be taught how to use Salesforce and VPN. Staff will always be available for help when needed.

REQUIREMENTS: Volunteers must have access to a computer and/or laptop, with the ability to video chat. The volunteer ideally would have some data entry experience and have familiarity with Excel or Google Sheets.

SKILLS/ATTRIBUTES DEVELOPED & BENEFITS: This role teaches you how to use the most in-demand CRM network and offers lots of flexibility

HOURS INVOLVED: Flexible. This can be determined during the onboarding process.

MINIMUM AGE: 15 years old

Fundraiser

VOLUNTEER ACTIVITIES: This volunteer position is all about raising funds for all our societies! Volunteers will form relationships with other corporations, charitable foundations, and individuals to develop avenues for financial contributions.

TRAINING AVAILABLE: This volunteer will be trained on our fundraising process and the types of relationships that we strive to form. Current fundraising analytics and data will be made available to the volunteer for reference. Staff at the Disability Foundation will always be available to help.

REQUIREMENTS: The volunteer needs access to a computer and/or laptop with the ability to use video chat. Some experience with fundraising is desired.

SKILLS/ATTRIBUTES DEVELOPED & BENEFITS: This role will help you form professional relationships with people across different communities and provide you with skills that are desirable to all non-profits, start-ups, and charities.

HOURS INVOLVED: Flexible. This can be determined during the onboarding process.

MINIMUM AGE: 15 years old

Grant Writer

VOLUNTEER ACTIVITIES: This volunteer will help research, draft, and submit grant proposals with the aim of receiving funding for our societies.

TRAINING AVAILABLE: The volunteer will be trained about our grant writing process and the types of relationships that we strive to form. Current grant analytics and data will be made available to the volunteer for reference. Coordinators at the Disability Foundation will always be available to help.

REQUIREMENTS: The volunteer needs access to a computer and/or laptop with the ability to use video chat. Strong writing skills are required. Experience in grant writing is desired but not required.

SKILLS/ATTRIBUTES DEVELOPED & BENEFITS: This role will help you form professional relationships with people across different communities and provide you with skills that are desirable to all non-profits, start-ups, and charities.

HOURS INVOLVED: Flexible. This can be determined during the onboarding process.

MINIMUM AGE: 15 years old

Photographer / Videographer

VOLUNTEER ACTIVITIES: This volunteer will take photos that will be used for promotional content for all of our societies. Volunteer photographers will travel to our various societies to take photos of our accessible activities including sailing, kayaking, hiking, paddleboarding, and gardening.

TRAINING AVAILABLE: The volunteer will meet with our coordinator on a regular basis to discuss the types of photos that are desired. The volunteer will always be able to reach out to people on site or virtually for advice.

REQUIREMENTS: Volunteers must be comfortable working with people with all levels of disabilities. The volunteer needs to bring their own camera. Phones are acceptable. Photography experience (hobby or professional) is desired. Volunteers must be able to transport themselves to our events around Vancouver,

although they are not required to commit to all events. Locations will be discussed during the onboarding process.

SKILLS/ATTRIBUTES DEVELOPED & BENEFITS: This role is great for people who want to develop their photography skills, especially in regard to action photography. Volunteers will have creative freedom when it comes to the types and style of photos taken

HOURS INVOLVED: Flexible. This can be determined during the onboarding process.

MINIMUM AGE: 14 years old

Social Media Assistant

VOLUNTEER ACTIVITIES: This volunteer will help promote all of our societies through our social media platforms. This volunteer will work with the communications coordinator to create and promote content, images, stories, videos, etc. on platforms including Facebook, Instagram, Twitter, LinkedIn, and our seven websites. This role is done virtually.

TRAINING AVAILABLE: The volunteer will be trained by our communications officer. They will be taught how to use various platforms which may include Canva, Salesforce, and MailChimp. The volunteer will always be able to reach out to someone for help when needed.

REQUIREMENTS: The volunteer needs access to a computer and/or laptop with the ability to use video chat. This volunteer should be social media savvy.

SKILLS/ATTRIBUTES DEVELOPED & BENEFITS: This role is great for people who want to strengthen their skills in communications.

HOURS INVOLVED: Flexible. This can be determined during the onboarding process.

MINIMUM AGE: 14 years old

Disabled Independent Gardeners Association (DIGA)

110 – 2285 Clark Drive, Vancouver BC, V5N 3G9

DIGA provides opportunities for people with physical disabilities to actively participate in gardening. Operating in Metro Vancouver, we offer workshops, garden tours, customized adapted tools, and our volunteers work one-on-one with DIGA members tending to fully accessible plots in community gardens! Our community gardens have wheelchair-accessible pathways and raised beds. Many also offer roll-under table-top gardens. Gardening offers quality-of-life benefits and encourages social inclusion when working together in community gardens, which is why we emphasize active participation in planning gardens, tending to plants, and sharing harvests with the support of helpful volunteers. Our volunteers can advise

and support gardening, lend a hand tending to gardens, or arrange custom garden tools for people with physical disabilities.

Contact: Sheryl Newman & Samantha Kerr, Volunteer Management Coordinators

Email: volunteer@disabilityfoundation.org or skerr@disabilityfoundation.org

Phone: 604 688 6464

Website: <https://digabc.org/>

Community Garden Maintenance Volunteer

VOLUNTEER ACTIVITIES: Help the Disabled Independent Gardeners Association (DIGA) maintain our community gardens - assist with compost maintenance, green bins, beautification, spring start-up & fall clean-up, construction projects and tool repairs.

TRAINING AVAILABLE: DIGA Coordinator will train all volunteers. Help will always be provided when needed. No prior experience is necessary!

REQUIREMENTS: Driver's license is preferable but not required.

HOURS INVOLVED: Up to 3 hours per week or dependent on a volunteer's availability. This is a seasonal position that runs until September.

MINIMUM AGE: 14 years old

One-on-One Gardening Assistant

VOLUNTEER ACTIVITIES: Pair up with a DIGA member & help them tend their community garden plot. Assist a person with disabilities in various aspects of gardening. Roles may include assembling a lattice, planting seeds, watering, pulling weeds, etc.

TRAINING AVAILABLE: DIGA Coordinator will train all volunteers. Help will always be provided when needed. No prior experience is necessary!

REQUIREMENTS: Volunteers must be comfortable working with people with disabilities. Driver's license is preferable but not required.

HOURS INVOLVED: Up to 3 hours per week or dependent on a volunteer's availability. This is a seasonal position that runs until September.

MINIMUM AGE: 15 years old

District of West Vancouver

2121 Marine Drive, West Vancouver, BC, 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 everyday matter. The District of West Vancouver has a variety of volunteer opportunities available with Community Services and Parks.

Contact: Volunteer Services Team

Phone: 604 913 2703 or 604 202 8694

Email: volunteer@westvancouver.ca

Various Volunteer Positions Available

VOLUNTEER ACTIVITIES: Camps, Seniors' Activity Centre, afterschool and weekend program assistants, events, youth lounge, library, art museum, food services, ice skating, swimming lessons, gymnastics, parks, outdoor programs, and committees.

STEPS TO BECOME A VOLUNTEER WITH THE DISTRICT OF WEST VANCOUVER:

Step 1: Decide you would like to join and ensure you meet our Eligibility Requirements

Step 2: Register for our online volunteer orientation by calling 604-925-7270, online at <http://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 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 in-person training. Proof of identity, BC Services Card with Personal Health Number, and proof of Covid-19 vaccination will be required.

Step 4: Use the volunteer portal to explore opportunities. Let the Volunteer Services Team know if you would like to volunteer at the Library, Seniors' Activity Centre, West Vancouver or Gleneagles Community Centre, the West Vancouver Art Museum, or special events.

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!

REQUIREMENTS:

- Proof of valid BC Medical, BC Care Card, or BC Services Card with a Personal Health Number
- Fully vaccinated against Covid-19 (2 doses)
- 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

MINIMUM AGE: 14 years of age

Greater Vancouver Food Bank

Head office: 8345 Winston Street, Burnaby, BC

The Greater Vancouver Food Bank serves more than 11,000 individuals monthly through distribution sites and over 119 Community Agency Partners. The Greater Vancouver Food Bank operates in four catchment areas: Vancouver, Burnaby, North Shore and New Westminster. We could not do what we do without the hundreds of generous individuals who give us the gift of time every day in helping our society meet the needs of people from all walks of life. Last year our volunteers donated 54,000 hours of their time – the equivalent of about 28 full-time staff. Our volunteers collectively logged approximately 4,000 hrs each month.

Contact: Hailey Pinker, Volunteer Engagement Coordinator & Lisa Bui, Volunteer Engagement Lead

Phone: 604 880 7073

Email: volunteer@foodbank.bc.ca

Website: <https://foodbank.bc.ca/volunteer/>

Various Volunteer Positions Available

VOLUNTEER ACTIVITIES: Visit our website for more information. If you are interested in signing up with us as an individual volunteer, please register with My Impact platform through the registration link provided below. Once we receive your application, we will send you a welcome email with all the further instructions. Due to the high number of applications we receive daily, we ask you to be patient please as it can take up to a week for us to process your application.

REGISTRATION LINK: [Click Here for Application](#)

TRAINING AVAILABLE: We provide on-site training.

REQUIREMENTS: Dependent on role.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: We are happy to provide reference letters to our volunteers once they have completed 80 hours of volunteering. Join us at our fun events whilst developing your work experience, giving back to the community and connecting with the community.

HOURS INVOLVED: Dependent on role.

MINIMUM AGE: We require all volunteers to be at least 15 years of age to volunteer at our warehouse and at least 18 years old to volunteer at our distribution sites. If you are 15-17 years old, you will need to have

written consent from a parent or guardian prior to arriving for your shift. If you are under 15 years of age, we will not be able to have you volunteer with us at this time. If you are below 18 years of age and do not bring a completed consent form with you for your first shift, you will not be able to work the shift.

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: Jennifer Maurice, Volunteer Manager

Phone: 604 983 9488

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

To Apply: Please visit our website <https://www.harvestproject.org/> to submit our [online Volunteer Inquiry Form](#).

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 OR Saturdays 10am to 2pm

MINIMUM AGE: 16 years old

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 12 pm to 4 pm OR Saturdays 10am to 2pm

MINIMUM AGE: 16 years old

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 OR Saturdays 10am to 2pm

MINIMUM AGE: 16 years old

North Shore Neighbourhood House (NSNH) and John Braithwaite Community Centre (JBCC)

NSNH: 225 East 2nd St., North Vancouver, BC, V7L 1C4

JBCC: 145 West 1st St., North Vancouver, BC, 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.

Contact: Amal Hasan, Volunteer Services Coordinator

Phone: 604-987-8138 ext. 202

Email: ahasan@nsnh.bc.ca

Website: www.nsnh.bc.ca (Apply Online)

After School Children's Sports or Arts Programs

VOLUNTEER ACTIVITIES: Assisting instructor in supervision and instruction. It includes a few different school sites (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: Leadership skills, great experience in teaching and coaching.

HOURS INVOLVED: After school.

MINIMUM AGE: 14 years old & up

Art Classes at JBCC

VOLUNTEER ACTIVITIES: Help staff and work as a team in helping the kids with their art and maintain a safe and fun environment

TRAINING AVAILABLE: Orientation provided.

REQUIREMENTS: Responsible, dependable, friendly, love working with kids

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Art and communication skills

HOURS INVOLVED: Thursdays 3:30 – 5 pm (ages 8-12 years)

MINIMUM AGE: 14 years old & up

Basketball Classes at JBCC

VOLUNTEER ACTIVITIES: Assist the basketball leader in running the class and supervise the kids

TRAINING AVAILABLE: Training and orientation is provided.

REQUIREMENTS: Dependable, take direction well, a team player

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Play the game and know the rules and drills, learn, and improve leadership and supervision skills

HOURS INVOLVED: Wednesdays 7-9 years (3:45-4:45pm) and 9-12 years (4:45-5:45pm)

MINIMUM AGE: 14 years old & up

Day Camp Assistant

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

TRAINING AVAILABLE: Training and orientation is 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

Family Playgroup Drop In

VOLUNTEER ACTIVITIES: To assist the facilitator in supervision of children and providing activities.

TRAINING AVAILABLE: Training and orientation is provided.

REQUIREMENTS: Dependable, take direction well, team player. love working with children an asset.

HOURS INVOLVED: Tuesdays, Thursdays, Saturdays 10-11:30am

MINIMUM AGE: 14 years old & up

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 is 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

Fitness Centre Assistant at JBCC

VOLUNTEER ACTIVITIES: 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 minutes orientation/ training is provided

REQUIREMENTS: Dependable, punctual, take direction and feedback, love working with the public

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: People and communication skills

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

MINIMUM AGE: 16 years old & up

Foodbank Volunteer

VOLUNTEER ACTIVITIES: Help staff and work with other volunteers to serve food to foodbank clients, bag food, organize stations and clean up

TRAINING AVAILABLE: Orientation provided

REQUIREMENTS: Outgoing, friendly, kind, respectful and welcoming

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: People, communication skills, help your community

HOURS INVOLVED: 8:45 am – 6:00 pm, many shifts are available, 3-hour shifts

MINIMUM AGE: 14 years old & up

Market Sales Assistant

VOLUNTEER ACTIVITIES: To assist farmers sell farm produce, twice-weekly 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: Saturdays, 9am-12pm or 11:30am-2:30 pm, Wednesdays: 1-4pm

MINIMUM AGE: 14 years old & up

Soccer Classes

VOLUNTEER ACTIVITIES: Assist the basketball leader in running the class and supervise the kids

TRAINING AVAILABLE: Training and orientation provided

REQUIREMENTS: Dependable, take direction well, a team player

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Play the game and know the rules and drills, learn and improve leadership and supervision skills

HOURS INVOLVED: Saturdays 4-5 years (9:45-10:30am) 6-8 years (10:45-11:45am)
9-12 years (12:00-1:00pm) and 6-8 years (1:15-2:15pm)

MINIMUM AGE: 14 years old & up

Summer at the Park Playgroup Assistant

VOLUNTEER ACTIVITIES: Help the staff setting 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

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

Email: volunteer@nvrc.ca

Phone: 604 983 6345

Contact Availability: Monday to Friday

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 wonderful 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 dependable; willingness to take on responsibility. A criminal record check, three references and completion of orientation are required.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Leadership skills; communication skills; excellent 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

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 collaborate 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 dependable; willingness to take on responsibility. A criminal record check, three references and completion of orientation are required.

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

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

MINIMUM AGE: 14 years old & up

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, three references and completion of orientation are required.

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

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

MINIMUM AGE: 14 years old & up

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, three 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

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 various times during the year.

Contact: Jessie Hawkes, Teen Engagement Librarian

Phone: 604-984-0286 ext. 8176

Email: hawkesj@nvdpl.ca or TAG@nvdpl.ca

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

Book Buddy

VOLUNTEER ACTIVITIES: Book Buddies volunteers will read one-on-one and play literacy games with younger children. 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

Tech Tutor

VOLUNTEER ACTIVITIES: Tech tutors will collaborate one-on-one with community members who have signed up for help understanding their devices and using standard technology. (Common questions are setting up a new tablet, transferring photos from a phone to a computer, and attaching items to emails.) Volunteers will meet once a week with 2-4 patrons in 30-minute sessions.

REQUIREMENTS: Must be patient, friendly, and excellent communicators. Many of the patrons who utilize the tech tutors service are seniors, so comfort around elderly adults is required.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Will gain tutoring and teaching experience, along with experience working with adults

HOURS INVOLVED: 12 hours over 6 weeks

MINIMUM AGE: Grade 9

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 Shore Disability Resource Centre

3158 Mountain Highway, North Vancouver, BC, V7K 2H5

NSDRC provides a wide range of services to people with disabilities on the North Shore.

Contact: Kathleen Jessop, Director Community Based Services

Phone: 604-904-4090

Email: k.jessop@nsdrc.org

Website: www.nsdrc.org

Community Based Youth Assistant, After School and Weekends

VOLUNTEER ACTIVITIES: Provide peer support to children and youth with disabilities in a supervised setting during after school hours (weekdays and weekends) in the community. Activities include accessing community recreation centers, exploring community parks, participating in arts and crafts, cooking, and games.

TRAINING AVAILABLE: Training and orientation offered.

REQUIREMENTS: Volunteer criminal record check, privacy training,

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Reliability, punctuality, enthusiasm, excellent at taking direction, excellent listening skills, effective communication skills.

HOURS INVOLVED: Monday – Friday between 3pm-6pm (flexible times), Saturday 12pm-5pm, Sunday daytime variable hours.

MINIMUM AGE: 15 years old.

North Vancouver City Library

120 West 14th Street, North Vancouver, BC, V7M 1N9

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

Phone: 604-998-3494

Email: klongley@cnv.org

Contact Availability: Anytime

Registration Link: <https://nvcl.formstack.com/forms/teenvolunteerregistration>

Coding

VOLUNTEER ACTIVITIES: Are you passionate about working with children? Do you like coding and have experience using Scratch or Python? You can apply to have a virtual interview with our partners Koala Kode to become a teaching assistant for one of our coding programs for youth in grades 1 – 7 at the library.

TRAINING AVAILABLE: Mandatory orientations will take place on Tuesday, Sept. 6 and Thursday, Sept. 8 from 4 – 6 p.m.

REQUIREMENTS: All library volunteers who work with the public will undergo a mandatory criminal background check and some volunteer positions require brief interviews.

HOURS INVOLVED: Volunteers must be available to assist with each weekly session throughout the Fall.

Coding with Scratch: Tuesdays from 4 – 6 p.m., Sept. 6 – Nov. 1 (possibility to continue)

Coding with Python: Thursdays from 4 – 6 p.m., Sept. 8 – Nov. 3 (possibility to continue)

MINIMUM AGE: High School

General Volunteer

VOLUNTEER ACTIVITIES: Help with a variety of events and one-off volunteer opportunities in the library. You can choose which opportunities you help with. Events include fundraisers, writing contest awards celebrations, designing artwork for promotional materials, the library's new TikTok account and more. When you sign up for this list you will also receive information about external volunteer opportunities for youth in the community.

TRAINING AVAILABLE: There will be a mandatory orientation session. The available orientation dates are Tuesday, Sept. 13 from 4 - 5 p.m. or Saturday, Sept. 17 from 2 - 3 p.m.

REQUIREMENTS: All library volunteers who work with the public will undergo a mandatory criminal background check and some volunteer positions require brief interviews.

MINIMUM AGE: High School

Lego Robotics

VOLUNTEER ACTIVITIES: Be a mentor to tweens learning about robotics in the library. Volunteer in our Lego Robotics program. Assist youth with stop motion animation using HUE Animation Studio.

TRAINING AVAILABLE: There will be a mandatory orientation session. The available orientation dates are Tuesday, Sept. 13 from 4 - 5 p.m. or Saturday, Sept. 17 from 2 - 3 p.m.

REQUIREMENTS: All library volunteers who work with the public will undergo a mandatory criminal background check and some volunteer positions require brief interviews. No prior experience with Lego or robotics is needed.

HOURS INVOLVED: 3:30 – 6 p.m. on Wednesdays after school or 3:30 – 6 p.m. on Tuesdays after school. Volunteers must be available for all sessions during the Fall from Sept. 14 to Dec. 14.

MINIMUM AGE: High School

Read Along

VOLUNTEER ACTIVITIES: Become a buddy to students in grades 2 – 5, and work with them weekly to improve their reading skills. This volunteer opportunity will be virtual and held via Zoom.

TRAINING AVAILABLE: There will be a mandatory virtual orientation on Wednesday, September 28th from 4 – 5 p.m., followed by six virtual sessions on Wednesdays from 3:45 – 5 p.m., from October 5th to November 9th.

REQUIREMENTS: All library volunteers who work with the public will undergo a mandatory criminal background check. A brief interview will be conducted upon registration. This program requires a seasonal commitment: must be available for duration of the entire 7-week program.

MINIMUM AGE: High School

STEAM Programs Assistant

VOLUNTEER ACTIVITIES: Be a mentor to youth in grades 1 to 7 in the libraries after school programs. Positions include assisting with your choice of the following: Lego Robotics, Stop Motion Animation, and Coding workshops. Please select only the programs listed where you can commit to helping with all sessions and we will contact you.

REQUIREMENTS: All library volunteers who work with the public will undergo a mandatory criminal background check and some volunteer positions require brief interviews.

HOURS INVOLVED: Volunteers must be available to commit to whichever program they decide to participate alongside.

MINIMUM AGE: High School

Parkgate Society

3625 Banff Court, North Vancouver, BC, V7H 2Z8

Parkgate Society works in partnership with NVRC to place volunteers in Parkgate Community Center.

Volunteers are needed in sports and arts programs, the gym, daycare, seniors, and youth. Volunteers must be at least 12 years of age and complete a CRC. Visit parkgatesociety.ca for more information and to join the team.

Contact: Sophie Kim, Community Engagement Assistant

Phone: 604 983 6385

Email: skim@parkgatesociety.ca

Website: parkgatesociety.ca

Access Bus Volunteers

VOLUNTEER ACTIVITIES: Join us on our weekly trips helping local seniors run errands. Work one-on-one with a senior to ensure they are able to get and carry everything they need. Rides will be given on our community bus.

TRAINING AVAILABLE: Annual trainings

REQUIREMENTS: Provide Clear CRC and good communication skills. Volunteers must be available during the day and able to carry groceries. Available during the day.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Caregiving skills

HOURS INVOLVED: minimum 2 hour shifts

MINIMUM AGE: 16 years old

Childcare Volunteers

VOLUNTEER ACTIVITIES: Come in to help with programs and activities for our 3-5, IT, and Afterschool Care programs. Various Times and Dates Available

TRAINING AVAILABLE: Insite training and various annual trainings available

REQUIREMENTS: Provide clear CRC and two references

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Childcare skills and work experience

HOURS INVOLVED: Minimum 2 hour shifts

MINIMUM AGE: 13 years old

Seniors Coffee and Tea Service Volunteer

VOLUNTEER ACTIVITIES: Set up and serve coffee and tea service for the seniors attending various programs in Parkgate Society. Help with basic cleanup.

TRAINING AVAILABLE: Insite training and various annual trainings available

REQUIREMENTS: Must be available during the week

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Socialization and kitchen skills

HOURS INVOLVED: 1 – 2 hour shifts

MINIMUM AGE: 16 years old

Seniors Kitchen Volunteer

VOLUNTEER ACTIVITIES: Join the Seniors Kitchen Volunteer team to help prep, cook, and serve meals to the community

TRAINING AVAILABLE: On-site training and direct supervision

REQUIREMENTS: Provide clear CRC and two references

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Working as a team, communication, work experience

HOURS INVOLVED: Flexible

MINIMUM AGE: 12 years old

Special Events Volunteer

VOLUNTEER ACTIVITIES: Join our special events call out team and help us during our annual community events and one-off activities. Roughly one event every couple months. Shifts to be scheduled ahead of events.

TRAINING AVAILABLE: Annual trainings

REQUIREMENTS: Provide clear CRC and two references

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Various positions available from childcare and kitchen staff to communications

HOURS INVOLVED: Minimum 1 hour shifts

MINIMUM AGE: 13 years old

Washing the Parkgate Society Bus Volunteers

VOLUNTEER ACTIVITIES: Help us clean the Parkgate Society Bus to ensure our community events and out-trips are taking place in a comfortable and clean bus!

TRAINING AVAILABLE: On-site Training and Direct supervision

REQUIREMENTS: Provide clear CRC and two references

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Working as a team, work experience

HOURS INVOLVED: 1 - 2 hour shifts

MINIMUM AGE: 12 years old

Youth Centre Volunteers

VOLUNTEER ACTIVITIES: Be a support for our youth workers during drop-in programs and preteen events.

TRAINING AVAILABLE: Annual trainings

REQUIREMENTS: Provide clear CRC and two references

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Youth worker and communication skills

HOURS INVOLVED: Minimum 2 hour shifts

MINIMUM AGE: 16 years old

St. Andrew's United Church

1044 St Georges Avenue, North Vancouver, BC, V7L 3H6

St. Andrew's United Church is an open and affirming congregation where people are welcome regardless of race, class, economic background, or sexual orientation. We invite you to explore the host of programs and experiences we offer. Faith formation encompasses a considerable breadth of possibility.

Contact: Sarah Higgins, Communications Coordinator

Phone: 778 839 7647

Email: communications@st-andrews-united.ca

Website: www.st-andrews-united.ca/

Gardener

VOLUNTEER ACTIVITIES: Watering and helping to maintain flower garden, butterfly and bee garden, and herb garden at St. Andrew's.

TRAINING AVAILABLE: Training provided

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: You will develop your gardening skills, and your interpersonal skills as you work with other volunteers. You will be actively participating in the life of the community. Plus, you get to be outdoors in the warm and sunny weather!

HOURS INVOLVED: A few hours a week (to be determined). Some flexibility with hours.

MINIMUM AGE: 16 years old.

Outdoor Maintenance Volunteer

VOLUNTEER ACTIVITIES: Maintaining the grounds of the church and the Annex building.

TRAINING AVAILABLE: Training provided

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: You will develop practical skills around simple landscaping and building maintenance techniques. And you will practice your interpersonal skills with the other volunteers.

HOURS INVOLVED: A few hours a week (to be determined). Some flexibility with hours.

MINIMUM AGE: 16 years old.

Kitchen Helper for Free Food Programs

VOLUNTEER ACTIVITIES: Join others on Tues. Wed. Thurs. or Fri. to prepare and distribute free community meals.

TRAINING AVAILABLE: Training provided

REQUIREMENTS: Kitchen / food prep experience is an asset.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: You will develop great sous-chef skills (taking instruction from our kitchen manager to help prepare the meals: chopping veggies, assembling sandwiches, etc.). You will get to meet the community as you help serve the meals, and you will practice your interpersonal skills there and with the other volunteers. You will get the satisfaction of directly helping someone fulfill a need.

HOURS INVOLVED: 2-3 hours per day (Tues, Wed, Thurs, or Fri), morning and into the early afternoon.

MINIMUM AGE: 16 years old.

Community Kitchen Helper

VOLUNTEER ACTIVITIES: (*Beginning September 8th*) Help prepare and serve a free community lunch on Thursdays.

TRAINING AVAILABLE: Training provided

REQUIREMENTS: Kitchen / food prep experience is an asset.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: You will get comfortable in the kitchen, helping to prepare the meal by taking instruction from our kitchen manager. You will get to meet and work with the community of volunteers, and serve the wider North Shore community, honing your interpersonal skills.

HOURS INVOLVED: Several hours (roughly 4-6) on Thursday morning and into the afternoon (over lunchtime).

MINIMUM AGE: 16 years old.

Messy Church Supervisor

VOLUNTEER ACTIVITIES: Over four Saturdays this fall, be part of a team that supervises play for kids eleven and under at the church.

TRAINING AVAILABLE: Training provided

REQUIREMENTS: Experience working with young kids is a big asset.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: You will gain experience in working with and supervising children. You will increase your interpersonal skills through engaging with the other volunteers, the church staff, and the families. You will get to be an important part of the community, providing a necessary service.

HOURS INVOLVED: Several hours on the Saturdays (to be confirmed).

MINIMUM AGE: 16 years old.

Messy Church Supper Helper

VOLUNTEER ACTIVITIES: Help prepare and serve a simple supper for participants at Messy Church.

TRAINING AVAILABLE: Training provided

REQUIREMENTS: Kitchen/food prep experience is helpful

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: You will get comfortable in the kitchen, taking instruction from our kitchen manager to help prepare the meal. You will be interacting with the other volunteers, and you will be fulfilling a need and promoting community on the North Shore.

HOURS INVOLVED: Several hours over four Saturdays in the fall (to be confirmed).

MINIMUM AGE: 16 years old.

Emergency Food Program Volunteer

VOLUNTEER ACTIVITIES: Help set up, distribute food, and assist clients filling out forms.

TRAINING AVAILABLE: Training provided

REQUIREMENTS: Kitchen/food prep experience is helpful

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: You will hone your organizational skills and your interpersonal skills (working with other volunteers and with the clients). You will be filling a need in the community and directly, positively affecting the lives of folk on the North Shore.

HOURS INVOLVED: 3-4 hours on Tuesdays, over the lunch hour.

MINIMUM AGE: 16 years old.

Tetra Society of North America (Tetra)

110 – 2285 Clark Drive, Vancouver BC, V5N 3G9

Tetra's focus is to find solutions to environmental barriers faced by people with disabilities. While these environmental barriers can be part of a person's journey, we believe Tetra solutions help foster greater independence, quality of life, and inclusion. Tetra recruits volunteers who will work with clients to design and build assistive devices that are custom-made for the individual - these are devices that are either not available commercially or cost-prohibitive. As a non-profit organization, Tetra raises funds to deliver this program, including covering the costs of volunteer travel and materials for devices up to \$500 per project. The scope of Tetra projects is just as diverse as the clients we work with. The work Tetra does addresses needs in different areas of a person's life.

Contact: Sheryl Newman & Samantha Kerr, Volunteer Management Coordinators

Email: volunteer@disabilityfoundation.org or skerr@disabilityfoundation.org

Phone: 604 688 6464

Website: <https://tetrasociety.org/contact/>

Designer / Builder

VOLUNTEER ACTIVITIES: This volunteer will help build custom adaptive devices for people with disabilities. Devices range from adapted cribs, to adapted fitness equipment, to adapted phone holders! Whatever the person needs, we make.

TRAINING AVAILABLE: The volunteer will be trained by their Tetra coordinator who will always be available to assist with tasks as needed.

REQUIREMENTS: Volunteers must be comfortable working with people with all levels of disabilities. The volunteer needs access to a computer and/or laptop with the ability to use video chat. The volunteer

should have hobby or professional experience with one or more of the following: 3D printing, engineering, woodwork, metalwork, sewing, construction, mechanics, carpentry, electrical, or some other skilled craft. **HOURS INVOLVED:** Mostly flexible. This can be determined during the onboarding process. Participants will have to be open to arranging times that work for both themselves and the person with disability that they are assisting.

MINIMUM AGE: 16 years old

Terry Fox Foundation

150 - 8960 University High Street, Burnaby, BC, 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 embodies the values of its founder; that funds innovative and daring cancer research projects that has become an important part of community-building and fellowship.

Contact: Jack Basterfield Director, Community Development BC & Yukon

Email: jack.basterfield@terryfox.org

Phone: 604 464 2666

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

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.

TRAINING AVAILABLE: Provided by the Terry Fox Foundation

REQUIREMENTS: Leadership and organizational skills

HOURS INVOLVED: Varied

MINIMUM AGE: High School

Vancouver Adapted Music Society (VAMS)

VAMS Studio: 4255 Laurel Street, Vancouver BC, V5Z 2G9

Administrative Office: 110 – 2285 Clark Drive, Vancouver BC, V5N 3G9

The Vancouver Adapted Music Society (VAMS) supports and promotes musicians with physical disabilities in the Metro Vancouver area. We operate Canada's only fully accessible recording studio, release CDs,

create music videos, and promote concerts. Formed in 1988 by two musicians with disabilities, VAMS shows that disability is not a barrier to creativity. Accessibility is central to everything we do. Participants explore and discover music and their own capabilities.

Contact: Sheryl Newman & Samantha Kerr, Volunteer Management Coordinators

Email: volunteer@disabilityfoundation.org or skerr@disabilityfoundation.org

Phone: 604 688 6464

Website: <https://vams.org>

Adaptive Music and/or Singing Instructor

VOLUNTEER ACTIVITIES: This volunteer will teach one-on-one music/singing lessons to a person with disability. The volunteer will develop a lesson plan suited to the participant's needs with the goal of helping the participant develop and strengthen their musical ability. Lessons for guitar, piano, and harmonica are especially high in demand, volunteers who can play or teach any instrument are welcome!

TRAINING AVAILABLE: Volunteers will be trained by the VAMS coordinator, who will always be available to offer advice and answer any questions/comments/concerns. The volunteer will determine the skill levels that they feel comfortable teaching during orientation. Volunteers do not have to be experts! For example, they can focus only on introductory lessons if they are not comfortable teaching higher levels.

REQUIREMENTS: The volunteer must be skilled using one or more instruments, or if they are singing teachers, they must be a talented singer. The volunteer must have access to the instrument that they are proficient in playing as participant and teacher will both bring own instrument. Outgoing volunteers are desired. The volunteer needs access to a computer and/or laptop with the ability to use video chat. Volunteers must be comfortable working with people with all levels of disabilities.

HOURS INVOLVED: Mostly flexible. This can be determined during the onboarding process.

MINIMUM AGE: 16 years old

Vancouver Adaptive Snow Sports (VASS)

322, 125A 1030 Denman Street, Vancouver, BC, 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: check website: <https://vass.ca/>

Ski and Snowboard Volunteer Instructor

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

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 totaling \$105. This will also cover all of the required insurance for you to become an instructor.

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

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 thirty-eight or greater.

MINIMUM AGE: 15 years old & up

West Vancouver Memorial Library

1950 Marine Drive, West Vancouver BC, 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 Wi-Fi, 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

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: 1.5 hours per month

MINIMUM AGE: Grade 8 - 12

Shelver

VOLUNTEER ACTIVITIES: Shelveers 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: Teens must have a valid BC care card and completed the Youth Volunteer Orientation and Training at the West Vancouver Community Center.

HOURS INVOLVED: 1 - 2 hours, once a week

MINIMUM AGE: Grade 8 - 12

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: Teens must have a valid BC care card and completed the Youth Volunteer Orientation and Training at the West Vancouver Community Center.

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

MINIMUM AGE: Grade 8 - 12

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: Teens must have a valid BC care card and completed the Youth Volunteer Orientation and Training at the West Vancouver Community Center.

MINIMUM AGE: Grade 8 – 12

Teen Technology Mentor

VOLUNTEER ACTIVITIES: TTM's will help kids and adults in library LAB programs

TRAINING AVAILABLE: Job role training provided

REQUIREMENTS: Teens must have a valid BC care card and completed the Youth Volunteer Orientation and Training at the West Vancouver Community Center.

HOURS INVOLVED: 1.5 – 3 hours a week

MINIMUM AGE: Grade 10 – 12

Education



Democracy Café

Suite #201, 935 Marine Drive, North Vancouver, BC, V7P 1S3

Democracy Café is North Shore Community Resource's platform for all types of 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: Monday to Friday 9:00 am – 4:30 pm

Website: <https://community.nscr.ca/democracy-cafe/>

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

Health



Canadian Blood Services

4750 Oak St., Vancouver, BC, V6H 2N9

Canadian Blood Services is a national not-for-profit charitable organization whose mission is to manage the blood supply for Canadians. They recruit, screen, and recognize blood donors, collect, test and process blood products and distribute blood and blood products across Canada.

Contact: MJ Buck, Volunteer Coordinator

Email: mj.buck@blood.ca

Phone: 604 353 2614

Contact Availability: Mon – Fri, 8:30 am – 3:00 pm

In-Community Volunteer

VOLUNTEER ACTIVITIES: Recruitment booths. We require volunteers who are comfortable talking to the public and are willing to regularly engage our current and prospective donors in conversation. For more information or for online application please visit website at: www.blood.ca.

TRAINING AVAILABLE: Participation in training and orientation are mandatory.

REQUIREMENTS: Must be an outgoing person who loves to talk to new people! Volunteers are required to commit to a regular 3–4-hour shift. Good communication skills. Good customer service skills required. Once you have applied online, you will be contacted and asked to provide a minimum of two descriptive examples where you have had a positive experience interacting with the public. Your acceptance into our Volunteer Orientation and Training session will be based on a demonstrated ability to interact with the public.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Communication skills, promotional skills, knowledge about blood, blood donation, and blood manufacturing.

HOURS INVOLVED: Mainly on the weekends or holidays.

MINIMUM AGE: 16 years of age

In-Centre Volunteer

VOLUNTEER ACTIVITIES: The volunteer will be working in the refreshment area of the blood donor clinics monitoring donors' health post donation.

TRAINING AVAILABLE: Participation in training and orientation are mandatory.

REQUIREMENTS: Must be an outgoing person who loves to talk to new people! Volunteers are required to commit to a regular 3–4-hour shift. Good communication skills. Good customer service skills required. Once you have applied online, you will be contacted and asked to provide a minimum of two descriptive examples where you have had a positive experience interacting with the public. Your acceptance into our Volunteer Orientation and Training session will be based on a demonstrated ability to interact with the public.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Communication skills, promotional skills, knowledge about blood, blood donation, and blood manufacturing.

HOURS INVOLVED: Mainly on the weekends or holidays.

MINIMUM AGE: 16 years of age

Donor Recruitment Volunteer

VOLUNTEER ACTIVITIES: The volunteer will be doing blood donor recruitment at various locations in the community: speaking about the need for blood donations and signing up donors.

TRAINING AVAILABLE: Participation in training and orientation are mandatory.

REQUIREMENTS: Must be an outgoing person who loves to talk to new people! Volunteers are required to commit to a regular 3–4-hour shift. Good communication skills. Good customer service skills required. Once you have applied online, you will be contacted and asked to provide a minimum of two descriptive examples where you have had a positive experience interacting with the public. Your acceptance into our Volunteer Orientation and Training session will be based on a demonstrated ability to interact with the public.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Communication skills, promotional skills, knowledge about blood, blood donation, and blood manufacturing.

HOURS INVOLVED: Mainly on the weekends or holidays.

MINIMUM AGE: 17 years of age

Canadian Liver Foundation

828 W 8th Ave, Vancouver, BC, 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: Nicole Chu, Regional Coordinator

Email: nchu@liver.ca

Phone: 604 707 6430

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

Canadian Red Cross

1733 Lions Gate Lane, North Vancouver, B.C. V7P 0C7

We rely on volunteers from all walks of life who bring different skills and experience to the Canadian Red Cross. From helping during emergencies and disasters, to sitting on committees and project teams or providing customer services and office support, as a volunteer, you can make a big difference in your community.

Contact: Red Cross Volunteer Team

Email: volunteerBCY@redcross.ca

Phone: 604 709 6687

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

Health Equipment Loan Program (HELP)

VOLUNTEER ACTIVITIES: Our HELP Program offers mobility, independence, and safety to people recovering from illness or surgery or wishing to spend their final days in their own homes. HELP currently needs Client Service volunteers to provide administration support such as answering the phone and coordinating health equipment loans and returns at our depots.

TRAINING AVAILABLE: The Red Cross provides all training

HOURS INVOLVED: Once per week commitment

MINIMUM AGE: 16 years of age

Emergency Management (EM)

VOLUNTEER ACTIVITIES: The EM volunteers work to assist individuals, families and communities impacted by small or large disasters and emergencies. You will support the wellbeing of beneficiaries by providing care, comfort, and referrals to partner agencies as well as assess the needs of those affected and provide approved goods and services.

TRAINING AVAILABLE: The Red Cross provide all training

HOURS INVOLVED: On-call position

MINIMUM AGE: 18 years of age

Canuck Place Children's Hospice

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

Canuck Place is BC's pediatric palliative care provider for children with life-threatening illnesses and the families who love them. Our team of physicians, nurses, counsellors, therapists, staff, and volunteers provide medical respite care, pain and symptom management, art, music, and recreation therapy, end-of-life care, grief, loss, and bereavement counselling.

Contact: Amie Carrick, Volunteer & Support Services Coordinator

Email: ivolunteer@canuckplace.org

Phone: 778 880 4866

Website: www.canuckplace.org

Peer Volunteer

VOLUNTEER ACTIVITIES: Peer Volunteers support the family volunteers and the professional care team. The peer volunteer generally interacts with the child on a companion-to-companion basis (e.g. reading, creating arts and crafts, playing computer games, etc.)

TRAINING AVAILABLE: Peer volunteers must complete a 4-hour Canuck Place training program.

HOURS INVOLVED: Monday – Sunday 9:30 am – 12:30pm, 1:30pm – 4:30pm, 5:30pm – 8:30pm and volunteers must commit to a weekly/bi-weekly shift.

MINIMUM AGE: 16 years of age

Kitchen Volunteer

VOLUNTEER ACTIVITIES: Kitchen volunteers provide support to the kitchen staff by assisting with baking, some preparation of meals, and cleaning in the kitchen & dining areas. The kitchen volunteer plays a huge part in helping to keep a warm and welcoming place that provides the families with the comforts of home.

TRAINING AVAILABLE: Kitchen volunteers must complete a 4-hour Canuck Place training program.

REQUIREMENTS: The following may be required prior to volunteering: Criminal reference check/vulnerable sector screening, completion of a current two-step TB test

HOURS INVOLVED: Monday – Saturday (Thursday excluded) 10:30am – 1:30pm, 3:00pm – 6:00pm, and Sunday 9:00am – 12:00pm.

MINIMUM AGE: 16 years of age or older.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: reliability, punctuality, enthusiasm, excellent at taking direction, excellent listening skills, effective communication skills.

Seniors



Chartwell Churchill House

211 West 1st Street, North Vancouver, B.C. V7M 1C9

Making People's Lives BETTER is more than a phrase at Chartwell, it is a promise that we consider to be our highest priority. We want our residents to know that the care and services they receive in a Chartwell home will make their lives happier, healthier, and more meaningful. We want family members to feel reassured that their loved ones are secure, active, and engaged while living in one of our retirement or long-term care residences. We want our employees to know that their contributions are valued and appreciated.

Contact: Valentyna Voitenko, Lifestyle and Program Manager

Email: valevoitenko@chartwell.com

Phone: 604 904 1199

Website: <https://chartwell.com/en/>

Various Volunteer Opportunities

VOLUNTEER ACTIVITIES: We have a variety of programs available to our residents including conducting one-on-one social visits with residents, escorting residents on outings, pastoral care visits, assisting with special events, game nights & clubs/committees, intergenerational programs, creative arts & crafts programs, spiritual services, baking & cooking, computer classes and video chat lessons. Every volunteer will be working with the Lifestyle and Program Manager to develop duties individually, depending on volunteer skills, preferences, and availability.

TRAINING AVAILABLE: Orientation will be given and training if needed

HOURS INVOLVED: Hours are very flexible. It can be from 2 hours a week to 20 hours a week.

MINIMUM AGE: Chartwell welcomes volunteers of all ages, however, we are only able to supervise volunteers who are 14 years of age and older.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Improving people's lives! Feeling a sense of purpose/personal fulfillment, developing connections with residents, family members, and staff, enhancing a specific skill set, learning from a supportive & knowledgeable team, having flexible hours adapted to your own schedule.

Youth Work



Athletics for Kids (A4K)

Athletics for Kids (A4K) is a small, nimble, BC-based charity that helps children participate in sport by providing financial assistance to low-income families for registration fees. Our vision is that all BC children have the opportunity to play sports and realize their full potential. Our mission is to ensure all BC children, regardless of socioeconomic status, can participate in organized sport by providing necessary financial assistance.

Contact: Valerie Gosselin, Executive Director

Email: valerie@a4k.ca

Phone: 604 221 7529

Administration Volunteer

VOLUNTEER ACTIVITIES: The volunteer would be assisting with events, marketing, and the A4K granting program. At events they would share their experiences with sports and help with general activities for the event. At the marketing level, they would help create reels and posts to raise awareness and support. With our program, they would assist with community outreach – sharing about what A4K does. Any experience with software such as Keela, Quickbooks, NationBuilder and Excel would be an asset.

HOURS INVOLVED: Hours will vary depending on events

MINIMUM AGE: Grade 11, 12. Youth must be able to work autonomously and at a mature level.

Big Brothers of Greater Vancouver

We support child and youth development through essential volunteer-led mentoring programs. All our programs and services are offered to families free of charge, thanks to the support of individual donors, local businesses, and foundations.

Contact: Julia Shepek, Marketing and Recruitment Officer

Email: jshepek@bbgvf.com

Phone: 604 876 2447 ext. 310

Teen Mentoring Program

VOLUNTEER ACTIVITIES: Big Brothers of Greater Vancouver's Teen Mentoring program is an opportunity for secondary school students to build leadership skills and gain experience working with children, by becoming a Mentor to an elementary school student mentee.

The Teen Mentor and Mentee build a bond and friendship by engaging in activities such as board games, sports, or just hanging out. The focus of the program is to enhance the Mentee's self-esteem and confidence. In addition, our Teen Mentors also benefit from improved leadership skills and their interest in volunteerism.

HOURS INVOLVED: Weekly one-hour commitment of mentoring after-school, as well as consistent participation in Youth Leadership, throughout the school year.

MINIMUM AGE: Grade 9 – 12

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: All of our mentors in this program receive further opportunities for learning through our Youth Leadership initiatives. This program aims to further support teens in our programs and to offer them additional opportunities to develop leadership skills that they can apply in their everyday lives. These leadership skills include conflict resolution, activity planning, career planning, mindfulness, and child development. We have seen these youth who are given additional training able to mentor more effectively and receive more life skills through a higher level of participation in their program.

Roots Mentoring Program

VOLUNTEER ACTIVITIES: Big Brothers of Greater Vancouver's Roots Mentoring amplifies and celebrates Indigenous cultures while learning from the experiences and teachings of Indigenous Community Leaders and honoured guests. We welcome Indigenous and non-Indigenous youth to take part in fostering an environment of curiosity and dialogue to learn from one another and from our honoured guests. The Roots Mentoring program provides children in grades 1-6 with a Teen Mentor in grade 9-12 that will act as a positive role model and friend in their learning. Matches meet in a group setting and are supported by a Mentoring Coordinator.

HOURS INVOLVED: Weekly one-hour commitment of mentoring after-school, as well as consistent participation in Youth Leadership, throughout the school year.

MINIMUM AGE: Grade 9 – 12

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: The Teen Mentors in the Roots Mentoring program also participate in the Youth Leadership component of the Teen Mentoring program, which empowers and encourages them to be leaders, and engages the youth in skill-building workshops, group facilitation, and public speaking opportunities, and community events.

Foundry North Shore

211 West 1st Street, North Vancouver, B.C. V7M 1C9

We bring services together under one roof to make it easier to find help and support. We empower people to lead healthy lives, forge new abilities and shape their own vision of who they want to be. No issue is too small to see us about.

Contact: Nicole Kennedy, Prevention Educator

Email: nicole.kennedy@vch.ca

Phone: 604 984 5060

Website: foundrybc.ca/northshore

Youth Advisory Committee

VOLUNTEER ACTIVITIES: Foundry North Shore values the youth voice in our community. Our YAC provides youth the opportunity to be heard, help promote Foundry and our services, and collaborate with our partners in the community.

LOCATION: Currently virtual.

HOURS INVOLVED: Meet bi-weekly for 1 hour per meeting.

MINIMUM AGE: 12 – 14 years old.

Impact North Shore

207- 123 East 15th Street, North Vancouver, BC, V7L 2P7

The Impact NorthShore Youth Department is committed to youth engagement and providing valuable opportunities for young immigrants to connect to their community.

Youth volunteers assist the Youth and Settlement Workers in Schools (SWIS) Teams to provide a variety of workshops that support immigrant youth and their parents as they adjust to life in Canada

Contact: Maryam Nani, Volunteer Coordinator

Email: maryamn@impactnorthshore.ca

Phone: 604 988 2931 ext. 233

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

Youth Program Volunteer

VOLUNTEER ACTIVITIES:

- Provides aid and support to the Youth Department
- Assist with set up, take down and clean up of room
- Welcome, greet and check-in participants at the registration table
- Provide support during programs with a variety of tasks
- Prepare materials, distribute and collect forms/handouts
- Assist facilitator with leading of activities and games
- Prepare refreshments, as applicable

TRAINING AVAILABLE: Orientation training

REQUIREMENTS: Volunteer application and criminal record check.

Comfortable working with youth of varying ages

- Experience working with immigrant youth
- Good communication and interpersonal skills
- Ability to adapt to the needs of the group
- Highly organized
- Takes direction well

HOURS INVOLVED: Variable depending on schedule of programs and activities

MINIMUM AGE: 14 years old.

Youth Champions

VOLUNTEER ACTIVITIES:

- Participate in academic, art, and outdoor activities
- Discuss the needs and interests of newcomer youth
- Create youth volunteer projects
- Share creative and innovative ideas about future Youth Champions' initiatives
- Provide assistance and support to the Youth Department

TRAINING AVAILABLE: Orientation training

REQUIREMENTS:

Volunteer application and criminal record check

- High School student (Grade 8-12)
- Permanent Resident or Convention Refugee status
- Attend monthly meetings
- Comfortable working with youth of varying ages
- Good communication and interpersonal skills
- Ability to adapt to the needs of the group
- Highly organized
- Team player
- Leadership skills
- Takes direction well

HOURS INVOLVED: Variable depending on schedule of programs and activities

MINIMUM AGE: 14 years old.

Kids Help Phone – BC and Yukon Region

Suite 570 – 789 West Pender Street, Vancouver, B.C. V6C 1H2

Kids Help Phone is a Canadian and world leader, known for our expertise and continuous innovation as Canada's only 24/7, bilingual professional counselling, information, and volunteer support service for young people. Since 1989, we have offered kids, teens, and young adults a critical lifeline of hope and support through our free, anonymous, and confidential service. Research shows our service significantly improve youth mental health. Young people reach out from every corner of the country via phone, live chat, our website, and through our volunteer led texting service in addition to our database full of youth serving programs. We are a registered Canadian Charity, and we raise much of our revenue from individuals, foundations, corporations, and community fundraising. Thanks to our generous donors and volunteers, we can work to achieve our vision of a future where every young person in Canada has access to the support they need, in the way they need it most.

Contact: Rheanna Kang, Development Coordinator

Email: Rheanna.Kang@kidshelpphone.ca

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

Various Volunteer Positions

REQUIREMENTS: We ask that potential volunteers please apply by emailing a resume and brief description of interests to the above contact. Once we receive your application, we will follow up with volunteer candidates to assist and support us at our various events throughout the year.

Washington Kids Foundation

108B - 245 Fell Avenue, North Vancouver, BC V7P 2K1

The Washington Kids Centre is a safe, inclusive and fun-filled youth centre that provides fitness, educational and positive mentoring opportunities for school aged youth (children 5-12) after school and through school break programs. We help the youth in our community reach their full potential and building a strong foundation by developing the building blocks for a healthy, productive and independent life through physical literacy, academics and social skills.

Contact: Joe Yankanna

Phone: 604 961 1176

Email: [jyankanna@washingtonkidsfoundation.com](mailto: jyankanna@washingtonkidsfoundation.com)

Website: <http://www.washingtonkidsfoundation.com/>

Washington Kids Foundation Volunteer

REQUIREMENTS: Be open-minded, non-judgemental and model excellent behaviour. Supportive and empathetic to children and youth's needs, assisting them with goal setting and achieving goals. Be able to communicate (verbal and written) and have the ability to follow and give instructions. Participate in activities and work as a team.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Gain valuable work and volunteer experience in physical literacy and fundamental movement skills. As well, develop and practice leadership and mentorship skills. Be part of a team in an active, social, learning environment. Meet new people and participate in fun recreational, educational, sports and physical activities.

HOURS: M-F 3:30 – 6:30 – School Breaks M-F 8:30 - 5:30 - hours are flexible

MINIMUM AGE: 16 years old and up



We offer the following programs:

Better at Home
Caregiver Support
Child Care Resource and Referral
Community Housing Action Committee
Democracy Café
Information North Shore
Legal Information and Advocacy
Seniors One Stop
Volunteer North Shore



For more information:

Scan the QR code above to view our website or
call the number below.

North Shore Community Resources
Suite 201 – 935 Marine Drive
North Vancouver, BC, V7P 1S3
Telephone: 604-985-7138
Email: nscr@nscr.ca