



# 2024

## North Shore

# Youth Volunteer Directory



# ***North Shore Youth Volunteer Directory 2024***

## **Twenty-Ninth Edition**



Paul McGrath Photo

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 mainly 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 North Shore Community Resource's website:

[www.nscr.ca](http://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.

## Directory Information

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Special thanks to our funders for their ongoing support:



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## Animals & the Environment



### City of North Vancouver

141 West 14<sup>th</sup> Street, North Vancouver BC, V7M 1H9

*Local Government – Make a difference in your community through these volunteer opportunities.*

Email: [cleanup@cnv.org](mailto:cleanup@cnv.org)

Phone: 604 983 7333

Website: [cnv.org](http://cnv.org)

### City Community Cleanup Crew

**VOLUNTEER ACTIVITIES:** Love your city and parks? We do too! As more people spend time in our outdoor spaces, the demand to keep public spaces clean has grown. Looking to organize or volunteer for a community cleanup in the City? Then this is for you.

**TRAINING AVAILABLE:** Instructions on cleanups will be provided.

**REQUIREMENTS:** Anyone is welcome! This is a self-directed volunteer opportunity.

**SKILLS DEVELOPED AND BENEFITS:** Learn about City spaces and the environment along with the benefits of doing cleanups.

**HOURS INVOLVED:** Cleanups can be 1 hour or a full day. It is up to the individual.

**MINIMUM AGE:** Younger youth should have an adult present.

### City Park Stewards

**VOLUNTEER ACTIVITIES:** The Parks Stewardship Program aims to restore the City of North Vancouver's parks, natural areas, and biodiversity. To get involved, join one of public stewardship and restoration activities throughout the City, including invasive removal events and native tree and shrub planting events.

**TRAINING AVAILABLE:** Training will be provided for each event activity!

**REQUIREMENTS:** Anyone is welcome! This is a self-directed volunteer opportunity.

**SKILLS DEVELOPED AND BENEFITS:** Discover the different types of invasive species we remove in our parks, the native trees and shrubs we plant, and educational park workshops.

**HOURS INVOLVED:** Most events run for 3 hours.

**MINIMUM AGE:** Younger youth should have an adult present.

## Lower Mainland Green Team

218-676 West 6th Ave, Vancouver BC, V5Z 1A3 BC

*The Lower Mainland Green Team organizes hands-on outdoor educational activities across the region that make a positive environmental difference. Activities include removing invasive plants, planting native trees, litter cleanups & more! No experience need, everyone welcome. Tools, gloves & snacks provided.*

**Contact Name:** Ashton Kerr, Lower Mainland Green Team Program Manager

**Phone:** 778-968-2693

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

## Various Opportunities

**VOLUNTEER ACTIVITIES:** Spend time in nature with others while having a positive environmental impact! Join the Lower Mainland Green Team in removing invasive plants, planting native shrubs & trees, and/or cleaning up litter in natural areas across the region. Take care of yourself & the environment at these fun, family-friendly activities!

**TRAINING AVAILABLE:** Educational instruction, demonstration and safety talk provided

**REQUIREMENTS:** None! No experience, knowledge, tools, or language requirements are necessary to volunteer with the Lower Mainland Green Team.

**SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS:** Meet new people & be part of an inclusive, diverse community, learn about local environmental issues & what you can do about them, improve your mental & physical health, get exercise & fresh air in nature, gain volunteer hours, new skills & knowledge, explore new places, have a positive environmental impact & more!

**HOURS INVOLVED:** Commitment is flexible - you pick when, where how long and often you volunteer! Most activities take place March-November, however activities can take place outside of these months as well. Spring and fall tend to have the most activities scheduled. Activities are typically 3.25 hours in duration, however volunteers are welcome to come for as long or as little as they are able to. Most activities take place on weekends from 9:45am-1pm, but we also run weekday activities engaging schools that volunteers are welcome to join.

**MINIMUM AGE:** None! All ages are welcome.

## Lynn Canyon Ecology Centre

3663 Park Road, North Vancouver BC, V7J 3G3

*The Lynn Canyon Ecology Centre has programs and displays about the stream and forest ecology of the temperate rainforest.*

**Contact Name:** Sarah Christian

**Email:** [christians@dnv.org](mailto:christians@dnv.org)

**Phone:** 604 990 3755

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

### Button Maker

**VOLUNTEER ACTIVITIES:** Make buttons with our button maker! These buttons are used as prizes, at festivals, and in the Ecology Centre store.

**TRAINING AVAILABLE:** Training on how to use the button maker.

**REQUIREMENTS:** Comfortable working with limited support in a quiet "behind the scenes" environment.

**SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS:** Connecting with other staff, learning how to create buttons.

**HOURS INVOLVED:** This program runs all year. Volunteers are welcome to come in after school or on weekends on a weekly or monthly basis.

**MINIMUM AGE:** 13 years old (10 with an accompanying adult)

### Seed Library Volunteer

**VOLUNTEER ACTIVITIES:** The volunteer will work to sort, test, and package donated seeds for our seed library.

**TRAINING AVAILABLE:** Ongoing contact with staff on a weekly basis for direction.

**REQUIREMENTS:** Enthusiasm for working fairly independently in a quiet, "behind the scenes" area.

**SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS:** Understanding of types and seeds and plant growth

**HOURS INVOLVED:** Hours can be weekly, every other week, or monthly

**MINIMUM AGE:** 13 years old

### Camp Volunteer

**VOLUNTEER ACTIVITIES:** Assist with three day long mini camps over Spring Break and on summer holidays.

These camps run in the morning and afternoon with children ages 5-8 and 8-12. They explore different aspects of temperate rainforest ecology.

**TRAINING AVAILABLE:** Volunteers have a conversation with the volunteer coordinator. After that, we talk daily prior to camp and review camp activities and the social needs of the children.

**REQUIREMENTS:** Enthusiasm for working outdoors with children in all weather.

**SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS:** Experience working with children



**HOURS INVOLVED:** Either 9-12:30, Monday to Wednesday (spring break or summer) or 9-12:30 or 12:30-4 Wednesday to Friday (summer only)

**MINIMUM AGE:** 13 years old. Those under 15 will work in camps with children ages 5-8.

## Maplewood Farm

405 Seymour River Place, North Vancouver, BC, V7H 1S6

*Maplewood Farm is five acres of rural family fun in the urban heart of the North Shore. The farm is home to many friendly domestic animals and birds, and offers a unique and enjoyable experience for visitors of all ages.*

**Contact Name:** Janeen Horne, Full Time Cashier

**Email:** [hornej@dnv.org](mailto:hornej@dnv.org)

**Phone:** 604 929 5610

**Website:** <https://maplewoodfarm.bc.ca/about-us/volunteer/>

## Farmhand

**VOLUNTEER ACTIVITIES:** As a farmhand volunteer your responsibilities can include physical labour, such as cleaning stalls or shoveling sawdust, helping the farmers feed some of our animals, and grooming animals, such as goats or horses. You may also need to help out in the office/giftshop with cleaning and restocking.

**TRAINING AVAILABLE:** 30 minute orientation prior to first volunteer shift.

**REQUIREMENTS:** 18 years and older are required to have a criminal record check. Dress work and weather appropriate, including close toed shoes and clothes that can get dirty.

**SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS:** Volunteers will learn how to care for a variety of farm animals, how to clean and maintain a farm, and how to interact with the public.

**HOURS INVOLVED:** We accept volunteers 7 days a week all year unless we are full. Minimum 1 hour a week per shift, no more than 3 hours 2 days a week.

**MINIMUM AGE:** 16 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 to reduce the number of unnecessary bear deaths on the North Shore by educating residents on responsible management of bear attractants and on bear behaviour. Dedicated volunteers help to deliver our education program across the North Shore of Vancouver.*

**Email:** [nsbbsociety@gmail.com](mailto:nsbbsociety@gmail.com)

**Phone:** 604 317 4911

**Website:** [northshorebears.com](http://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.

## Ocean Wise Conservation Association

440 Cambie St, Vancouver BC, V6B 2N5

*Ocean Wise is a non-profit organization whose mission is to empower communities and individuals to take action to protect and restore our world's oceans through various initiatives, including Plastic Free Ocean.*

**Contact:** Angela Cumming, Coordinator Shoreline Cleanups

**Email:** [angela.cumming@ocean.org](mailto:angela.cumming@ocean.org)

**Phone:** 236 317 7143

**Website:** <https://ocean.org/action/calling-for-volunteer-shoreline-ambassadors/>

## Ocean Wise Shoreline Cleanup Ambassador

**VOLUNTEER ACTIVITIES:** Make a direct impact reducing plastic pollution in your community! Ocean Wise Shoreline Cleanup Ambassadors program is a formal network of shoreline cleanup leaders across North America that receive specific training & resources, and have opportunities for networking, professional development, and prizes.

**TRAINING AVAILABLE:** All training and resources required to lead cleanups in your community are included. Continued monthly workshops to learn new skills, network, and develop professionally are also included.

**REQUIREMENTS:** Anyone can get involved with Shoreline Ambassadors! No cleanup experience is required. For anyone under the age of 19, permission of a parent/guardian is required for liability reasons.

The requirements of the program are that Shoreline Ambassadors are expected to lead a minimum of 5 cleanups per year with at least 40 participants each (or a total of 200 participants during the year). This target is flexible if volunteers choose to lead multiple smaller cleanups, or one or two large cleanups.

**SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS:** Understanding of the plastic problem and learning from experts in the field. Personalized training certificates, impact reports, and letters for volunteer hours to demonstrate their achievements. Personal growth in event coordination, public speaking, and conservation.

**HOURS INVOLVED:** Each cleanup lasts approximately 2 hours, with time spent beforehand (approximately 2 hours) to plan and recruit participants. Over the course of a year, Shoreline Ambassadors should expect to spend approximately 20 hours organizing and leading cleanups. The time commitment is very flexible to suit ambassador needs so youth can coordinate cleanups with their schedule!

**MINIMUM AGE:** 12+ (with parent/guardian permission)

## Seymour Salmonid Society (Seymour River Hatchery)

PO 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: <https://seymoursalmon.com/about/volunteers/>*

**Contact:** Megan Samson, Program Coordinator

**Email:** [volunteering@seymoursalmon.com](mailto:volunteering@seymoursalmon.com)

**Phone:** (604) 288 0511

**Website:** <https://seymoursalmon.com>

### 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 8:30 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)

## Stanley Park Ecology Society

610 Pipeline Road, Vancouver BC, V6G 1Z4

*Stanley Park Ecology Society (SPES) is a volunteer-based organization, and its mission is education, conservation and research rooted in Stanley Park, Vancouver, Canada.*

**Contact:** Sarah More, Volunteer Coordinator

**Email:** [vols@stanleyparkecology.ca](mailto:vols@stanleyparkecology.ca)

**Phone:** (604) 257 6908 Ext. 105

**Website:** [stanleyparkecology.ca/about/volunteer/](http://stanleyparkecology.ca/about/volunteer/)

### 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 twice-yearly volunteer appreciation events.

**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 in advance of camp.

**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:** 16 years old.

## **Nature House Ambassador**

**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 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 valuable hands-on experience in public outreach, nature interpretation and environmental education skills as well as supporting the public to connect with nature. A reference letter is available after 25 hours of volunteer service and volunteers are invited to the summer volunteer appreciation event.

**HOURS INVOLVED:** The Nature House is open at weekends throughout the year, other than July and August when it is open six days a week. Volunteers are asked to commit to a minimum of six hours per month (which can be completed as one 6-hour shift or two 3-hour shifts on different days).

**MINIMUM AGE:** 16 years old.

## **EcoRangers**

**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 ecology 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 be able to 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.

## **EcoStewards**

**VOLUNTEER ACTIVITIES:** Support invasive species management and the stewardship of Stanley Park alongside other enthusiastic volunteers. Volunteers will learn about local ecology and conservation issues, take part in hands-on invasive species removal and make an important contribution to habitat conservation and restoration in Stanley Park.

**TRAINING AVAILABLE:** Ongoing training is provided on-the-job.

**REQUIREMENTS:** Volunteers must be enthusiastic about contributing to important habitat restoration work in Stanley Park, be willing to work outdoors in all weather conditions and have an interest in nature and environmental conservation.

**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 and volunteers are invited to the twice-yearly appreciation events.

**HOURS INVOLVED:** EcoStewards take place on the first and third Saturday of every month (10am-1pm) throughout the year.

**MINIMUM AGE:** 16 years of age. \*Younger volunteers are able to join with parental/guardian supervision and approval from SPES's Stewardship Coordinator. Contact us for more information.

## Arts & Culture



### Dr. Sun Yat-Sen Classical Chinese Garden

578 Carrall Street, Vancouver BC, V6B 5K2

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

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

**Contact:** Rosa Garcia, Administration/Volunteer Coordinator

**Email:** [rosa.garcia@vancouverchinesegarden.com](mailto:rosa.garcia@vancouverchinesegarden.com)

**Phone:** 604 662 3207

**Website:** <https://vancouverchinesegarden.com/support/volunteer/>

### Various Volunteer Opportunities

**REQUIREMENTS:** Excellent Oral Communication and interpersonal skills, enthusiastic, reliable, fluent in English, self-starter with a positive "can-do" attitude.

Other desirable traits: Interest in learning and sharing of Chinese culture and history, fluency in a second language such as Cantonese, Mandarin or French is an asset.

**HOURS INVOLVED:** Flexible hours. Depends on the event.

**MINIMUM AGE:** 15 years old

## 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 400 visitors weekly. It presents up to 14 exhibitions annually and promotes art education and appreciation through a wide range of events and programs, including participating in the annual Harmony Arts Festival, which attracts local and international visitors and artists. 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 mid-career 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](mailto: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 old

## 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

## Kay Meek Arts Centre: Youth Conservatory

1700 Mathers Avenue, West Vancouver BC, V7V 2G7

*This program runs every July for four weeks. We have two groups, three weeks each, both creating, learning, and mounting a full musical theatre production with sets, costumes, props, and sound on the Grosvenor Stage at the Kay Meek Arts Centre.*

**Contact:** Kimberly Markarian, Youth Conservatory Program Director

**Email:** [kimberly@kaymeek.com](mailto:kimberly@kaymeek.com)

**Phone:** 604 961 0964

**Website:** <https://kaymeek.com/youth-conservatory>

## Assistant Student Counsellor

**VOLUNTEER ACTIVITIES:** To assist Instructors during rehearsals and our production with the students. To assist counsellors during lunch time, and during breaks. To help backstage during productions with costumes, sets, and props.

**TRAINING AVAILABLE:** On the job training with instructors and counsellors

**REQUIREMENTS:** Enjoys working with 8-13 year olds, interest in the theatre, music, production, self starter

**SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS:** Experience working with large groups, taking on tasks and presenting in front of younger students, experience as a production assistant, stage manager, technical assistant, communication and organizational skills

**HOURS INVOLVED:** The program, generally, runs Monday to Friday 9:00-5:00pm for three weeks in July.

**MINIMUM AGE:** 16 years old

## Assistant Production Person

**VOLUNTEER ACTIVITIES:** To assist the program director, instructors, and counsellors in organizing and executing a complex schedule involving up to 40 students. Training in Stage Management and Production. Training in communication and speaking in public

**TRAINING AVAILABLE:** On the job training with instructors and counsellors

**REQUIREMENTS:** Experience in theatre, dance, music a bonus, experience with young children , self starter

**SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS:** Training in working with larger groups, developing and executing a complex schedule, develop communication skills, learn about production management

**HOURS INVOLVED:** The program, generally, runs Monday to Friday 9:00-5:00pm for three weeks in July.

**MINIMUM AGE:** 16 years old

## **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 and Archives of North Vancouver, 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.*

**Contact:** Andrew Hildred, Volunteer Coordinator

**Email:** [hildreda@monova.ca](mailto: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 visitors and the public. As an Ambassador, you will represent the museum. Some knowledge of MONOVA and our guiding values is required. An interest in galleries and museums. Friendly, positive attitude and an ability to work with other volunteers. Weekend availability.

**BENEFITS:** Get to know about local history and about working and volunteering in museums; MONOVA T-shirt; Invitation to volunteer recognition events plus informal and formal training sessions; an opportunity to gain customer service experience.

**HOURS INVOLVED:** 2.5 hour shifts on Saturday or Sunday 11-1:30 or 1:30-4pm.

**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 after school on a weekday, some availability to volunteer at the Museum for other activities in addition to the online discussion group

**MINIMUM AGE:** High School

## Teen Nerd Nite Event Planner

**VOLUNTEER ACTIVITIES:** Nerd Nite North Vancouver, hosted by the Museum of North Vancouver, is looking for youth volunteers (ages 13-18) to help organize a youth-centred event that makes expert knowledge fun and easy to understand. "Nerd Nites" feature speakers who deliver 15-20 minute talks on complex subjects, but in simple language for better understanding. Each talk includes a fun, interactive question and answer period in a relaxed, casual atmosphere. With guidance from adult Nerd Nite North Vancouver organizers, youth volunteers will: plan unique speaker lineups by researching experts, contacting potential speakers and scheduling talks; develop marketing strategies for promoting events, such as poster, social media and blog posts; create trivia questions and other Teen Nerd Nite event activities.

**TRAINING AVAILABLE:** MONOVA offers both formal and informal training for all volunteers.

**REQUIREMENTS:** Youth ages 13-18. Must have an interest in a particular topic that you would like to learn more about at a Teen Nerd Nite event. Must be able to work in a group with other youth. Some availability after school or on weekends.

**BENEFITS:** A great way to learn more about the museum and to work with other youth volunteers; volunteer hours for high school graduation; meeting scientists and other professionals to learn about potential careers; gaining experience in event planning, social media promotion and other skills to enhance your resume; a way to share your enthusiasm for science, history and learning.

**HOURS INVOLVED:** Monthly or bi-monthly Zoom meetings with the team. Meetings would be between 1 and 2 hours in length. An event night, most likely a Thursday evening in late November 2023.

**MINIMUM AGE:** High School

## North Van Arts

**335 Lonsdale Avenue, North Vancouver BC**

*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](mailto:info@northvanarts.ca)

**Phone:** 604 988 6844

**Website:** <https://northvanarts.ca/about/volunteer/>

## Arts Education

**VOLUNTEER ACTIVITIES:** North Van Arts runs art camps for children and youth (ages 6-11 years) during Spring and Summer breaks at Maplewood House. This is a great opportunity to gain valuable experience with children and youth in a fun and energetic setting.

**TRAINING AVAILABLE:** Online training hosted by Arts Education Manager. On-site orientation first day of camp.

**REQUIREMENTS:** If 18 years or older, it is required to have a current criminal record check. We are seeking responsible, caring, and committed volunteers with an interest in working with children and youth (ages 6-11).

**BENEFITS:** Excellent experience for anyone interested in pursuing a career related to education or childcare. Opportunity to earn work experience and volunteer hours.

**HOURS INVOLVED:** During Spring Break or Summer Break, Monday-Friday: Full day 8am-4pm or half day 8am-12pm; 12pm-4pm.

**MINIMUM AGE:** 16 years old

## Promotion Volunteers

**VOLUNTEER ACTIVITIES:** We rely on our distribution assistants to hang posters, deliver flyers, and spread the word about programs, events, and exhibitions.

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

**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.

**BENEFITS:** Develop local community connections and/or social media marketing skills.

**HOURS INVOLVED:** Flexible. Interested volunteers will be contacted as needed.

**MINIMUM AGE:** 16 years old

## 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.

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

**BENEFITS:** Develop leadership skills & the ability to interact with others. Get to know the North Shore Art Community.

**HOURS INVOLVED:** 2.5-hour shift (ex. Monday-Friday 9:30am-12:00pm / 12:00pm-2:30pm / 2:30pm-5:00pm; or Saturdays 12:00-2:30pm / 2:30-5:00pm)

**MINIMUM AGE:** 16 years old

## 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. Events include Art in the Garden, North Shore Art Crawl and Culture Compass pop-ups at community events/festivals.

**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.

**BENEFITS:** Develop leadership skills, teamwork, and goal-based accomplishments.

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

**MINIMUM AGE:** 16 years old

## 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!

**BENEFITS:** Develop local community connections and enjoy fun community opportunities from behind the camera.

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

**MINIMUM AGE:** 16 years old

## 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](mailto: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](mailto:boxoffice@phtheatre.org)

Phone: 604 990 3474

Website: [www.phtheatre.org](http://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 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](mailto:volunteers@tuts.ca)

**Phone:** 604 734 1917

**Website:** [www.tuts.ca](http://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 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 adult) /19+ for bar positions (Serving It Right (SIR) required).

## The Gordon and Marion Smith Foundation for Young Artists

2121 Lonsdale Avenue, North Vancouver BC, V7M 2K6

*The Gordon and Marion Smith Foundation for Young Artists was founded in 2002 to establish an endowment fund, the interest from which would fund ongoing visual arts enrichment opportunities for the children of British Columbia. The endowment is held and managed by the Vancouver Foundation. The Foundation's role has evolved to include the presentation of a diverse and accessible range of visual arts programming and the curation of high-profile exhibitions at the Gordon Smith Gallery of Canadian Art. The Foundation is named after two champions of the arts and art education in Canada – Gordon A. Smith and his late wife, Marion.*

**Contact:** Sophia Boutsakis, Volunteer Coordinator

**Email:** [sgvolunteer1@gmail.com](mailto:sgvolunteer1@gmail.com)

**Phone:** 604 998 8561

**Website:** [smithfoundation.co/engage/volunteer/](http://smithfoundation.co/engage/volunteer/)

### Gallery Attendant

**VOLUNTEER ACTIVITIES:** Gallery attendants are present during the open hours of the Gallery to greet patrons, track attendance and monitor the gallery. Attendants may also occasionally be asked to assist with office duties.

**TRAINING AVAILABLE:** Yes

**REQUIREMENTS:** No previous art or gallery experience is necessary. However, an interest in art would be helpful and a willingness to learn is essential. Attendants must be comfortable handling money, processing sales transactions and working in the gallery independently.

**SKILLS DEVELOPED AND BENEFITS:** Gain valuable training and experience in public speaking and informal education, work with experienced gallery staff, educators, artists and curators, learn about contemporary dialogues in Canadian art through artist talks and curatorial tours, invitations to special volunteer appreciation events and educational opportunities

**HOURS INVOLVED:** A minimum of four (4) shifts per month, ongoing, starting in September 2023. Total hours will be approximately 8-16 hours per month. Volunteers select their own schedule, times include: Thursday, Friday, Saturday (12:00pm-2:00pm) & Thursday, Friday, Saturday (2:00pm-4:00pm)

**MINIMUM AGE:** 15 years old

## Special Events Volunteer

**VOLUNTEER ACTIVITIES:** Special Event volunteers help with the many special events we hold during the year, including opening receptions, musical evenings, Artists for Kids print launches, and other events inspired by our current exhibitions, as well as fundraising events.

**TRAINING AVAILABLE:** Yes

**REQUIREMENTS:** Positions in hospitality involve greeting (information providers), set-up/take down, coat check, ticket sales, serving food and drinks, etc. Volunteers must be comfortable handling money, processing sales transactions and communicating with guests.

**SKILLS DEVELOPED AND BENEFITS:** If you're interested in contemporary Canadian art, engaging with Vancouver's vibrant art community, and raising funds for children's art education, this is a great opportunity for you!

**HOURS INVOLVED:** Varied

**MINIMUM AGE:** 15 years old

## West Vancouver Art Museum

680 17<sup>th</sup> 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 & 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:** 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

**MINIMUM AGE:** 15 years old

### 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.

**MINIMUM AGE:** 15 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 (formerly 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 – Volunteer Management Coordinator

**Email:** [volunteer@disabilityfoundation.org](mailto:volunteer@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 3 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

PO Box 21503 1424 Commercial Drive, Vancouver BC, V5 L 5G2

*Battered Women’s Support Services (BWSS) provides direct services to survivors of gender-based violence and abuse. Through the crisis line, programs, services and groups, we support survivors of intimate partner violence and abuse, sexual assault, and childhood sexual assault.*

**Contact:** Brianne, Crisis Line and Intake Coordinator

**Email:** [intake@bwss.org](mailto:intake@bwss.org)

**Phone:** 604 687 1867

**Website:** <https://www.bwss.org/take-action/volunteer/apply-crisis-line-intake-volunteer-program/>

## Crisis Line and Intake Volunteer

**VOLUNTEER ACTIVITIES:** Our Crisis line doesn’t 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 and crisis lines providing information to women and the community, facilitating support groups for women survivors as well as delivering workshops to high school students on dating violence. The majority of this work is done weekdays, during the day.

**TRAINING AVAILABLE:** This Program is offered to women, femmes, and transfeminine people who want to obtain the necessary skills to contribute to end gender-based violence.

BWSS follows a popular education model for our highly recognized training. We work from a feminist, anti-oppression perspective and recognize the importance of working from a decolonizing and intersectional framework. We provide skills-based training grounded in a strong theoretical framework for understanding

sexualized, intimate partner, gender-based violence, and systemic oppression. Participants in training gain skills in crisis intervention, peer counselling, safety assessment, safety planning, advocacy, referrals, group facilitation, and public education.

After completing the training, weekly Crisis & Intake Line volunteer shifts are required to be filled. If you are working, attending school, and/or have other commitments, you will have to adjust your schedule to accommodate a weekly volunteer shift. (There will be some additional opportunities for you to volunteer during evenings and weekends in other programs).

**REQUIREMENTS:** Volunteers are required to fulfill a six-month volunteer commitment with a minimum of 1 shift per week on the Crisis & Intake lines, in addition to shifts/hours allocated to court accompaniments, interpretation, support group co-facilitation, participation in events, and ongoing education. Free training provided.

**HOURS INVOLVED:** 12-week training (Fridays, 10am-4pm). 9 months of weekly shifts.

**MINIMUM AGE:** 18 years old

## Belweder North Shore Polish Association

5484 Keith Road, West Vancouver BC, V7W 3C9

*Non-Profit organization that shares and promotes Polish culture, values and heritage with all communities on the North Shore*

**Contact:** Urszula Sulinska, President

**Email:** [belweder.org@hotmail.com](mailto:belweder.org@hotmail.com)

**Phone:** 604 786 1709

**Website:** <https://www.belweder.org/>

### Volunteer Office Assistant

**VOLUNTEER ACTIVITIES:** The Office Assistant will perform a variety of tasks depending on project deadlines including data entry, filing, other office duties as assigned

**TRAINING AVAILABLE:** Attends general volunteer orientation and office orientation

**REQUIREMENTS:** Ability to follow instructions, dependable and punctual, respect and maintain confidentiality, be courteous and personable when dealing with board members and other agencies, possess computer skills: Word and Excel, fully proficient in English, understanding Polish language beneficial but not mandatory.

**SKILLS DEVELOPED & BENEFITS:** Time management, building relationships, demonstrating commitment, setting goals, strengthening ties with the community, working with a team, opportunity to practice & develop social skills.

**HOURS INVOLVED:** Once per week for 2 hours

**MINIMUM AGE:** 16 years old



## Volunteer Event Assistant

**VOLUNTEER ACTIVITIES:** Assist in event promotion and marketing, assist in coordinating and logistics for events, event record keeping, assistance with correspondence and event files, computer data entry, and other duties as assigned.

**TRAINING AVAILABLE:** Attends general volunteer orientation and office orientation.

**REQUIREMENTS:** Able to follow instructions and follow procedures, attention to detail, strong organizational skills, creative thinking and a passion for events, computer skills: Word and Excel, fully proficient in English, understanding Polish language beneficial but not mandatory.

**SKILLS DEVELOPED & BENEFITS:** Time management, building relationships, demonstrating commitment, setting goals, strengthening ties with the community, working with a team, opportunity to practise and develop social skills and networking

**HOURS INVOLVED:** 10 hours per month

**MINIMUM AGE:** 16 years old

## Special Events Assistant for Older Adults

**VOLUNTEER ACTIVITIES:** Assists with programs, events and activities organized by the North Shore Polish Association for older adults, follow policies and procedures, provide hands on assistance during events, assist with office duties.

**TRAINING AVAILABLE:** Attends general volunteer orientation.

**REQUIREMENTS:** Dependable and punctual, respect and maintain confidentiality, good communication skills, fully proficient in English, understanding Polish language beneficial but not mandatory.

**SKILLS DEVELOPED & BENEFITS:** Building relationships, demonstrating commitment, setting goals, strengthening ties and connection with older adults, opportunity to practise and develop social skills, community engagement.

**HOURS INVOLVED:** 5 hours per month

**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 – Volunteer Management Coordinator

**Email:** [volunteer@disabilityfoundation.org](mailto:volunteer@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 and accessible by radio when on the water.

**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 and accessible by radio when on the water.

**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 3 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](mailto:marjorie@capservices.ca)

**Phone:** 604 988 7115 ext. 2004

**Website:** [www.capservices.ca](http://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, and 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. A 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

## 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 – Volunteer Management Coordinator

**Email:** [volunteer@disabilityfoundation.org](mailto:volunteer@disabilityfoundation.org)

**Phone:** 778 945 8828

**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 is a very flexible position 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 is a not-for-profit organization that brings various opportunities to people with disabilities to enable their independent adventures in physical activities, such as paddling and hiking, and community involvement.*

**Contact:** Sheryl Newman – Volunteer Management Coordinator

**Email:** [volunteer@disabilityfoundation.org](mailto:volunteer@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 volunteers 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 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 volunteers 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 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, startups, 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 in 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 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, startups, 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 volunteers 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 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:** 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.

**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 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 – Volunteer Management Coordinator

**Email:** [volunteer@disabilityfoundation.org](mailto:volunteer@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 depending 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. A driver's license is preferable but not required.

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

**MINIMUM AGE:** 15 years old

## Dragon Boat BC

1 Athletes Way, Vancouver BC

*DRAGON BOAT BC is a non-profit organization that organizes dragon boat races and festivals in the Lower Mainland. The majority of the events are held at False Creek, near Science World.*

**Contact:** Volunteer Coordinator

**Email:** [volunteer@dragonboatbc.ca](mailto:volunteer@dragonboatbc.ca)

**Website:** <http://dragonboatbc.ca/volunteer>

## Dragon Boat Regattas and Festivals

**VOLUNTEER ACTIVITIES:** Volunteers are mainly needed to work on the docks to assist the safety of the paddlers by holding onto the boat ropes. For festivals, there are other positions available such as Information & Guest Services and Site Maintenance.

**TRAINING AVAILABLE:** Volunteers are trained for the position on the day of the event.

**REQUIREMENTS:** No experience necessary.

**HOURS INVOLVED:** Events occur between May and October on the weekends. Minimum of one shift which can be 5-6 hours.

**MINIMUM AGE:** 15 years old for Site Maintenance, everything else is 16 years old minimum.

## Family Services of the North Shore

P2-943 Marine Drive, North Vancouver, BC, V7P 1S3

*Do you enjoy making a difference in your own community and being part of a like-minded team? Volunteer with us and get involved with the community you love! Family Services of the North Shore is a non-profit, community-based agency, committed to making a deep and lasting impact. Become a part of our awesome volunteer team today and join us in changing lives together.*

**Contact:** Kailey Wilson, Volunteer Engagement Coordinator

**Email:** [volunteer@familyservices.bc.ca](mailto:volunteer@familyservices.bc.ca)

**Phone:** 604 984 9627

**Website:** <https://www.familyservices.bc.ca/volunteer-with-us/>

### Community Outreach Support

**VOLUNTEER ACTIVITIES:** We have ongoing opportunities for youth volunteers to help in a variety of community outreach areas. These tasks involve sorting clothing donations, assisting with the set-up and organization of our grocery and meal delivery programs and more.

**TRAINING AVAILABLE:** Every volunteer position requires an initial orientation with our Volunteer Coordinator, in addition to further onboarding for specific roles. Upon application, prospective volunteers will be prompted to register for an orientation at the Agency.

**REQUIREMENTS:** A Criminal Record Check is required for any volunteer over the age of 12 who may be interacting with a vulnerable population.

**SKILLS/ATTRIBUTES DEVELOPED & BENEFITS:** As a volunteer with our Community Outreach Programs, you will gain valuable experience working as part of a team providing support to community members in need. All hours volunteered with us can be put towards graduation requirements for BC Secondary Schools.

**HOURS INVOLVED:** There are available opportunities at our Community Hub at Capilano Mall Monday through Thursday from 10:00am-4:00pm and Monday through Friday, come September. There is no minimum or maximum hours requirement for these roles.

**MINIMUM AGE:** 12 years old

### Christmas Bureau Support

**VOLUNTEER ACTIVITIES:** Our busy Christmas Bureau season begins in September and there are a wide variety of roles available for all ages and abilities during this time. From stocking our toy shop shelves, to selling volunteer-made products to fund raise at our community pop-ups to organizing gift card drives at your school, there are numerous jobs that fit any and all schedule and ability.

**TRAINING AVAILABLE:** Every volunteer position requires an initial orientation with our Volunteer Coordinator, in addition to further on boarding for specific roles. Upon application, prospective volunteers will be prompted to register for an orientation at the Agency.

**REQUIREMENTS:** A Criminal Record Check is required for any volunteer over the age of 12 who may be interacting with a vulnerable population.

**SKILLS DEVELOPED & BENEFITS:** As a volunteer with our Christmas Bureau, you will gain valuable experience in a wide variety of areas that include curating displays in our Toy Shop, assisting families select Christmas gifts and gaining sales experience at our Community Pop-Ups. All hours volunteered with us can be put towards graduation requirements for BC Secondary Schools.

**HOURS INVOLVED:** We are open with opportunities from 10:00am-4:00pm Monday through Friday, come September. There is no minimum or maximum hours requirement for these roles.

**MINIMUM AGE:** 12 years old

## Helping at the Hub

**VOLUNTEER ACTIVITIES:** Our busy Christmas Bureau season begins in September and there are a wide variety of roles available for all ages and abilities during this time. From stocking our toy shop shelves, to selling volunteer-made products to fund raise at our community pop-ups to organizing gift card drives at your school, there are numerous jobs that fit any and all schedule and ability.

**TRAINING AVAILABLE:** Every volunteer position requires an initial orientation with our Volunteer Coordinator, in addition to further on boarding for specific roles. Upon application, prospective volunteers will be prompted to register for an orientation at the Agency.

**REQUIREMENTS:** A Criminal Record Check is required for any volunteer over the age of 12 who may be interacting with a vulnerable population.

**SKILLS DEVELOPED & BENEFITS:** As a volunteer with our Christmas Bureau, you will gain valuable experience in a wide variety of areas that include curating displays in our Toy Shop, assisting families select Christmas gifts and gaining sales experience at our Community Pop-Ups. All hours volunteered with us can be put towards graduation requirements for BC Secondary Schools.

**HOURS INVOLVED:** We are open with opportunities from 10:00am-4:00pm Monday through Friday, come September. There is no minimum or maximum hours requirement for these roles.

**MINIMUM AGE:** 12 years old

## Habitat for Humanity Greater Vancouver

7977 Enterprise Street, Burnaby BC, V5A 1V5

*Habitat for Humanity is an inclusive, non-profit, non-government organization. Through volunteer labour and donations of money and materials, habitat works with families in need to build safe, decent, affordable housing.*

**Contact:** Juliana Serna

**Email:** [jserna@habitatgv.ca](mailto:jserna@habitatgv.ca)

**Phone:** 604 681 5618

**Website:** <https://www.habitatgv.ca/>

## Volunteer for Restores/Various Volunteer Opportunities

**VOLUNTEER ACTIVITIES:** As a volunteer at ReStore, you can complete transactions, serve customers, assist with merchandising, test/fix items (carpenters, electricians, cabinet makers, plumbers), and also work on our donation truck team (drivers and crew members).

**TRAINING AVAILABLE:** Yes.

**MINIMUM AGE:** Over 18 years old

## Harvest Project

1073 Roosevelt Crescent, North Vancouver BC, 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

**Email:** [vm@harvestproject.org](mailto:vm@harvestproject.org)

**Phone:** 604 983 9488

**Website:** <http://harvestproject.org/volunteer>

## Clothes for Change

**VOLUNTEER ACTIVITIES:** Sort incoming clothes, assist clients in selecting clothes, 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 DEVELOPED & BENEFITS:** Will provide references and letters of recommendation with job description and hours worked.

**HOURS INVOLVED:** Tuesday to Friday 12pm to 4pm 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. Must be able to lift 25 pounds.

**SKILLS DEVELOPED & BENEFITS:** Will provide references and letters of recommendation with job description and hours worked.

**HOURS INVOLVED:** Tuesday to Friday 12pm to 4pm 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. Must be able to lift 25 pounds.

**SKILLS DEVELOPED & BENEFITS:** Will provide references and letters of recommendation with job description and hours worked.

**HOURS INVOLVED:** Tuesday to Friday 12pm to 4pm OR Saturdays 10am to 2pm

**MINIMUM AGE:** 16 years old

## Impact North Shore

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

*The Impact North Shore 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](mailto:Maryamn@impactnorthshore.ca)

**Phone:** 604 988 2931

**Website:** <https://impactnorthshore.ca/get-involved/>

## Youth Champions

**VOLUNTEER ACTIVITIES:** Are you a young newcomer who loves to engage voluntarily in youth activities? Youth Champion Group is a youth-led group focused on getting more high school youth involved with planning,

organizing, operating, and supporting programs and workshops for the other youth. Join us to develop your leadership skills, have fun, find new friends, and help to plan and operate the programs for teens and tweens!

**TRAINING AVAILABLE:** The Youth Facilitator will instruct and train the successful youth applicants.

**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

## 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 ideas, information and one another. We will be the welcoming, vibrant hub of a thriving community by empowering growth, sparking curiosity, fostering creativity and innovation, and galvanizing community potential.*

**Contact:** Kate Longley

**Email:** [klongley@nvcl.ca](mailto:klongley@nvcl.ca)

**Phone:** 604 998 3450

**Website:** <https://www.nvcl.ca/>

### 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, etc. When you sign up for this list you will also receive information about external volunteer opportunities for youth in the community that we are able to pass along.

**REQUIREMENTS:** If you are new to volunteering with the library, you must be available for an orientation on either Tuesday, Sept. 19 from 4 to 4:30 p.m. or Saturday, Oct. 7 from 2 to 2:30 p.m.

**MINIMUM AGE:** Grade 8

### Teen Advisory Council (TAC)

**VOLUNTEER ACTIVITIES:** Want to develop your leadership skills while having fun helping to plan and promote Library programs and events for teens? You will get a chance to provide input on teen services and materials.

**REQUIREMENTS:** The mandatory orientation for the Teen Advisory Council will be held in person on Wednesday, Sept. 20 from 7 to 8:30 p.m., followed by in-person meetings on the 1st and 3rd Wednesdays of each month until Dec. 6. You will have the opportunity to continue for the Winter/Spring session in 2024 if you choose to.

**MINIMUM AGE:** Grade 8



## 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 held via Zoom.

**REQUIREMENTS:** The mandatory virtual orientation for Read Along will be Wednesday, Sept. 27 from 3:45 – 5 p.m., followed by 6 virtual sessions on Wednesdays from 3:45 - 5 p.m., from Oct. 4 to Nov 8. A brief interview will be conducted upon registration.

**HOURS INVOLVED:** This program requires a seasonal commitment – you must be available for the entire 7-week program to volunteer.

**MINIMUM AGE:** Grade 8

## Teen Room Bulletin Board Designer

**VOLUNTEER ACTIVITIES:** Teen Room Bulletin Board Designers create eye-catching, informative displays for our bulletin board in the Teen Room. Display themes are decided by your Teen Advisory Council and are up for at least a month. Teens get full credit for hours dedicated to their work – from idea generation to display set up. They can work on their designs at home or can come to the Teen Room during their teen time. No need to purchase your own supplies!

**MINIMUM AGE:** Grade 8

## 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:** Sara Oremland

**Email:** [oremlands@nvdpl.ca](mailto:oremlands@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 DEVELOPED & BENEFITS:** Will gain experience working with children and help 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 DEVELOPED & 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 (TAG) 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 DEVELOPED & 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 9

## 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](mailto:ahasan@nsnh.bc.ca)

**Website:** [www.nsnh.bc.ca](http://www.nsnh.bc.ca) (Apply Online)

### After School Children's Sports or Arts Programs Assistant

**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 DEVELOPED & BENEFITS:** Leadership skills, great experience in teaching and coaching.

**HOURS INVOLVED:** After school.

**MINIMUM AGE:** 14 years old & up

### **Art Classes Assistant 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 DEVELOPED & BENEFITS:** Art and communication skills

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

**MINIMUM AGE:** 14 years old & up

### **Basketball Classes Assistant 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 DEVELOPED & 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 DEVELOPED & 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 Assistant**

**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.

**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 wristbands, keep the centre clean and tidy, maintain sanitation bottles full with clean towels - some shifts include doing laundry.

**TRAINING AVAILABLE:** Orientation provided.

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

**SKILLS DEVELOPED & 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

### **Food Bank Volunteer**

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

**TRAINING AVAILABLE:** Orientation provided.

**REQUIREMENTS:** Outgoing, friendly, kind, respectful and welcoming

**SKILLS DEVELOPED & 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 DEVELOPED & 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

### **Special Events (Saturdays) Volunteer**

**VOLUNTEER ACTIVITIES:** Easter Bunny Breakfast & Breakfast with Santa: Assist the party leader with decoration, crafts, serving food, coffee, and tea, clean up and take down after the event.

Pumpkin Patch at Loutet Farm in October: Arrange pumpkins in the farm, decoration, help during the event with pumpkin sale, then take down after the event.

### **Soccer Classes Assistant**

**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 DEVELOPED & 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 Playground Assistant**

**VOLUNTEER ACTIVITIES:** Help the staff with setting up 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 DEVELOPED & BENEFITS:** People and communication skills.

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

**MINIMUM AGE:** 14 years old & up

## North Shore Restorative Justice Society

147 East 14th Street, North Vancouver, BC V7L 2N4

*The North Shore Restorative Justice Society provides restorative practices and processes to support children, youth, adults and elders on the North Shore navigate conflict and harm. Based in school and community settings, the organization strives to provide support and resources to building more restorative and connected communities.*

**Contact:** Kelly Chessman, Restorative Justice Education Initiatives Coordinator

**Email:** [kelly@nsrj.ca](mailto:kelly@nsrj.ca)

**Phone:** 604 969 7462

**Website:** <http://nsrj.ca>

### Youth Justice Lab

**VOLUNTEER ACTIVITIES:** A social justice summer program for youth aged 15 - 24! Each summer the North Shore Restorative Justice Society runs a program for youth across the North Shore to gather, build community and learn about various social justice issues and ways they can address these issues in their community. Volunteer hours provided for the program and staff are able to provide references for any participants if wanted! Additional program details (dates, times, location etc.) are released in June and the program typically runs in July or August. For more information about the Youth Justice Lab, check out:

<https://www.nsrj.ca/programs/restorative-justice-in-education-initiative>

**MINIMUM AGE:** 14 years old

### Youth Action Collective

**VOLUNTEER ACTIVITIES:** The Youth Action Collective (YAC) formed out of NSRJ's first Youth Justice Lab and has continued to evolve ever since. This is a group of youth and young adults who are dedicated to holding and creating transformative spaces for other youth across the North Shore to develop the skills, knowledge and relationships needed to cultivate more just and connected communities. Meeting regularly online, this group gathers to plan events, discuss current events and work together to build skills to create their ideal communities. For more information about the events they hold, or getting involved with the collective, check them out at:

@nsrjyouth on Instagram, or learn more here: <https://www.nsrj.ca/programs/youth-action-collective>

**MINIMUM AGE:** 14 years old

## North Vancouver RCMP – Community Policing

147 East 14th Street, North Vancouver, BC V7L 2N4

*North Vancouver RCMP - Community Policing supports the RCMP and community by providing crime prevention and road safety education through events and the collection of road safety data.*

**Contact:** Kathryn Sorenson - Community Policing Coordinator

**Email:** [nvcpc@rcmp-grc.gc.ca](mailto:nvcpc@rcmp-grc.gc.ca)

**Phone:** 604 969 7465

**Website:** <https://bc-cb.rcmp-grc.gc.ca/>

### Road Safety Volunteer

**VOLUNTEER ACTIVITIES:** Volunteers are equipped with portable radar and an electronic digital board to monitor speed in neighborhoods, Playground and School Zones. Volunteers record the drivers traveling over the speed limit and follow up with a Warning Letter.

**TRAINING AVAILABLE:** Yes

**REQUIREMENTS:** Canadian Citizen, Landed Immigrant or have a valid work permit, minimum 5-year residency, must not be under investigation by any police force, consent to a Police Information Check and security screening, take an Oath of Confidentiality, have the ability to write and communicate well in the English language.

**SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS:** Contributing to a safer community through collaboration with peers.

**HOURS INVOLVED:** Minimum 1 year, 3 hours per week, shifts available Monday to Friday - 0800 - 1600 hrs.

**MINIMUM AGE:** 19 years old



## 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](mailto: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:** Monday to Friday, 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 at 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 Occupational 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

## Parkgate Community Centre

3625 Banff Court, North Vancouver

*We offer unique low-cost and no-cost programs that bring people of all ages together. Creating opportunities for our community to connect and live life better!*

**Contact:** Christine Thai – Volunteer Coordinator

**Email:** [cthai@parkgatesociety.ca](mailto:cthai@parkgatesociety.ca)

**Contact Availability:** <https://parkgatesociety.ca/get-involved/volunteer/>

## After School Seniors Program Kitchen Clean-up

**VOLUNTEER ACTIVITIES:** Cleaning up coffee carts that were used during the day in our Seniors Programs. Washing and putting away dishes, general kitchen tidying and cleansing of counters and tables.

**TRAINING AVAILABLE:** Training provided by Parkgate Staff.

**HOURS INVOLVED:** One hour per week.

**MINIMUM AGE:** 14 years old & up

### **Afterschool/Weekend Arts & Pottery Program Assistant**

**VOLUNTEER ACTIVITIES:** Assisting program leader in Art + Pottery Studio, general cleaning, and organizational tasks as well as interacting and assisting with the participants of the program.

**HOURS INVOLVED:** One hour per week.

**MINIMUM AGE:** 14 years old (must be older than program participants)

### **Afterschool/Weekend Sports Program Assistant**

**VOLUNTEER ACTIVITIES:** Assisting program leader in Sports programs (Soccer or basketball), general tasks and tidying up of equipment as well as interacting and assisting with the participants of the program.

**HOURS INVOLVED:** One hour per week.

**MINIMUM AGE:** 14 years old (must be older than program participants).

## **The Rotary Club of Lions Gate North Vancouver**

**PO Box 38616, North Vancouver, BC. V7M 3N1**

*We are a fellowship of business and professional community leaders and retirees who plan and implement community service activities, to network, and to enjoy the company of each other. Our Club gives us the opportunity to make a contribution to the North Shore and to communities around the world.*

**Email:** [info@rotarylionsgate.com](mailto:info@rotarylionsgate.com)

**Website:** <https://rotarylionsgate.com/>

### **Various Opportunities**

**VOLUNTEER ACTIVITIES:** We have ongoing projects throughout the year which include filling food bags for Backpack Buddies, Shred It events and Canada Day.

**TRAINING AVAILABLE:** Training will be provided as needed.

**HOURS INVOLVED:** Variable

**MINIMUM AGE:** 15 years old.

## Salal SVSC

**Confidential address, it is given to the volunteers once they start**

*We are a feminist, anti-oppressive, decolonizing sexual violence support centre operating on unceded Coast Salish Territories. We provide support services to survivors of sexualized violence who have shared experiences of gender marginalization: cis and trans women, Two-Spirit, trans and/or non-binary people. We advocate for social and systemic change through education, outreach and activism.*

**Contact:** Ximena Kuzma-Mongrut, Volunteer Coordinator

**Email:** [ximena@salalsvsc.ca](mailto:ximena@salalsvsc.ca)

**Phone:** 604 868 3471

**Website:** <https://www.salalsvsc.ca/volunteer/>

## Support Group & Crisis and Information Line Volunteer

**VOLUNTEER ACTIVITIES:** Volunteers answer calls on our 24-hour Crisis Line (after hours, weekends, and holidays) to provide immediate emotional support, safety planning, self-care, and referrals. Volunteers may also assist Salal's counselling team in facilitating support circles. Successful completion of the 12-week Volunteer Training and one-year commitment required.

**TRAINING AVAILABLE:** 12-week in-person training. Tuesdays and Thursdays (5:45-10pm).

**REQUIREMENTS:** We will receive applications from people from marginalized genders, who are able to commit to 8 hours a week of remote volunteering.

**SKILLS DEVELOPED AND BENEFITS:** We Train You – 12 Week. Workshop topics include culture of violence, decolonization, supporting Sex Workers and more. Remote Volunteer Opportunities Available. Support survivors from home! Gain Feminist Support Skills.

**HOURS INVOLVED:** 400-hour commitment

**MINIMUM AGE:** 19 years old.

## St. Andrew's United Church

**1044 St. Georges Avenue, North Vancouver**

*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:** Laurie-Anne Bourdon

**Email:** [outreach@st-andrews-united.ca](mailto:outreach@st-andrews-united.ca)

**Phone:** 604 985 0408

## Community Teddy Bear Picnic

**VOLUNTEER ACTIVITIES:** Annual Teddy Bear Picnic happening the last Saturday in June. About 400 people come to enjoy the activities organized. We need volunteers for various tasks, such as setting up and taking down the event; assisting kids at the arts and craft table; helping with barbeque and concession; miscellaneous support.

**TRAINING AVAILABLE:** The volunteers will receive instructions beforehand and on the day of the event.

**REQUIREMENTS:** Not required, but preferred: comfortable around children, happy and outgoing. Certain tasks do not require the volunteer to be in contact with children, like helping to set up the tables, chairs, and tents.

**SKILLS DEVELOPED AND BENEFITS:** Skills developed: contact with the public, punctuality, responsibility, working with young children. Benefits: one portion of food and beverage at the event, our appreciation!

**HOURS INVOLVED:** 1 event during the day, about 5 hours.

**MINIMUM AGE:** 13 years old.

## Groundskeeper/Gardener

**VOLUNTEER ACTIVITIES:** Maintaining cleanliness of the church's grounds (picking up trash, sweeping steps). Tending to the gardens (weeding, watering).

**TRAINING AVAILABLE:** First days will be done with an employee of the church, until the volunteer is comfortable with the tasks. Knowledge of plants will be taught.

**REQUIREMENTS:** Good physical state, able to bend and stand up, minimal gardening experience an asset.

**SKILLS DEVELOPED AND BENEFITS:** Sense of responsibility, autonomy, gardening, attention to detail, efficiency.

**HOURS INVOLVED:** Depending on the time of year, hours vary from 1 to 3 per week.

**MINIMUM AGE:** 14 years old.

## Special Events (such as concerts, monthly Jazz Vespers)

**VOLUNTEER ACTIVITIES:** Help set up the room, install the equipment, greet the guests, clean-up after.

**TRAINING AVAILABLE:** Debriefing before the event.

**REQUIREMENTS:** Reliable, capable of lifting chairs, comfortable with public and audio equipment/technology.

**SKILLS DEVELOPED AND BENEFITS:** Contact with public, setting up for an event, reliability, sense of responsibility.

**HOURS INVOLVED:** Depending on the event, hours range from 2 to 4 per event. Jazz Vespers: last Sunday of each month from 3:00 -5:30 pm, year-round.

**MINIMUM AGE:** 15 years old.

## Seasonal Tasks

**VOLUNTEER ACTIVITIES:** Maintenance tasks such as painting outdoor railings, annual clean-up (tables/chairs; storage spaces)

**TRAINING AVAILABLE:** Instructions given on the day.

**REQUIREMENTS:** Physically fit to lift equipment, move around, and complete the tasks. Reliable, capable of following instructions.

**SKILLS DEVELOPED AND BENEFITS:** Manual skills, dexterity.

**HOURS INVOLVED:** 1.5 to 2 per task shift.

**MINIMUM AGE:** 15 years old.

## The Crisis Intervention and Suicide Prevention Centre of BC

763 East Broadway, Vancouver BC, V5T 1X8

*The Crisis Centre of BC is dedicated to providing help and hope to individuals, organizations, and communities. Spanning the spectrum of crisis support, suicide prevention, and postvention, we engage staff and volunteers in a variety of services and programs that educate, train, and support the strength and capacity of individuals and communities*

**Contact:** Tamara Guyon, Manager, Administration

**Email:** [info@crisiscentre.bc.ca](mailto:info@crisiscentre.bc.ca)

**Phone:** 604 872 1811 ext. 221

**Website:** <https://crisiscentre.bc.ca/volunteer/>

### Administration

**WEBSITE LINK:** <https://crisiscentre.bc.ca/volunteer/administration/>

**VOLUNTEER ACTIVITIES:** Volunteering at the Crisis Centre is a great way to give back to the local community. You will meet new people, gain valuable skills, experiences and opportunities while supporting a worthy cause.

Each year the Crisis Centre delivers education and training programs, engages with a wide variety of audiences, and provides crisis and distress intervention services. All of this is not possible without support from the administration.

So use your skills and help prevent suicide. Get involved and make a difference in the life of someone in crisis and help build a mentally healthy community. Join the largest volunteer movement in suicide prevention in Vancouver. Enrich your life with a rewarding experience. Once you have applied to volunteer, we will match your interest, availability, and skillset with available positions.

**TRAINING AVAILABLE:** Online instructions and onsite help is provided to admin volunteers. There is no cost to train to become an admin volunteer.

**REQUIREMENTS:** Due to the sensitivity and nature of the Crisis Centre, a Criminal Record Check or CRC is required, prior experience volunteering/working in an office environment is mandatory, must be familiar with using Google platform including google sheets and docs, must be familiar and comfortable using a computer, resume and 3 professional references are required, minimum commitment 4 hours per week, sign a volunteer agreement.

**SKILLS DEVELOPED AND BENEFITS:** Volunteers are greatly appreciated! After 100 hours, letters of reference can be given if required, great work experience, contribute to your community in a meaningful, positive, and helpful way, free/Subsidized Rates on Professional Development training.

**HOURS INVOLVED:** Time and Day: Online support can occur anytime and shifts at the Crisis Centre must fall between 9:30am-4:00pm Monday – Friday.

**MINIMUM AGE:** 19+

## Volunteer Crisis Services Responder

**WEBSITE LINK:** <https://crisiscentre.bc.ca/volunteer/distress-services/>

**VOLUNTEER ACTIVITIES:** The Distress Services Program, accredited by the American Association of Suicidology, provides 24-hour phone- and chat-based support to the community including: emotional support, help to navigate ongoing mental health concerns, management of suicide crisis, identifying resources for short- and long-term support, skills for coping with situational crises. As our service is complex and dynamic, the front-line role requires genuine compassion, combined with critical thinking abilities. Intensive training and ongoing supervision are provided to volunteers over the course of their work with us; our robust training and ongoing supervision are well-recognized by universities and helping agencies across the province.

Volunteers provide the bulk of the service, alongside several staff Crisis Services Responders.

**TRAINING AVAILABLE:** Training is provided. The Volunteer Crisis Services Responder training fee is \$250. Fees are collected to cover some of the substantive training costs incurred, as we work hard to keep the information, training, and service current and effective. A sliding scale is available for those who need it. Due to the demand for spaces in our training groups, should you not complete training for any reason, the fee is non-refundable. Please note training fees are not due until you are interviewed and accepted for training.

**REQUIREMENTS:** Must reside in the Lower Mainland for all training and volunteering, ability to convey respect and care to people in crisis, willingness to receive and apply constructive feedback, comfortable and competent in using computers, ability to demonstrate critical thinking skills, ability to work independently within a team, proficiency in verbal and written English, ability to multi-task, willingness to engage in ongoing training for the tenure of your volunteer work with the Crisis Centre, willingness to align to the Crisis Centre policies and protocols, life experience or education that enhances the knowledge or serves the needs of the community, preferred. At least 1-year recovery if experienced any major life event such as death, divorce, addiction, mental illness. At least 1 year since calling the Crisis Centre for your own support. At least 2 years of recovery from a personal suicidal attempt or the suicide death of a significant individual.

**SKILLS DEVELOPED AND BENEFITS:** Be part of fostering a caring and connected community! Are you looking to gain highly valuable transferable knowledge and skills? Make a career change? Provide a meaningful contribution to the community? Receive relevant experience for graduate programs in counselling psychology, medical school, social work programs, nursing, genetic counselling, or another helping profession? If so, volunteering

with us could be a rewarding, enriching, and challenging experience!

**MINIMUM AGE:** 19+

## Youth Educator Volunteer

**WEBSITE LINK:** <https://crisiscentre.bc.ca/volunteer/volunteer-youth-educator/>

**VOLUNTEER ACTIVITIES:** Do you have a passion for working with youth? Interested in sharing messages of hope about mental health, wellness, and suicide prevention? Learn to facilitate our Self-Care for Mental Health workshop for teens throughout the Lower Mainland of B.C.

**TRAINING AVAILABLE:** Training is provided. The Volunteer Youth Educator training fee is \$150.

Fees partially cover the cost of providing current and effective information, training, and service to volunteers, which include safeTALK, and Skillfully Responding to Distress. The training fee is on a sliding scale and can be discussed during your interview.

**REQUIREMENTS:** Strong desire to work with youth, interest in / personal connection to the topic of mental health and suicide prevention, availability for all live training sessions (dates for fall of 2023 TBD), 4-6 hours of independent learning (online and self-paced), completion of two half-days workshops: safeTALK & Skillfully Responding to Distress (flexible dates), daytime availability for workshop delivery (school hours) – two outings per month required, minimum 1.5-year commitment (3 school semesters upon training completion). Willingness to travel throughout Vancouver, Burnaby, and the North Shore; other Lower Mainland locations are optional, successful completion of a Criminal Record Check (once accepted for the role), comfort with public speaking and group facilitation is an asset. Once interviewed and accepted for the training, attendance at all scheduled training dates is required. Live training sessions cannot be missed or made up and must be done in sequence.

**SKILLS DEVELOPED AND BENEFITS:** As a Volunteer Youth Educator, you'll facilitate the Self-Care for Mental Health workshops at schools (and possibly occasional online sessions). In addition, you'll have opportunities to attend youth conferences and events, and to support community trainings at the Crisis Centre.

**MINIMUM AGE:** 19+

## Communications, Development, & Public Policy Volunteers

**WEBSITE LINK:** <https://crisiscentre.bc.ca/volunteer/communications-and-development-volunteers/>

**VOLUNTEER ACTIVITIES:** The Communications and Development team at the Crisis Centre provides strategic and operational support in the areas of storytelling, brand recognition, print and digital engagement, fund development, donor relations, grant writing, government relations and public policy — it's a lot! We are a small but mighty team with a lot of passion.

**TRAINING AVAILABLE:** Training is not provided. There is no cost to you to become a volunteer in this department.

**REQUIREMENTS** please see website: <https://crisiscentre.bc.ca/volunteer/communications-and-development-volunteers/>

**MINIMUM AGE:** 19+



## 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, Volunteer Management Coordinator

**Email:** [volunteer@disabilityfoundation.org](mailto:volunteer@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 a 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 in 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 Rape Relief Society

Physical address is confidential

*Provides transitional housing for battered women and their children, a 24-hour rape crisis line, a women's organizing centre, and public education about violence against women. Phone for emotional support, information, and advocacy as it relates to violence against women. Will accompany women to the hospital, to the police, through court proceedings, appointments with lawyers, financial aid workers, and social workers. All services are free, confidential, and available without a waitlist.*

**Contact:** Laurel, financial planning coordinator

**Email:** [info@rapereliefshelter.bc.ca](mailto:info@rapereliefshelter.bc.ca)

**Phone:** 604 872 8212

**Website:** <https://rapereliefshelter.bc.ca/>

### Anti-violence Volunteer

**VOLUNTEER ACTIVITIES:** Support other women who've experienced violence in our transition house and on our 24/7 crisis line.

**TRAINING AVAILABLE:** On-the-job training.

**REQUIREMENTS:** Women who are 19 years of age or older, able to communicate effectively in English, able to commit to weekly overnight shifts.

**HOURS INVOLVED:** Call for further information

**MINIMUM AGE:** 19 years old

### Child Activity Volunteer

**VOLUNTEER ACTIVITIES:** Child Activity Volunteers support the women and children living in our transition house by engaging in activities with the children, such as crafts, baking, and playing games. They provide respite for women in the house and engage with the children while the women attend appointments (on-site or over Zoom), search for housing, connect with other women, and more.

**TRAINING AVAILABLE:** Orientation provided

**REQUIREMENTS:** Able to communicate in English, women who are 18 years of age or older (or at least 16 with childcare experience), the shifts are once a week, 2-3 hours long. We accept women who can commit to once every two weeks or on a call-to-ask basis.

**MINIMUM AGE:** 18 years of age or older (or at least 16 with childcare experience)

### Language Interpretation

**VOLUNTEER ACTIVITIES:** We are always looking for women who can support our work by offering interpretation and translation.

**TRAINING AVAILABLE:** Orientation available on the job

**REQUIREMENTS:** Women who are 19 years of age or older, able to commit to maintaining confidentiality, able to communicate effectively in English and another language, comfortable with discussing distressing subject matter including violence against women

**HOURS INVOLVED:** As needed.

**MINIMUM AGE:** 19 years old

## 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](mailto:rhinmueller@westvanlibrary.ca)

**Phone:** 604 925 7400

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

**TRAINING AVAILABLE:** Job role training provided

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

**HOURS INVOLVED:** 1-2 hours, once a week

**MINIMUM AGE:** 14 years old

## 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:** 14 years old

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

**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 services card and have completed the Youth Volunteer Orientation and Training at the West Vancouver Community Centre.

**MINIMUM AGE:** 14 years old

## Teen Technology Mentor

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

**TRAINING AVAILABLE:** Job role training provided

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

**HOURS INVOLVED:** 1.5 – 3 hours a week

**MINIMUM AGE:** 14 years old

## 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@nsr.ca](mailto:murray.mollard@nsr.ca)

Phone: 604 985 7138

Email: <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 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 Street, Vancouver BC, V6H 2N9

*We are Canada's Biological Lifeline. We are the connection between the sincere generosity of donors and the heartfelt appreciation of recipients, between the profound discoveries of science and the joyful restoration of health. As such, we are nationally responsible for a secure system of life essentials for*

*transfusion or transplantation that's reliable, accessible and sustainable. That's why our organization must be efficient, our performance disciplined. We must work as one with our colleagues and partners at all levels. We must be prudent yet smart, rigorous yet agile, capable yet concerned. And we must be innovative, reinventing today so we can find better answers for tomorrow. In a very real way, what we do affects the well-being of all Canadians and every day we must earn their trust. We make a difference and in that, we take great pride.*

**Contact:** MJ Buck, Volunteer Resources Coordinator

**Email:** [mj.buck@blood.ca](mailto:mj.buck@blood.ca)

**Phone:** 604 353 2614

**Email:** <https://www.blood.ca/en/ways-donate/volunteering/become-volunteer>

### In-Centre Volunteer

**VOLUNTEER ACTIVITIES:** Greet blood donors with a smile, make conversation and accompany them throughout the final stages of their blood donation process. Help donors feel welcome, safe, and comfortable by offering excellent care and attention to ensure they return time and again. As one of the last faces donors see as they exit, volunteers play a critical role in the success of future blood donor centres.

**TRAINING AVAILABLE:** There is a virtual training session, and we offer monthly information sessions on our multi product lines.

**REQUIREMENTS:** Ability to engage in conversation with donors, attention to detail, the desire to become part of Canada's Lifeline

**SKILLS DEVELOPED AND BENEFITS:** Good customer service skills, problem solving, meet likeminded people, learn about the different product lines, many volunteers end up working as student recruiters in the summer as well as a few have become employed.

**HOURS INVOLVED:** we require a 6-month commitment, hours depend on the area you volunteer. For our events in North Vancouver it would be once or twice a month, shifts range from 2 - 3 hours.

**MINIMUM AGE:** 17 with a parental consent form for under 19

## In-Community Volunteer

**VOLUNTEER ACTIVITIES:** Our in-community volunteers play an integral part in spreading awareness for blood donation. They promote donation events and recruit new donors in their local communities often attending community events, farmers market, health expos, etc.

**TRAINING AVAILABLE:** There is a virtual training session, and we offer monthly information sessions on our multi product lines.

**REQUIREMENTS:** Ability to engage in conversation with donors, attention to detail, the desire to become part of Canada's Lifeline

**SKILLS DEVELOPED AND BENEFITS:** Public Speaking, advocacy, some event planning, or a willingness to help with the planning.

**HOURS INVOLVED:** The hours vary depending on the event. During the summer months we are more active in the community. Possibly there could be one event per week.

**MINIMUM AGE:** 14 years old

## Canadian Liver Foundation

828 W 8<sup>th</sup> 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](mailto: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

*The Canadian Red Cross is part of the largest humanitarian network in the world, the International Red Cross and Red Crescent Movement. We help people and communities in Canada and around the world in times of need and support them in strengthening their resilience.*

**Email:** [volunteerBCY@redcross.ca](mailto:volunteerBCY@redcross.ca)

**Website:** <http://redcross.ca/bchelp>

### Client Services Volunteer - Health Equipment Loan Program (HELP)

**VOLUNTEER ACTIVITIES:** The Health Equipment Loan Program (HELP) offers mobility, independence, and safety to people recovering from illness or surgery or wishing to spend their final days in their own homes. The HELP Client Services Volunteer provides administrative support like answering the phone and coordinating health equipment loans and returns. Join our team of Client Services Volunteers at HELP Depots located throughout the lower mainland: North Vancouver, Vancouver, Chilliwack, Abbotsford, Maple Ridge, Langley, Surrey, Burnaby, Port Coquitlam, Richmond, Squamish, and White Rock.

Visit [redcross.ca/bchelp](http://redcross.ca/bchelp) to learn more about our current openings and apply online.

**REQUIREMENTS:** Our HELP volunteers come from all walks of life and deliver Red Cross services with compassion and commitment. They are warm, personable, and enjoy dedicating their time towards serving our diverse clients. Volunteers connect and interact with clients on a regular basis to help with the loaning and returning of health equipment at our HELP depots. Full training is provided; however volunteers should be comfortable with using a computer and have good written and conversational English. Other languages are considered an asset.

**SKILLS DEVELOPED AND BENEFITS:** You will enjoy:

Culture: an organization that is guided by our fundamental principles of humanity, impartiality, neutrality, independence, voluntary service, unity, and universality

Flexibility: a schedule that is flexible and fits into your life, vacation plans and family commitments.

Meaningful Work: you will be helping people recovering from illness and surgery and those wishing to stay in their home longer.

**HOURS INVOLVED:** The hours may vary but are generally three to four hours per week.

**MINIMUM AGE:** 16 years old



## Canuck Place Children's Hospice

1690 Matthews Ave, Vancouver, BC

*Canuck Place Children's Hospice helps give short lives the gift of great days. We provide pediatric palliative care to children 0–19 with life-threatening illnesses and journey with families during uncertain times. With our team of compassionate clinical experts, we support families to make lasting memories and live life to the fullest. We provide pain and symptom management, medical respite care, grief and bereavement counselling. There is art and education, music, play and recreation therapy. And we provide loving end-of-life care. All at no cost to families.*

**Contact:** Amie Carrick, Volunteer Coordinator

**Email:** [ivolunteer@canuckplace.org](mailto:ivolunteer@canuckplace.org)

**Phone:** 604 731 4847

**Website:** <https://www.canuckplace.org/how-to-give/volunteer/>

### Peer Volunteer

**VOLUNTEER ACTIVITIES:** Support Family Volunteers and our professional care teams. Provide general companionship to children by reading aloud, doing arts and crafts, playing computer games, etc. Work closely with the siblings of in-house children. Assist clinical staff in running errands. Must complete a 4-hour Canuck Place training program, and then commit for a minimum of 1 year of weekly or bi-weekly shifts. Peer Volunteer shifts are available morning, afternoon, and evenings, seven days a week. (Approximately 3–4 hour shifts)

**TRAINING AVAILABLE:** 2.5 hour virtual training session, self-paced eLearning modules, buddy shift(s)

**REQUIREMENTS:** No requirements as we can train the right person! All volunteers must be 16 years of age or older.

**SKILLS DEVELOPED AND BENEFITS:** Close work with medical professionals, experience and knowledge in pediatric care and palliative care, experience working in a hospice setting, opportunity to build connections with team of 300+ volunteers.

**HOURS INVOLVED:** We have a requirement for a minimum of one weekly or bi-weekly shift for a 1 year commitment. Each shift is 3 hours in length.

**MINIMUM AGE:** 16 years old

### Family Volunteer

**VOLUNTEER ACTIVITIES:** Work alongside the clinical care team to enhance the quality of life of a child with a progressive, life-threatening condition, and support their family. Keep children company during activities: in the school room, working with arts and crafts, and on community outings. They provide general support for the child and family. Provide mentorship, guidance, and support to newer volunteers. Must complete a Canuck Place 25-hour training program (offered once a year), and then commit for a minimum of 1 year of weekly or bi-weekly shifts. Family Volunteer shifts are available morning, afternoon, and evenings, seven days a week. (Approximately 3–4 hour shifts)

**TRAINING AVAILABLE:** 2.5 hour training program, self-paced eLearning modules, buddy shift(s)

**REQUIREMENTS:** N/A. Must be at least 18 years old to apply.

**SKILLS DEVELOPED AND BENEFITS:** Close work with medical professionals, experience and knowledge in pediatric care and palliative care, experience working in a hospice setting, opportunity to build connections with team of 300+ volunteers, experience working in a mentor role with other volunteers.

**HOURS INVOLVED:** We have a requirement for a minimum of one weekly or bi-weekly shift for a 1 year commitment. Each shift is 3 hours in length.

**MINIMUM AGE:** 18 years old

## **Kitchen Volunteer**

**VOLUNTEER ACTIVITIES:** Play a huge part in creating and maintaining a warm and welcoming place that provides families with the comforts of home. Provide support to kitchen staff by assisting with baking, meal preparation, and clean-up of kitchen and dining room areas. Must have Food Safe Level I Certification and a current Hepatitis A Vaccination. Kitchen Volunteer shifts vary depending on the need but are typically between 10 a.m. – 6 p.m. seven days a week. (Approximately 3–4 hour shifts)

**TRAINING AVAILABLE:** 2.5 hour training program, self-paced eLearning modules, buddy shift(s)

**REQUIREMENTS:** Hep A vaccination, FoodSafe Level One

**SKILLS DEVELOPED AND BENEFITS:** Close work with medical professionals, experience and knowledge in pediatric care and palliative care, experience working in a hospice setting, opportunity to build connections with team of 300+ volunteers, experience working in a kitchen with other kitchen staff.

**HOURS INVOLVED:** We have a requirement for a minimum of one weekly or bi-weekly shift for a 1 year commitment. Each shift is 3 hours in length.

**MINIMUM AGE:** 16 years old

## **Reception Volunteer**

**VOLUNTEER ACTIVITIES:** Provide a pleasant, articulate first contact for guests, visitors, and callers to Canuck Place. Perform office support as needed. Assist the full-time receptionist with reception and switchboard duties during evenings and weekends. Reception Volunteer shifts are Monday-Friday, 5-8 p.m.; Saturday, Sunday, Stat Holidays, 9 a.m.-12 p.m., 1 p.m.-4 p.m., 5 p.m.-8 p.m. and on an as needed basis during weekdays. (Approximately 3–4 hour shifts)

**TRAINING AVAILABLE:** 2.5 hour training program, self-paced eLearning modules, buddy shift(s)

**SKILLS DEVELOPED AND BENEFITS:** Close work with medical professionals, experience and knowledge in pediatric care and palliative care, experience working in a hospice setting, opportunity to build connections with team of 300+ volunteers, builds confidence and skills in communicating effectively with others.

**HOURS INVOLVED:** We have a requirement for a minimum of one weekly or bi-weekly shift for a 1 year commitment. Each shift is 3 hours in length.

**MINIMUM AGE:** 16 years old

## Cystic Fibrosis Canada

#254 - 4664 Lougheed Highway, Burnaby BC

*We are a non-profit organization that fundraises for cystic fibrosis research, advocacy, care and community connections.*

**Contact:** Shae Fowler, Events Specialist

**Email:** [sfowler@cysticfibrosis.ca](mailto:sfowler@cysticfibrosis.ca)

**Phone:** 604 568 7650

**Website:** [www.cysticfibrosis.ca](http://www.cysticfibrosis.ca)

### 65 Roses Gala

**VOLUNTEER ACTIVITIES:** We need volunteers for set up, the event and tear down. Event day tasks include registration, silent auction, raffles, treat distribution, talent services, and more.

**TRAINING AVAILABLE:** Zoom meet up beforehand and we will have a volunteer manager onsite to assist with guiding volunteers in their particular role.

**REQUIREMENTS:** As this is a gala, formal wear will be required. For any volunteers working with our attendees in any capacity, it will be required that they are able to speak English fluently. Set up and strike volunteers must be able to lift 25+ lbs.

**SKILLS DEVELOPED AND BENEFITS:** This is a fundraising event for Cystic Fibrosis Canada. There is education around what CF is and volunteers will meet people affected by this devastating disease. Volunteers will learn skills for interaction with guests in a professional manner and will gain skills for fundraising event management.

**HOURS INVOLVED:** This event takes place on October 21st at the Westin Bayshore Hotel in Vancouver. Shift times are TBC at this time.

**MINIMUM AGE:** 18 years old

### Walk to Make Cystic Fibrosis History

**VOLUNTEER ACTIVITIES:** We will need volunteers to assist on event day with set up, event day and strike. Event tasks include: food running, route marshals, registration, activity oversight, waste management.

**TRAINING AVAILABLE:** Zoom meeting and email communications prior to event and event day guidance by volunteer manager.

**REQUIREMENTS:** Must be able to lift 25+ lbs. If working directly with attendees, English fluency is required.

**SKILLS DEVELOPED AND BENEFITS:** This is a fundraising event for Cystic Fibrosis Canada. There is education around what CF is and volunteers will meet people affected by this devastating disease. Volunteers will learn skills for interaction with guests in a professional manner and will gain skills for fundraising event management.

**HOURS INVOLVED:** Event Day runs from 7am - 2pm on Sunday, May 26, 2024. The location is TBC but will take place in New Westminster.

**MINIMUM AGE:** 12 years old

## Gear Up 4 Cystic Fibrosis

**VOLUNTEER ACTIVITIES:** We will need volunteers to assist on event day with set up, event day and strike. Event tasks include: food running, registration, activity oversight, waste management, decor, "security" for bike lock up and change rooms. This event has a lot of moving pieces and locations as it is a bike ride. Route and locations TBC

**TRAINING AVAILABLE:** Email communications beforehand, onsite guidance from volunteer manager

**REQUIREMENTS:** Must be able to lift 25+ lbs. Fluency in English for anyone working directly with attendees.

**SKILLS DEVELOPED AND BENEFITS:** This is a fundraising event for Cystic Fibrosis Canada. There is education around what CF is and volunteers will meet people affected by this devastating disease. Volunteers will learn skills for interaction with guests in a professional manner and will gain skills for fundraising event management.

**HOURS INVOLVED:** This event will take place on June 15th, 2024, with locations TBC. Registration begins at 8am and the event will run until 5pm. Shifts will be assigned based on availability and volunteer requirements but typically are 7am - 12pm and 12pm - 5pm.

**MINIMUM AGE:** 12 years old

## Lawn Summer Nights

**VOLUNTEER ACTIVITIES:** Set Up, registration, bar service (for those with Serving It Right certification), silent auction oversight, 5050 and various ticket sales, strike post event.

**TRAINING AVAILABLE:** Email communications beforehand, onsite guidance from volunteer manager.

**REQUIREMENTS:** Must be able to lift 25+ lbs, fluency in English for volunteers working with attendees.

**SKILLS DEVELOPED AND BENEFITS:** This is a fundraising event for Cystic Fibrosis Canada. There is education around what CF is and volunteers will meet people affected by this devastating disease. Volunteers will learn skills for interaction with guests in a professional manner and will gain skills for fundraising event management.

**HOURS INVOLVED:** This event will run every Thursday evening throughout the month of July at the Granville Park Lawn Bowling Club from 4pm - 10pm.

**MINIMUM AGE:** 19 years old

## Seniors



### Chartwell Churchill House Retirement Residence

150 W 29th St, North Vancouver BC, V7N 0A1

*Chartwell Churchill House is a retirement residence in North Vancouver offering spacious and well-appointed suites in various sizes. With elegant, traditional décor, yet contemporary amenities, our retirement home provides everything you could need to lead a fulfilling independent and assisted living lifestyle.*

**Contact:** Zay Rahimbux, General Manager

**Email:** [zrahimbux@chartwell.com](mailto:zrahimbux@chartwell.com)

**Phone:** 604 982 1502

**Website:** <https://chartwell.com/en/retirement-residences/chartwell-churchill-house-retirement-residence/overview>

### Various Volunteer Opportunities

**LINK TO OPPORTUNITIES:** <https://jobs.chartwell.com/en/volunteers/volunteer-opportunities>

**VOLUNTEER ACTIVITIES:** Every volunteer will be working with the Lifestyle and Program Manager to develop duties individually, depending on volunteer skills, preferences, and availability. We have a variety of programs available to our residents, like a sing-along, bus outings, bingo, trivia, arts & crafts, etc. And Churchill House would be happy to welcome a volunteer to help to set up a program, help with decorations, assist with executing a program, and more. Volunteer opportunities are available only with the Lifestyle & Program department (recreation).

**TRAINING AVAILABLE:** Orientation will be given and training if needed

**REQUIREMENTS:** The following may be required prior to volunteering: Criminal Record Check / Vulnerable Sector Screening, completion of a current two-step TB test (depending on residence), flu vaccination (highly recommended)

**SKILLS DEVELOPED AND BENEFITS:** Making people's lives BETTER! Enjoying a sense of purpose and personal fulfillment, developing connections with residents, family members and staff, enhancing a specific skill set and sharing your experience with others, learning from a supportive and knowledgeable staff team, having flexible hours adapted to your own schedule.

**HOURS INVOLVED:** Hours are very flexible. It can be from 2 hours a week to 20, depending on the volunteer's availability.

**MINIMUM AGE:** Please note that individuals under the age of majority are welcome to volunteer but 14 years and younger will be supervised at all times.

## District of West Vancouver – Seniors' Activity Centre

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](mailto:volunteer@westvancouver.ca)

### Various Volunteer Positions Available

**VOLUNTEER ACTIVITIES:** Summer 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 \$20 but if this is a barrier, please contact [volunteer@westvancouver.ca](mailto:volunteer@westvancouver.ca). 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 and BC Services Card with Personal Health Number 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, 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

## Inglewood Care Centre, Baptist Housing

725 Inglewood Avenue, West Vancouver

*We provide full care to seniors in a Long Term Care facility.*

**Contact:** Pam Sikma, Volunteer Coordinator

**Email:** [psikma@baptisthousing.org](mailto:psikma@baptisthousing.org)

**Phone:** 604 226 7939

**Website:** <https://app.betterimpact.com/Application?OrganizationGuid=77779c75-accd-4cf5-97aa-0f0122820dcb&ApplicationFormNumber=1>

### Various Opportunities

**VOLUNTEER ACTIVITIES:** Activities, arts and crafts, decorating, special events, portering, chapel services and companionship with seniors. Basically, adding value to the lives of our residents and enhancing whatever is going on in a particular day.

**TRAINING AVAILABLE:** On site training and orientation provided. Opportunity to take a Spiritual Care course, and other in-services (not required)

**REQUIREMENTS:** Must be fluent in English, have a Criminal Records check completed at the expense of the organization, and provide application documentations. 3 weeks minimum to clear CRC, generally. Being consistent and dependable is certainly an asset.

**SKILLS DEVELOPED AND BENEFITS:** Our volunteers become more familiar and comfortable working in a seniors care facility setting. Empathy, and skills pertaining to dealing with physical, mental, spiritual health of ageing.

**HOURS INVOLVED:** 1-3 hour shifts are generally what volunteers provide. All depending on availability and needs of Inglewood Recreation Team.

**MINIMUM AGE:** 15 years old.

## Lynn Valley Care Center

1070 Lynn Valley Rd, North Vancouver, BC V7J 1Z8

*For almost 50 years, we have been a pillar of the community, championing quality of life for all our residents. We provide 24-hour nursing care while maximizing independence and freedom for our residents. Lynn Valley Care Center is committed to providing excellent care for our residents so they can live their life to the fullest.*

**Contact:** Stewart Parnell, Activity & Volunteer Coordinator

**Email:** [recreation@nsph.ca](mailto:recreation@nsph.ca)

**Phone:** 604 982 3713

**Website:** <https://lynnvalleycare.com/>



## Companionship

**VOLUNTEER ACTIVITIES:** Some of our residents have few visitors and can be lonely at times. Volunteers can help provide companionship for these residents. It can be as simple as sitting down and having a chat with them, playing cards or bringing them for a walk around our facility.

**TRAINING AVAILABLE:** Orientation will be given and training if needed.

**REQUIREMENTS:** Good communication skills, active listening skills, social and engaging with people.

**SKILLS DEVELOPED AND BENEFITS:** Help build connections and friendships with residents. Enhance their life by being someone they can talk to and look forward to seeing. Getting to make a positive impact in peoples life.

**HOURS INVOLVED:** This opportunity is available seven days a week. Hours are flexible.

**MINIMUM AGE:** 16 years old.

## Recreation Support

**VOLUNTEER ACTIVITIES:** Assist the recreation department by joining in at activities. Provide encouragement and support for residents to get involved with the activity.

**TRAINING AVAILABLE:** Orientation and training provided.

**REQUIREMENTS:** Good communication skills, is social, engaging, outgoing.

**SKILLS DEVELOPED AND BENEFITS:** This can help improve social and communication skills. Some of our residents require additional support to take part in activities. This would help enhance their experience to take part.

**HOURS INVOLVED:** This opportunity is available seven days a week. Hours are flexible.

**MINIMUM AGE:** 16 years old.

## Assist with Church Service

**VOLUNTEER ACTIVITIES:** To help transport residents to and from church service.

**TRAINING AVAILABLE:** Orientation and training provided.

**REQUIREMENTS:** Good communication skills. The ability to safely transport someone in a wheelchair.

**SKILLS DEVELOPED AND BENEFITS:** Helps support our residents spiritual needs and provide assistance to local church groups.

**HOURS INVOLVED:** To be determined.

**MINIMUM AGE:** 16 years old.

## Live Music Performer

**VOLUNTEER ACTIVITIES:** To perform or play any instruments for the residents here at Lynn Valley Care Center.

**REQUIREMENTS:** Musically talented, ability to play in front of people.

**SKILLS DEVELOPED AND BENEFITS:** Performance experience. Many of our residents here love live music and really appreciate getting to see people perform.

**HOURS INVOLVED:** The hours are flexible.

**MINIMUM AGE:** 16 years old.



## North Shore Volunteers For Seniors

275 21st Street, West Vancouver BC, V7V 4A5

*We give opportunity to seniors to engage in a healthy and active environment while promoting independence and well-being. Volunteers are an important part of helping us serve the seniors of the North Shore.*

**Contact:** Martine Fox, Executive Director

**Email:** [martinefox.nsvs@gmail.com](mailto:martinefox.nsvs@gmail.com)

**Phone:** 604 922 1575

**Website:** <https://www.nsvs.ca/volunteer>

### Server for Lunch and Games Program

**VOLUNTEER ACTIVITIES:** The volunteer is responsible for setting up the tables, serving lunch and cleaning up after the lunch service.

**TRAINING AVAILABLE:** Yes

**REQUIREMENTS:** Must be comfortable and confident speaking with seniors.

**HOURS INVOLVED:** One hour per week.

**MINIMUM AGE:** 16 years old

### General Maintenance/Gardening

**VOLUNTEER ACTIVITIES:** We would love someone to water our garden space, sweep the garden area and do some general maintenance (washing windows, organizing etc...) and upkeep in the centre.

**TRAINING AVAILABLE:** Yes

**REQUIREMENTS:** Must be comfortable and confident speaking with seniors.

**HOURS INVOLVED:** One hour per week.

**MINIMUM AGE:** 16 years old

### Office Help and Distributing Flyers

**VOLUNTEER ACTIVITIES:** Helping with some basic office duties (i.e., photocopying, creating membership packages, brochures...) and from time to time distributing flyers/brochures in the neighborhood.

**TRAINING AVAILABLE:** Yes

**REQUIREMENTS:** Must be comfortable and confident speaking with seniors.

**HOURS INVOLVED:** One hour per week.

**MINIMUM AGE:** 16 years old

## The Health and Home Care Society of BC (Care BC)

204 – 3077 Granville Street, Vancouver BC, V6H 3J9

*The Health and Home Care Society of BC (Care BC) is an independent and BC-based not-for-profit organization. We continually work to achieve our mission: To provide health promotion and supportive care services to communities in British Columbia.*

**Contact:** Joanne Yau

**Email:** [nsmow@carebc.ca](mailto:nsmow@carebc.ca)

**Phone:** 604 922 3414

**Website:** <https://www.carebc.ca/volunteering.html>

### Meal Delivery Route Driver

**VOLUNTEER ACTIVITIES:** Route drivers pick up meals from a depot then deliver hot meals directly to clients, providing a friendly visit and informal check on their safety.

**TRAINING AVAILABLE:** Volunteer orientation

**REQUIREMENTS:** Valid drivers license, criminal record check, two references, proof of double vaccination for COVID-19 (Vancouver Coastal Health recognizes Care BC as a health services provider because of the vulnerable clients), communication skills, comfortable working with seniors.

**SKILLS DEVELOPED AND BENEFITS:** Support your community by helping seniors in need, strengthen your resume (which helps with future studies or employment opportunities), meet new people and understand the needs of seniors, practice driving and communication skills.

**HOURS INVOLVED:** 2 hours per weekday from 10am – 1pm. Hours depend on delivery route.

**MINIMUM AGE:** 16 years+ (unless with parent's accompany)

## 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](mailto: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.

**TRAINING AVAILABLE:** Yes.

**REQUIREMENTS:** Grade 11, 12. Youth must be able to work autonomously at a mature level.

**SKILLS DEVELOPED AND BENEFITS:** Basic computer skills & Microsoft Office knowledge.

**HOURS INVOLVED:** Hours will vary depending on events

**MINIMUM AGE:** 16 years old

## BGC South Coast BC

2875 St. George Street, Vancouver, BC

*At BGC South Coast BC, we believe that every kid is amazing. And we know that by seeing and hearing them, they'll believe it too! That is why, for over 80 years, BGC has been giving children and youth something they deserve: a place to belong when they aren't at home or at school. To kids, their Club feels like a place where they can hang out with their friends, and make new ones! But it's so much more. It's a safe place that provides them with three of the things they need most: a sense of belonging, a sense of success, and positive relationships. That happens through a wide range of activities that are not only of interest to kids, but that are good for them, too: sports, homework, safe access to the on-line world, arts, crafts, and of course, sharing meals.*

**Contact:** Ash Rush, Volunteer Coordinator

**Email:** [volunteer@bgcbc.ca](mailto:volunteer@bgcbc.ca)

**Phone:** 604 324 3210 ext. 104

**Website:** <https://www.bgcbc.ca/volunteer/>

### Youth Activity Leader

**VOLUNTEER ACTIVITIES:** In your role as activities volunteer you will assist staff and other volunteers in the different programs offered such as sports, cooking, homework clubs, arts, life skills, fun and social based programs for kids/youth aged 6 to 18 years old. This position offers flexibility, enjoyment, and group setting time with children and youth, as well as allows you as a volunteer to be involved in the programs that interest you!

**TRAINING AVAILABLE:** Online training available. On-site training during first two weeks of placement.

**REQUIREMENTS:** English language proficiency is a must, and additional languages are an asset! Experience working with youth aged 6-13 is an asset but not a requirement. Criminal record check required prior to start.

**SKILLS DEVELOPED AND BENEFITS:** Gain experience working with children and youth in a fun, engaging recreational setting. A great opportunity for those interested in careers such as social services, child and youth care, and teaching.

**HOURS INVOLVED:** Minimum commitment of 2 hours per week for 3 months.

September - June hours: 3pm - 6pm, with evening programming available at select locations.

July - August hours: 8am - 5pm.

**MINIMUM AGE:** 16 years old

## Big Brothers of Greater Vancouver

1193 Kingsway Unit 102, Vancouver, BC V5V 3C9

*Our vision is: All children and youth are empowered to reach their full potential through mentorship.*

*Our mission is: Enable impactful mentoring relationships where children and youth can discover their power and potential, in collaboration with our local communities.*

*There is also a renewed focus on the fact that supporting children and youth is very much a community-based and collaborative effort. The mission reflects the holistic nature of child and youth development and expresses the essential need for mentorship in the formative years.*

**Contact:** Janel Watson, Volunteer Recruitment Coordinator

**Email:** [volunteer@bbgvf.com](mailto:volunteer@bbgvf.com)

**Phone:** 604 876 2447

### Teen Mentoring

**VOLUNTEER ACTIVITIES:** The Teen Mentoring program provides children in grades 1-7 with a Teen Mentor who is a positive role model and friend. We create one-to-one Mentor and Mentee Matches, who spend time getting to know one another, while in a group setting supported by a Mentoring Coordinator.

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.

**TRAINING AVAILABLE:** No previous experience working with children required. Training is provided.

**REQUIREMENTS:** Any student in Greater Vancouver, all genders in grades 9-12.

**SKILLS DEVELOPED AND BENEFITS:** Gain volunteer hours towards graduation, develop leadership skills and build your resume, make new friends, a fun way to make a huge impact in your community. 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.

**HOURS INVOLVED:** 1 hour per week for the duration of the school year.

**MINIMUM AGE:** All genders in grade 9-12

### Roots Mentoring Program

**VOLUNTEER ACTIVITIES:** The Roots Mentoring program provides children in grades 1-6 with a Teen Mentor 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. 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.

**TRAINING AVAILABLE:** No previous experience working with children required. Training is provided.

**REQUIREMENTS:** Any student in Greater Vancouver, all genders in grades 9-12.

**SKILLS DEVELOPED AND BENEFITS:** Gain volunteer hours towards graduation, develop leadership skills and build your resume, make new friends, a fun way to make a huge impact in your community. 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.

**HOURS INVOLVED:** 1 hour per week for the duration of the school year.

**MINIMUM AGE:** All genders in grade 9-12

## Fresh Air Learning

4629 Hoskins Road North Vancouver V7K 2R2

*Fresh Air Learning is a forest school which focuses on play-based, emergent, and hands-on outdoor learning.*

**Contact:** Tricia Edgar, Program Director

**Email:** [tricia@freshairlearning.org](mailto:tricia@freshairlearning.org)

**Phone:** 604 616 4177

## School Year Program Assistant

**VOLUNTEER ACTIVITIES:** Work with children ages 3-6 or 5-8 in outdoor, hands-on learning environments. Assist with group management, hands-on activities, and games

**TRAINING AVAILABLE:** Participation in ongoing staff training

**REQUIREMENTS:** Enthusiasm for working with children outdoors in all weather. Criminal record check if age 15+

**SKILLS DEVELOPED AND BENEFITS:** Experience working outdoors with children

**HOURS INVOLVED:** Different hours depending on the program - mornings or full school days, one day a week Monday-Friday.

**MINIMUM AGE:** 13 years old.

## Summer Camp Assistant

**VOLUNTEER ACTIVITIES:** The assistant will help with group management, games, and crafts outdoors.

**TRAINING AVAILABLE:** Participation in summer staff training

**REQUIREMENTS:** Enthusiasm for working with children ages 3-8. Criminal record check if over age 15. Love of the outdoors.

**SKILLS DEVELOPED AND BENEFITS:** Experience working with children in an outdoor learning environment.

**HOURS INVOLVED:** 5 mornings or 5 full days in one week in July.

**MINIMUM AGE:** 13 years old.

## Vancouver International Children's Festival

1360 East 3<sup>rd</sup> Avenue, 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 Childrens 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.*

**Contact:** Kirith Bains

**Phone:** 604 708 5655

**Email:** [volunteer@childrensfestival.ca](mailto:volunteer@childrensfestival.ca)

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

### Regular Volunteer

**VOLUNTEER ACTIVITIES:** There are lots of different volunteer positions available, so you can choose the category that most suits your personality, interests, or career direction. For example, there are crafts, games, site crew support, festival front line, admin, food prep, hospitality or floater.

**TRAINING AVAILABLE:** There will be a mandatory 3-hour general training session the weekend before the festival. Additional training is dependant on what activity you will be assigned to.

**REQUIREMENTS:** Good command of the English language, strong communication skills, reliable and dependable, attend training session(s), willing to give your time with a smile, flexible, patient, respectful, with a good dose of humility. Contribute to the best of your abilities and like to have fun!

**SKILLS DEVELOPED AND BENEFITS:** You will learn and improve your team supervision, time management, and customer service skills. In addition, you will enhance your conflict resolution skills and learn how to work in a fast-paced environment. You can gain beneficial experience working alongside artists and performers if you are interested in the arts or theatre.

**HOURS INVOLVED:** DURING THE FESTIVAL (May 27 - June 2nd, 2024) and the week before. A full shift is approx. seven hours long. Regular Volunteer position requires a commitment of 2 shifts.

**MINIMUM AGE:** 15 years old

## Crew Captain

**VOLUNTEER ACTIVITIES:** Responsibilities of Captain may include welcoming volunteers, taking attendance and assisting the Activity Village Captain to re-assign volunteers if some have not shown up for their shifts. You will be assisting the Activity Coordinator with organizational and hands-on tasks. You will be responsible for scheduling volunteer breaks. Most of all you will be caring for, encouraging, and supporting your team!

**TRAINING AVAILABLE:** There will be a mandatory 3 hour general training session the weekend before the festival. Additional training is dependant on what activity you will be a captain of.

**REQUIREMENTS:** Good command of the English language, strong communication skills, reliable and dependable, attend training session(s), willing to give your time with a smile, flexible, patient, respectful, with a good dose of humility. Contribute to the best of your abilities and like to have fun!

**SKILLS DEVELOPED AND BENEFITS:** You will learn and improve your team supervision, time management, and customer service skills. In addition, you will enhance your conflict resolution skills and learn how to work in a fast-paced environment.

**HOURS INVOLVED:** DURING THE FESTIVAL (May 27 - June 2nd, 2024) and the week before Crew Captains will work a minimum of five full shifts (approx. 7 hrs/shift) through the duration of the Festival. Crew Captain position requires a commitment of 5 shifts.

**MINIMUM AGE:** 15 years old

## Festival Host

**VOLUNTEER ACTIVITIES:** As a Festival guide/host, you will be assigned to a school group and be their guide for the Festival. This means taking them to their venues and around the Festival site.

**TRAINING AVAILABLE:** There will be a mandatory 3-hour general training session the weekend before the festival. Additional training is a 2-hour training session for Hosts to learn about the festival, different venues and other skills that will help give tours.

**REQUIREMENTS:** Host position is best suited for energetic people who are good with directions, good communicators, and feel confident leading a group of people.

**SKILLS DEVELOPED AND BENEFITS:** You will learn and improve your team supervision, time management, and customer service skills. In addition, you will enhance your conflict resolution skills and learn how to work in a fast-paced environment.

**HOURS INVOLVED:** DURING THE FESTIVAL (May 27 - June 2nd, 2024) and the week before.

Host / Chaperone position requires a commitment of 3 shifts (approx. 7 hrs/shift.)

**MINIMUM AGE:** 15 years old



## 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 build 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

Our mission is to design and deliver programs and services that enhance well-being, social connections, empowerment, and community participation on the North Shore. We offer programs and services for all ages including children and families, seniors, and younger adults. Whether you need assistance with child care, tax preparation, information and support for seniors, support as a caregiver, legal advice, volunteer opportunities, or anything else, NSCR is here for you. Contact us to find out how we can help.



### **Seniors Programs**

Seniors One Stop (SOS) provides information and referral services for seniors and their families.

Better at Home supports local seniors by providing them with basic, non-medical services aimed at helping them maintain their independence while remaining in their homes.

The Caregiver Support Program supports individuals who care for others so the caregiver can maintain their own well-being.



### **Child & Parent Programs**

Our North Shore Child Care Resource and Referral Program (CCRR) provides assistance and training to child care providers, early childhood educators, and families to find quality, affordable child care.

The Community Action Program for Children (CAPC) supports the healthy development of young children and families facing challenging life circumstances.



### **Legal & Housing Advocacy**

Our Community Legal Services program provides free legal information, referral, advice, and representation on various legal issues.

The Community Housing Action Committee (CHAC) advocates for improved affordable housing on the North Shore.

### **Community Engagement**

Information North Shore provides information and referral for services available in our community.

Democracy Café is a platform to nurture citizens' participation in democratic life such as our North Shore Young Civic Forum.

Volunteer North Shore helps individuals find volunteer positions and connects organizations with willing volunteers.

For further information on our services, to volunteer, or to make a tax-deductible donation, please contact NSCR today.

604-985-7138

[nscr@nscr.ca](mailto:nscr@nscr.ca)





**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](mailto:nscr@nscr.ca)