

2025 NORTH SHORE YOUTH VOLUNTEER DIRECTORY



North Shore Youth Volunteer Directory 2025

Thirtieth 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.

About North Shore Community Resources

North Shore Community Resources (NSCR) is a non-profit, charitable society that has been serving the North Shore since 1976. We are dedicated to supporting and empowering the community by offering a wide range of programs and services that enhance well-being, foster social connections, and encourage active participation. Our services cater to all ages, including children and families, seniors, and younger adults. The North Shore Youth Volunteer Directory is just one of the many services we offer 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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Editor & Photographer: Alannah Casley

Special thanks to our funders for their ongoing support:



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

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Animals & the Environment



BC & Alberta Guide Dogs

7061 Ladner Trunk Road, Delta, BC

BC & Alberta Guide Dogs breeds, raises and trains Guide and Service Dogs for the visually impaired, veterans and first responders suffering from PTSD and children with Autism.

We are always looking for volunteer homes helping us raise these life changing dogs.

Contact: Matthias Lenz, Director of Puppy Training

Email: matthias.lenz@bcandalbertaguidedogs.com

Phone: 778 991 0839

Website: <https://bcandalbertaguidedogs.com/get-involved/volunteer/#puppy-training>

Puppy Raising

VOLUNTEER ACTIVITIES: Help raise a dog by welcoming an 8-week-old puppy into your home and help socialize, train and care for the pup until it is ready to come into advanced training around 15-18 months of age.

TRAINING AVAILABLE: Attending group classes in Ladner as well as 1 on 1 meetings with Puppy Training Supervisor (weekdays / daytime) necessary. Lots of support being provided.

REQUIREMENTS: Need vehicle, dog friendly home and day time availability.

SKILLS DEVELOPED AND BENEFITS: Lots of theoretical and practical knowledge on (Service) Dog Training can be gathered.

HOURS INVOLVED: Puppy Raising hours are hard to define. The dog is with the volunteer almost 24/7.

MINIMUM AGE: 18 years old

City of North Vancouver

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

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

Email: cleanup@cnv.org

Phone: 604 983 7333

Website: 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 the public stewardships and restoration activities throughout the City, including invasive removal events and native tree and shrub planting events.

TRAINING AVAILABLE: Staff will be on site and will provide training for each event activity.

REQUIREMENTS: Anyone is welcome!

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

PO Box 31149 RPO Thunderbird, Langley BC, V1M 0A9

Want to learn about the environment and make a positive difference? Want to meet new people and be part of a welcoming, inclusive community? Want to gain new skills, experiences and volunteer hours? Join the Lower Mainland Green Team (LMGT)!

The LMGT organizes hands-on outdoor educational activities across the region that make a positive environmental difference. Activities include removing invasive plants, planting native plants, litter cleanups and more!

No experience is necessary, and all ages, backgrounds and abilities are welcome. Instruction, tools, gloves and snacks are provided. Commitment is flexible - you pick when, where and how often you volunteer!

The LMGT is a program of the charity Green Teams of Canada (GTC). GTC connects, builds and empowers diverse communities through hands-on activities that promote health, well-being and environmental stewardship. GTC empowers and impacts people to take care of themselves, their communities and the environment.

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

Email: ashton@greenteamsCanada.ca

Phone: 778 968 2693

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

Various Volunteer 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, safety talk and supervision.

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

SKILLS 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 hands-on skills & knowledge, explore new places, have a positive environmental impact & more!

HOURS INVOLVED: No minimum time commitment, you choose when, where, how often and how long you volunteer for!

MINIMUM AGE: None! All ages are welcome.

Metro Vancouver Regional Parks

4515 Central Blvd, Burnaby BC, V5H 0C6

Regional parks are great places to go for a walk, breathe fresh air and enjoy the beauty of nature. But they're more than that: they're part of a larger system that includes regional park reserves, ecological conservancy areas and greenways. These green spaces protect diverse natural landscapes and habitats spread out over British Columbia's largest metropolitan area.

All of these places are located on the shared territories of many Indigenous peoples, including 10 local First Nations.

Contact: Jennifer Swanston, Community Development Coordinator - West Area Parks

Email: jennifer.swanston@metrovancouver.org

Phone: 604 240 3622

Website: <https://metrovancouver.org/services/regional-parks/volunteer-opportunities>

Pick Up + Walk

VOLUNTEER ACTIVITIES: Looking to make a difference and keep our parks clean? Join our litter picking team! Whether you're a nature lover, fitness enthusiast, or simply want to give back to the community, this is the perfect opportunity for you. You'll get to enjoy the fresh air, soak up the sunshine, and get some exercise while having fun with like-minded individuals. No experience is necessary - just bring your smile, energy, and a can-do attitude. We'll provide the gloves, bags, and all the tools you need to make a real difference. So, bring a friend and join us in our quest to keep our parks litter-free.

Program runs from May through September in Capilano River and Iona Beach Regional Parks, you choose your schedule. Duties include engaging with park visitors in a friendly, welcoming, and helpful manner; collecting litter along specific trails as directed by park staff with provided equipment; recording and reporting any hazards identified along trails.

TRAINING AVAILABLE: At orientation sessions we distribute program materials (vests, pickers, etc.), cover program and safety expectations, share background information relevant to the park and answer any questions.

REQUIREMENTS: Have enthusiasm and a positive attitude. Be willing to engage with and to educate the public with patience and enthusiasm. Be reliable and motivated. Be able to work independently of direct supervision. Be environmentally focused. Be comfortable working outdoors in varied weather conditions (dress appropriately). Feel comfortable collecting litter along park trails with light equipment

SKILLS DEVELOPED AND BENEFITS: Communications skills; self-organization; working independently; working outdoors - exercise!

HOURS INVOLVED: Minimum of once every two weeks between May and September. Self-directed – you choose when you want to volunteer during park opening hours.

MINIMUM AGE: Pick Up + Walk volunteers work in pairs - at least one of the pair needs to be eighteen.

North Shore Black Bear Society

355 W Queens Rd, North Vancouver BC

We are a non-profit organization. We provide outreach to help the communities on the North Shore peacefully co-exist with Black Bears and other wildlife.

Contact: Kirstin Takashiba- Program Coordinator & Holly Reisner - Co-Executive Director

Email: bearinfo@northshorebears.com

Phone: 604 317 4911

Website: www.northshorebears.com/contact

Community Events

VOLUNTEER ACTIVITIES: Helping us at Community events on the North Shore deliver information about black bears.

TRAINING AVAILABLE: Yes - support from staff or senior volunteers at events as well as reading materials

REQUIREMENTS: English language competency, comfortable and willing to engage with the general public, including children.

SKILLS DEVELOPED AND BENEFITS: Public engagement, gain an understanding of bear behaviour, basic biology, and coexistence with bears and other wildlife.

HOURS INVOLVED: Two plus hours, event dependent

MINIMUM AGE: 16 years old

Canvassing in Neighbourhoods

VOLUNTEER ACTIVITIES: Educating and supporting residents about wildlife attractants.

TRAINING AVAILABLE: Canvassing with a staff member and reading materials

REQUIREMENTS: English language competency and comfortable speaking to residents across the North Shore

SKILLS DEVELOPED AND BENEFITS: Engaging with the general public, bear awareness - including behaviour and what attracts bears to our neighbourhoods.

HOURS INVOLVED: 2 hours+ week. Winter time is not so busy as bears may hibernate.

MINIMUM AGE: 16 years old

Ocean Wise

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 the Plastic and Pollution Free Ocean Initiative.

Contact: Shoreline Cleanup Team, Coordinator

Email: shoreline@ocean.org

Phone: 236 317 7143

Website: <https://ocean.org/pollution-plastics/shoreline-cleanup/>

Ocean Wise Shoreline Cleanup Volunteer

VOLUNTEER ACTIVITIES: Make a direct impact reducing plastic pollution in your community by joining or leading a Shoreline Cleanup while collecting valuable litter data that can be used to inform researchers, policy makers, and stakeholders. Note that this volunteer opportunity is independently-led and no supervision from Ocean Wise is available for this program.

TRAINING AVAILABLE: Cleanup coordinator resources are available on the Shoreline Cleanup portal (app.ocean.org), including steps to plan, lead, and wrap up a cleanup.

REQUIREMENTS: Anyone can join or lead a Shoreline Cleanup. No cleanup experience is required. For anyone under the age of 19, permission of a parent/guardian is required for liability reasons. There is no minimum time commitment and cleanups can be organized to suit each volunteer's schedule. Resources are available in both English and French.

SKILLS DEVELOPED AND BENEFITS: Understanding of the plastic problem and learning about individual actions that can help contribute to litter reduction. Letters for volunteer hours to demonstrate their achievements can be provided. 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 the cleanup and recruit participants. The time commitment is very flexible to suit volunteer needs so youth can coordinate cleanups with their schedule!

MINIMUM AGE: 12+ (with parent/guardian permission and supervision during cleanups)

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

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 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)

Arts & Culture



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: Jeannie Yee, Volunteer Coordinator

Email: volunteer@dragonboatbc.ca

Phone: 604 688 2382

Website: volunteer@dragonboatbc.ca

Dock Crew Volunteer

VOLUNTEER ACTIVITIES: Working on the dock to assist the paddlers in securing their boat to ensure their safety as they exit and enter the dragon boats. It's the best position to see the races as well!

TRAINING AVAILABLE: Training on the day of the event.

REQUIREMENTS: Be able to volunteer outside in possible inclement weather as the events are held rain or shine.

SKILLS DEVELOPED AND BENEFITS: Building responsibility and recognizing when and what assistance is needed as every team is different.

HOURS INVOLVED: 4-5 hours of an event. Events run from May to September.

MINIMUM AGE: 15 years old

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

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

Dundarave Festival of Lights Society

PO Box 91766 West Vancouver V7V 4S1

For six weeks in the darkest days of the year, West Vancouver's waterfront is animated and lit up by over 100 trees decorated by local schools, businesses, organizations and families. This iconic 'Forest of Miracles' has become an annual cultural landmark on Vancouver's North Shore. Four Saturdays of free concerts under the 'Longhouse Tent' provide a welcoming and inclusive outdoor space for community engagement and encounter with wide range of cultural experiences. Culminating in the Bonfire Night, with the Forest of Miracles as a backdrop, these concerts can range from community choirs to Bollywood dance lessons to up-and-coming local bands. Organized by the Dundarave Festival of Lights Society, this festival has become a cherished annual tradition for all families to enjoy.

Contact: Mary Markwick

Email: mary@dundaravefestival.com

Phone: 778 847 1426

Website: <http://dundaravefestival.com>

Tree Patrol

VOLUNTEER ACTIVITIES: 'Those trees aren't going to straighten themselves!' You love winter at the beach and admiring the variety of decorations and organizations in the 'Forest of Miracles'. Sometimes after the wind and rain, the trees look 'a little tipsy'. You will partner with a buddy and do some fine tuning, straightening the trees, chasing after runaway decorations, making sure it all looks good. BONUS: the fresh trees smell wonderful with the salty air.

TRAINING AVAILABLE: Come join the West Vancouver Firefighter Volunteers as they put the trees into position and learn about how the stands are constructed so as to maintain them. We will provide training on the job.

REQUIREMENTS: Rain boots and Rain jacket required. Rain pants optional.

SKILLS DEVELOPED AND BENEFITS: Your mom will love it that you're out in fresh air and not on your devices.

HOURS INVOLVED: Starting the Saturday 5 weeks before Christmas and running until January 6th. We expect 2 hours on the first Saturday for training and after that we can work with your schedule. 1-4 hours per week.

MINIMUM AGE: 14 years old

Saturday Concert Elf of Many Talents

VOLUNTEER ACTIVITIES: You love special events and set design, enjoy setting up displays, connecting with people, and handling post-event tasks. Help out with the Festival merchandise table, enjoy the concerts, and be ready for various tasks. No Elf costume needed. BONUS: Great selfie opportunities!

TRAINING AVAILABLE: Show up with a willingness to learn - we will train you on the job.

REQUIREMENTS: Wear thick socks and long johns under your rain gear to stay prepared for any weather.

SKILLS DEVELOPED AND BENEFITS: Learn how to set up a community concert and engage with the public.

HOURS INVOLVED: Four Saturdays before Christmas. Choose one or all. 5-6-hour commitment.

MINIMUM AGE: 15 years old

Ferry Building Gallery

1414 Argyle Avenue, West Vancouver BC, V7T 1C2

The Ferry Building Gallery is a public community art gallery operated by the District of West Vancouver and is located in the heart of Ambleside at Ambleside Landing. Situated in one of West Vancouver's original buildings, the gallery serves as a hub for arts and culture. The gallery presents up to 11 exhibitions annually at the Ferry Building, four Art in the Hall exhibitions annually at Municipal Hall, and promotes art education and appreciation through a wide range of events and programs, including participating in the annual Harmony Arts Festival.

Contact: Laura Morrison, Volunteer Coordinator

Email: lmorrison@westvancouver.ca

Phone: 604 925 7290

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

Gallery Ambassador

VOLUNTEER ACTIVITIES: Volunteer will 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 for the gallery weekly e-newsletter; sell artwork and merchandise using a computerized system. Must be comfortable engaging with the public. Some knowledge of art is preferred.

TRAINING AVAILABLE: Yes

SKILLS DEVELOPED AND BENEFITS: Customer service, sales, working with seniors, community engagement.

HOURS INVOLVED: Shifts as a gallery docent in the daytime are 3 hours, usually 11 am - 2 pm or 2 - 5 pm, Wednesdays through Sundays. Time commitment could be either one regular shift per week, once every two weeks, or on a casual "on call" basis.

MINIMUM AGE: 15 years old

Gallery Ambassador during Harmony Arts Festival

VOLUNTEER ACTIVITIES: Volunteer will greet patrons and answer questions about the festival, the gallery, and the art; track attendance; sell artwork and merchandise using our Point-of-Sale system (ActiveNet). May also assist with Ferry Building Gallery's events, workshops, lectures, demos in the "Artspeaks" tent.

TRAINING AVAILABLE: Yes

SKILLS DEVELOPED AND BENEFITS: Customer service, sales, working with seniors.

HOURS INVOLVED: Harmony Festival runs the first ten days in August - hours vary; shifts are usually 3 hours. Must commit to a minimum of one 3-hour shift during Harmony and attend the training session.

MINIMUM AGE: 15 years old

Griffin Art Projects

1174 Welch St North Vancouver BC, V7P 1B2

Griffin Art Projects (Griffin) is a non-profit art residency and gallery in North Vancouver, dedicated to supporting artists through its residency and exhibition programs. It focuses on contemporary Canadian and international art, offering research, exhibitions, and public events. As a non-collecting institution, Griffin has quickly become a vibrant part of the North Vancouver cultural landscape. All exhibitions and events are free and open to the public.

Contact: Vanessa Lee, Registrar & Development Coordinator

Email: vanessa@griffinartprojects.ca

Phone: 604 985 0136

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

Gallery Attendant

VOLUNTEER ACTIVITIES: Griffin Art Projects seeks volunteers for the position of a Gallery Attendant. The Gallery Attendant will prepare the gallery for opening hours and provide information to visitors at the front desk. They will also take phone calls and assist with publication sales, video captioning, and archiving.

TRAINING AVAILABLE: Yes

REQUIREMENTS: Intermediate English skills, experience working with the public.

SKILLS DEVELOPED AND BENEFITS: This position offers volunteers the opportunity to gain experience in non-profit art gallery operations. They also will gain insight into new currents in contemporary art locally, nationally, and internationally, through Griffin's exhibition program. As Griffin is a small-team environment, we may also be able to accommodate volunteers with specific areas of interest (e.g. marketing, curatorial work, development etc.).

HOURS INVOLVED: This position requires regular commitment & availability on Fridays, Saturdays, and/or Sundays.

MINIMUM AGE: 15 years old

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

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 to 13-year-olds, interest in the theatre, music, production, self starter

SKILLS 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 9:00am-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 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 9:00am-5:00pm for three weeks in July.

MINIMUM AGE: 16 years old

Laudate Singers Society

269 West Osborne Rd., North Vancouver, BC V5X 2A9

Laudate Singers Society is a choral society dedicated to building community and moving audiences with choral music on the North Shore. We began in 1995 with the formation of Laudate Singers – a semi-professional chamber choir. In July 2021, we added an intermediate choir, Paragon Singers, to bring choral music to a greater number of singers and audience members.

Community outreach and collaboration are pillars of the Society's mandate. With 2 choirs under the Society's umbrella, we produce large scale choral/orchestral works and free concerts, furthering our outreach mandate. Laudate Singers produces its annual free family Christmas concerts and provide musical leadership to the North Vancouver Remembrance Day observance.

Contact: Miriam Davidson, Manager

Email: info@laudatesingers.com

Phone: 604 729 6814

Website: www.laudatesingers.com

Poster Distribution

VOLUNTEER ACTIVITIES: Distribute printed posters and postcards in high visibility locations.

TRAINING AVAILABLE: Yes

REQUIREMENTS: Willing and able to travel by foot, public transit, or car.

SKILLS DEVELOPED AND BENEFITS: Publicity and promotion

HOURS INVOLVED: 2-10 hours per month

MINIMUM AGE: 16 years old

Social Media

VOLUNTEER ACTIVITIES: Create content to promote upcoming concerts on Meta.

TRAINING AVAILABLE: Yes

REQUIREMENTS: Excellent written communication skills, strong familiarity with Meta platform.

SKILLS DEVELOPED AND BENEFITS: Visual, publicity, and promotion skills

HOURS INVOLVED: 2-10 hours per month

MINIMUM AGE: 16 years old

Front of House

VOLUNTEER ACTIVITIES: Assist the manager and front of house team with greeting audience members, scan ticket QR codes, take payments for tickets at box office.

TRAINING AVAILABLE: Yes

REQUIREMENTS: Good communication skills, ability to problem solve, excellent customer service.

SKILLS DEVELOPED AND BENEFITS: Event production, financial literacy.

HOURS INVOLVED: 2 hours per month

MINIMUM AGE: 14 years old

MONOVA - Museum & Archives of North Vancouver

115 West Esplanade, North Vancouver, BC V7M 0G7

MONOVA - Museum & Archives of North Vancouver tells the many stories of North Vancouver through interactive exhibits and innovative programming. 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 offsite or online experiences for the public to engage with and learn about the past, present and future stories of North Vancouver.

Contact: Andrew Hildred, Volunteer Coordinator

Email: hildreda@monova.ca

Phone: 604 990 3700 ext. 8019

Website: <http://monova.ca/volunteer/>

Events Assistant

VOLUNTEER ACTIVITIES: Events Assistants help promote MONOVA at off-site community events such as Shipyards Festival, Canada Day and Lynn Valley Days. The Events Assistant will lead visitors in an activity or interact with visitors as they engage with our booth, display or special event. 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.

SKILLS DEVELOPED AND 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: 2.5- or 3-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 a Discovery Station 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 museum. Friendly, positive attitude and an ability to work with other volunteers. Weekend availability.

SKILLS DEVELOPED AND 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 October to December 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 a type of informal training offered by MONOVA to volunteers.

REQUIREMENTS: Ability to work in a group with other youth participants, ability to relate the content to the museum, willingness to perform other volunteer duties at the museum, an interest in history, graphic novels and or historical fiction. A willingness to learn and have an open mind about history and the past, and available afterschool one day a month or one hour on Zoom.

SKILLS DEVELOPED AND 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 has an impact on North Vancouver and the community that lived here.

HOURS INVOLVED: Once a month, October, November and December (3 sessions) one-hour online meeting afterschool on a weekday, some availability to volunteer at the Museum for other activities in addition to the online discussion group.

MINIMUM AGE: High School

North Van Arts

335 Lonsdale Ave, North Vancouver, BC V7M 2G3

North Van Arts, founded in 1969 as The North Vancouver Community Arts Council, is grassroots, non-profit, charitable cultural organization dedicated to maximizing the intrinsic value of the arts in all media.

Contact: Sara Dunn, Administrative Coordinator

Email: info@northvanarts.ca

Phone: 604 988 6844

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

Various Volunteer Opportunities

VOLUNTEER ACTIVITIES: Helping at Arts Events, Gallery Openings, Community Events, Gallery Attending for current exhibits, Helping with kids Summer camps, or Activity nights such as our "date night" series. Opportunities are sent to volunteers after they have filled out our "volunteer form", where they are asked about their volunteer preferences.

TRAINING AVAILABLE: Training sessions are available for programs such as Camp Creative, other opportunities offer brief training on the day of the volunteer activity.

REQUIREMENTS: No requirements for youth applicants. Basic English skills is recommended for most opportunities.

SKILLS DEVELOPED AND BENEFITS: Experience in industry.

HOURS INVOLVED: Volunteer shifts are usually between two to four hours, depending on the opportunity. Required hours are listed in the volunteer calls that are sent out.

MINIMUM AGE: 14 years old

North Vancouver Community Players

815 East 11th Street North Vancouver, British Columbia V7L 2J2

We exist to provide a forum for our members to express their creativity, to entertain our community with six engaging theatrical performances a season. For more information please visit: <https://northvanplayers.ca/>

Contact: Glynnis Brassil - Director at Large

Email: gdb08@hotmail.com

Phone: 604 983 2633

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

Various Volunteer Opportunities

VOLUNTEER ACTIVITIES: See the website for more information!

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. 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: Kimberly Sunder - Front of House Manager

Email: foh@phtheatre.org

Phone: 604 990 3474

Website: <https://www.phtheatre.org/volunteer/>

Usher/Ticket Taker

VOLUNTEER ACTIVITIES: Volunteering is a great way to be part of the theatre, connect with the community, meet new people, and contribute to our exciting season of shows year after year. Volunteer roles at PHT include ushering, ticket taking, and supporting 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 7:00 – 10:00 pm and some weekend matinees 1:00 – 4:30 pm.

MINIMUM AGE: 16 years old

The Gordon Smith Gallery of Canadian Art

2121 Lonsdale Avenue, North Vancouver BC, V7M 2K6

The Gordon Smith Gallery of Canadian Art, owned by the North Vancouver School District, houses the Artists for Kids Permanent Teaching Collection. The Gordon and Marion Smith Foundation for Young Artists and Artists for Kids work together to program the gallery.

In the spring, the Smith Foundation hosts curated exhibitions that showcase advanced visual arts, along with publications, lectures, and symposia that deepen understanding of contemporary art. The gallery also offers tools and programs that connect visual art with other cultural areas. During the fall and winter, the gallery exhibits selections from the Artists for Kids Teaching Collection, focusing on themes that highlight significant art historical, social, cultural, political, or environmental issues, making them accessible and engaging for school groups, families, and the public.

Contact: Sophia Boutsakis, Volunteer Coordinator

Email: sgvolunteer1@gmail.com

Phone: 604 998 8563

Website: <https://smithfoundation.co/engage/volunteer/>

Gallery Attendant

VOLUNTEER ACTIVITIES: Gallery Attendants are present during public hours to greet patrons, track attendance, monitor the gallery and process gift shop sales. Attendants may also be asked to assist with office duties.

TRAINING AVAILABLE: All volunteers will be provided with an orientation on or before their first shift.

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 experience in public speaking and education; work with knowledgeable gallery staff, educators, artists and curators; learn about contemporary dialogues in Canadian art through artist talks and curatorial tours; enjoy volunteer appreciation events & exclusive educational opportunities.

HOURS INVOLVED: A minimum of four (4) shifts per month, ongoing, starting in September 2024. 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 assist with the many presentations we offer during the year, including exhibition opening receptions, speaker series talks, print launches, and other events inspired by our current exhibitions, as well as fundraising events.

TRAINING AVAILABLE: All volunteers will be provided with an orientation on or before their first shift.

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

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

Vancouver Fringe Festival

203 - 1398 Cartwright Street, Vancouver, BC, V6H 3R8

Join us at the Vancouver Fringe Festival for our 40th anniversary! The Vancouver Fringe is an 11-day theatre extravaganza, hosting over 400 shows from 74 different artists, and attracting 25,000+ attendees.

This year's festival takes place on Granville Island from September 5th –15th.

Our vision of 'Theatre for Everyone' not only means an inclusive, uncensored theatre experience, but also a fun, welcoming volunteer team! At the Fringe, we ensure that 100% of the ticket revenues go back to the artists and as such we heavily rely on our team of passionate volunteers!

Contact: Rishita Aporajita, Volunteer Coordinator

Email: volunteer@vancouverfringe.com

Phone: 604 257 0350

Website: Please apply directly on MyImpactPage: <https://app.betterimpact.com/PublicOrganization/8c926450-0275-4038-a2e4-c341581a841e/1>

Various Volunteer Opportunities

VOLUNTEER ACTIVITIES: We offer roles for everyone, including registration, ushers, production crew, serving drinks at the iconic Fringe Bar, and more! In the application you will see all the positions we offer and what each role entails, qualifications needed, and accessibility. Fringe volunteers make up the soul of the festival and the Vancouver Fringe Festival quite literally would not exist without our devoted volunteers.

TRAINING AVAILABLE: Our training will take place the evenings of Monday August 26th and Tuesday August 27th. There will be free catering and you will be able to pick up your volunteer t-shirt!

REQUIREMENTS: In the application you will see all the positions we offer and what each role entails, qualifications needed (i.e. language fluency requirements), and accessibility. Each role is unique! Here are some general requirements: attend the volunteer orientation and training session(s), work a minimum of 4 shifts, a total commitment of 16 hours, act as an ambassador for the Fringe Festival: Show up, be on time and have a positive

attitude, most shifts at the bar will require you to be 19 years or older. If you wish to serve drinks at the bar you will have to have a valid Serving It Right certificate at the time of the festival.

Abide by the Fringe Code of Conduct: <https://www.vancouverfringe.com/code-of-conduct/#:~:text=Understand%20and%20foster%20an%20environment,Respect%20others>.

SKILLS DEVELOPED AND BENEFITS: Choose your own shifts and hours according to your availability! This is a great way to meet like-minded people, gain experience working a festival, support the local arts and culture scene, and to gain the volunteer hours needed to graduate from high schools in BC! We Offer You a Fringe T-shirt, an invitation to the Volunteer Appreciation Party, snacks and refreshments at the Volunteer Centre, a Volunteer Participation Letter upon request (for work, school, etc.). Plus, you'll get to see creative, provocative, and often avant-garde theatre for free!

HOURS INVOLVED: Over the 11-day festival (September 5th - 15th), we ask that volunteers contribute a minimum of 16 hours, which is about 4 or 5 volunteer shifts.

MINIMUM AGE: Minors (15-17) will need to provide a signed consent form (which we will provide) or have a parent volunteering at the festival in some capacity (does not need to be the same role). Our youngest volunteers are 15 and our eldest are in their 80s!

West Vancouver Art Museum

680 17th Street, West Vancouver

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

Contact: Alison Powell

Email: apowell@westvancouver.ca

Phone: 604 925 7295

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

Youth Arts Education Volunteer

VOLUNTEER ACTIVITIES: Art programs for children, presented by the West Vancouver Art Museum, are designed to develop skills in art, design and creative thinking through enjoyable hands-on learning. Participants learn to express ideas using drawing, painting, and mixed media, while exploring fun ways to use different art materials.

TRAINING AVAILABLE: Training provided by the Education Coordinator

REQUIREMENTS: Patience, works well with kids, has an understanding of different artistic mediums.

SKILLS DEVELOPED AND BENEFITS: Working with the Educator, volunteers helps facilitate the museum's art programs. If you like children and enjoy arts and crafts, this position is for you.

HOURS INVOLVED: 3 hours per week during program dates

MINIMUM AGE: 15

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

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: Elsa, Crisis Line and Intake Coordinator

Email: 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). Training typically runs 3 times per year (Winter, Spring, and Fall); contact Elsa directly for exact dates; applications are open all year round.

REQUIREMENTS: Volunteers are required to fulfill a nine-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 (Weekly crisis line shifts are 4 hours per week). The crisis line operates Monday to Friday, 9 am to 5 pm, so shifts must be within that timeframe.

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

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 outdoor recreation opportunities for people with physical disabilities, including hiking, cycling, kayaking, paddle boarding, and adapted personal training. Each summer, we offer guided hikes, bike rides, and adaptive paddling in the Lower Mainland and Vancouver. Being in nature is highly valuable to one's quality of life and challenges perceptions of our capabilities. By making nature accessible, BCMOS 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

Phone: 604 688 6464

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

Hiking Sherpa

VOLUNTEER ACTIVITIES: Team up with other volunteers to assist a person with disabilities hike through Pacific Spirit Park, Spanish Banks, Jericho Beach, Camosun Bog, Lynn Canyon, or Stanley Park using the TrailRider, a custom wheelchair designed for all terrains. You'll push or pull the TrailRider on the 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 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 a disability use an adaptive kayak in False Creek by sitting in the back of a double kayak to assist with paddling and steering. Pontoons on the kayak keep it stable.

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

Paddle Boarding 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 paddle boarding 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 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

Chinese Community Policing Centre

44 E Pender Street, Vancouver BC, V6A 3V6

Our organization is a registered charity based in Vancouver - Chinatown. We work in collaboration with the Vancouver Police Department, community partners and volunteers to reduce crime and enhance safety in Chinatown. We actively develop and implement programs to promote safety and to foster a positive relationship between the Vancouver Police Department and the Chinese community. And we support and assist Chinese speaking victims of crime, through translation and interpretation, to permit better access to police services and the justice system.

Contact: Denise Cheung

Email: denise.cheung@chinesecpc.com

Phone: 604 688 5030

Website: www.chinesecpc.com

Various Volunteer Opportunities

VOLUNTEER ACTIVITIES: Various opportunities including the Young Explorers Club (a variety of workshops, activities, and events for ages 8-17), as well as monthly cleanups with the City of Vancouver in the summer and fall months.

SKILLS DEVELOPED AND BENEFITS: Build up your confidence level, broaden your horizons, strengthen your resilience, boost your motivations, and acquire new skills such as financial literacy, leadership, public speaking, and mental resilience.

MINIMUM AGE: Most programs have the minimum age requirement of 18 years old. Young Explorers invites youth 8 – 17 years old. City cleanups invite all ages.

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

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

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 role focuses on raising funds for our societies by building relationships with 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, paddle boarding, 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.

There are seven community gardens volunteers can choose to work at: Woodland Park Community Garden, Still Creek Community Garden, Pandora Park Community Garden, GF Strong Rehabilitation Centre Courtyard Garden, Kerrisdale Community Garden, Maple Community Garden, or Granville and 7th Community Garden.

Contact: Sheryl Newman – Volunteer Management Coordinator

Email: 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

Family Services of the North Shore

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

We're on the lookout for energetic and enthusiastic teens to help us make a difference on the North Shore! From arts and crafts to working with kids to exercising those muscles with some heavy lifting, we have a role for all interests and abilities. Family Services of the North Shore is a non-profit, community-based agency dedicated to helping our neighbours in need, and we would love you to join our mission. Become a part of our awesome volunteer team today and let's change lives together!

Contact: Kailey Wilson - Volunteer Coordinator

Email: volunteer@familyservices.bc.ca

Phone: 604 984 9627

Website: <http://familyservices.bc.ca/volunteer-with-us/>

Thrive Family Programs Support

VOLUNTEER ACTIVITIES: Are you a teen who still feels like a kid at heart? If so, Thrive is the place for you! Thrive supports families with children from ages 0-6 and is always looking for youth volunteers to jump right in. Help with meal and activity preparation and tidy up, chat with parents and play with the kids, support our facilitators with games, and more! Please note that, as of September 2024, there will be three Thrive site locations, including Maplewood Farm, West Vancouver Recreation Centre, and Family Services of the North Shore Community Hub at Capilano Mall.

TRAINING AVAILABLE: Every volunteer position requires an initial orientation with our Volunteer Coordinator, in addition to further on boarding from Thrive's program manager. Upon application, prospective volunteers will be prompted to register for an orientation to the Agency.

REQUIREMENTS: A Criminal Record Check is required for any volunteer who may be interacting with a vulnerable population.

SKILLS DEVELOPED & BENEFITS: In addition to experience gained working with children and with meal preparation, all hours volunteered with us can be put towards graduation requirements for BC Secondary Schools.

HOURS INVOLVED: Each location's hours vary slightly. Please inquire regarding individual centre hours of operation.

MINIMUM AGE: 14 years old

Community Outreach

VOLUNTEER ACTIVITIES: Do you have an eye for style or a passion for organizing? Are you a people person who loves to connect face to face, or do you prefer to work independently to get a job done? 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 working with our veteran volunteers to get our neighbours in need life's necessities!

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 to the Agency.

REQUIREMENTS: Volunteers interacting with vulnerable populations need a Criminal Record Check.

SKILLS 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: 14 years old

Christmas Bureau Support

VOLUNTEER ACTIVITIES: Beginning in September, we are looking for keen and dedicated volunteers to help with everything from craft projects, transforming our Hub into a Winter Wonderland to stocking the shelves of our magical toyshop and many things in between. Are you a student leader at your school? Talk to us about our Caring Schools initiatives and how you can organize a gift drive at your school! This season is by far our busiest, and we need all hands on deck.

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 to the Agency.

REQUIREMENTS: Volunteers interacting with vulnerable populations need a Criminal Record Check.

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 are also some opportunities evenings and weekends during this time. There is no minimum or maximum hours requirement for these roles.

MINIMUM AGE: 14 years old

Harvest Project

1073 Roosevelt Crescent, North Vancouver, BC, V7P 1M4

Harvest Project serves the North Shore community by 'extending a hand up' to residents who find themselves on the margins - reaching out with a safety net that brings tangible, life-changing care. We connect with hundreds of people each month through on-site service provision that includes grocery and nutrition support, clothing, a rent bank, financial coaching and art therapy, as well as other services through external community partners.

Contact: Jennifer Maurice

Email: 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 gain experience in customer service and non-profit sector.

HOURS INVOLVED: Ability to commit to one 4-hour shift/week preferred. Shifts available Tuesday to Friday 12pm to 4pm or Saturdays 10am to 2pm.

MINIMUM AGE: 16 years old

Grocery

VOLUNTEER ACTIVITIES: Help clients pick and pack groceries, keep shelves stocked, and check food freshness.

TRAINING AVAILABLE: Training and information sessions available.

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

SKILLS DEVELOPED & BENEFITS: Will gain experience in customer service and non-profit sector.

HOURS INVOLVED: Ability to commit to one 4-hour shift/week preferred. Shifts available 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. Keep the warehouse safe and clean.

TRAINING AVAILABLE: Training and information sessions available.

REQUIREMENTS: Willingness to help, make a difference, and learn new skills. Must be able to lift 25 pounds.

SKILLS DEVELOPED & BENEFITS: Will gain experience in warehousing, customer service, and non-profit sector.

HOURS INVOLVED: One 4-hour shift per week. Shifts on Tuesday to Friday, 12pm-4pm, or Saturdays, 10am-2pm.

MINIMUM AGE: 16 years old

Impact North Shore

207-123 East 15th Street, North Vancouver, BC

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: Sarah More, Volunteer Coordinator

Email: sarahm@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 Shore Emergency Management

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

North Shore Emergency Management (NSEM) is the emergency management department for the City of North Vancouver, District of North Vancouver, and District of West Vancouver. Established in 1978, this tri-municipal program is responsible for emergency planning and preparedness, response and recovery activities, partner engagement, volunteer management and other activities based on the Emergency and Disaster Management Act and reinforced by bylaw.

Contact: Lisa Dalla Vecchia, Communications & Public Education Specialist

Email: ldallavecchia@nsem.ca

Phone: 778-338-6300 (main NSEM phone #)

Website: <http://nsem.ca> ; <http://nsem.ca/volunteer-in-emergency-management/>

Emergency Education Team

VOLUNTEER ACTIVITIES: Volunteer members of the Emergency Education Team (EET):

- Teach emergency preparedness to the community (presentations or workshops)
- Attend public outreach events to promote emergency preparedness
- Assist in the development and delivery of specialized public education presentation material

TRAINING AVAILABLE: All volunteers will receive support in terms of learning the material and key messages and are invited to shadow staff and more senior volunteers while learning the material.

REQUIREMENTS:

- Be at least 16 years of age (parental/guardian consent required for applicants under 18)
- Interview with NSEM staff and undergo a reference check
- Pass and maintain a Criminal Record Check (cost covered by NSEM)
- Complete a Volunteer Disclosure/Code of Conduct Consent and Photo Release
- Undergo a probationary period with NSEM and commit to regular engagement in training and/or team activities
- Attend an emergency preparedness workshop and demonstrate personal emergency preparedness

SKILLS DEVELOPED AND BENEFITS:

- Gain knowledge in emergency management
- Build your professional network
- Develop skills in public speaking, delivering presentations, teamwork
- Positively impact the lives of others
- Make a difference in your community

HOURS INVOLVED: Dependent on the volunteer's availability

MINIMUM AGE: 16 years old

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

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

JBCC: 145 West 1st St., North Vancouver, BC, V7M 3N8

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

Contact: Amal Hasan, Volunteer Services Coordinator

Phone: 604-987-8138 ext. 202

Email: ahasan@nsh.bc.ca

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

After School Children's Sports or Arts Programs

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

TRAINING AVAILABLE: Orientation provided

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

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

HOURS INVOLVED: After school

MINIMUM AGE: 14 years old & up

Art Adventures

VOLUNTEER ACTIVITIES: Support instructor with distribution of supplies. Support children with art projects.

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

Day Camp Assistant

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

TRAINING AVAILABLE: Training and orientation are 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 Centre at JBCC

VOLUNTEER ACTIVITIES: To assist the staff team playing with children, providing activities, crafts, and snacks.

TRAINING AVAILABLE: Training and orientation are provided

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

HOURS INVOLVED: Tuesdays, Thursdays, Saturdays 9:30am - noon

MINIMUM AGE: 13 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 are provided

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

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

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

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

MINIMUM AGE: 14 years old & up

Foodbank at NSNH

VOLUNTEER ACTIVITIES: Serve food and produce to foodbank clients.

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: Committed to 3 hours volunteering shift every Wednesday.

MINIMUM AGE: 16 years old & up

Gerry's Garden at Loutet Park

VOLUNTEER ACTIVITIES: Help with weeding, planting and gardening to keep this garden beautiful for the community to enjoy, kids to play, have a walk or sit on a bench and enjoy

TRAINING AVAILABLE: Orientation provided

HOURS INVOLVED: Join a group of volunteers every Saturday 10 am - 12 pm, tools are provided.

MINIMUM AGE: 13 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 Volunteer

VOLUNTEER ACTIVITIES: Volunteer for a variety of events: Easter Bunny Breakfast, Breakfast with Santa, Pumpkin Patch, Fall Fest: 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.

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 Vancouver City Library

120 14th St. West, 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: Youth & Family Services

Email: teens@nvcl.ca

Phone: 604 998 3494

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

Teen Verified Book Reviewer

VOLUNTEER ACTIVITIES: Want to get your hands on YA titles before they're released to the public? Do you like the idea of earning volunteer hours according to a flexible schedule? Become a teen verified book reviewer and get a chance to read and review the newest books! This is a great opportunity to help spread the word about your favourite new books and help us recommend the best titles for teens. Orientation meeting date, TBD.

TRAINING AVAILABLE: There will be an orientation for this position.

REQUIREMENTS: All volunteers at the library must consent to a criminal background check.

HOURS INVOLVED: Hours are flexible and at your own pace.

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 at the Library. During Fall 2024, TAC will be organizing and hosting The Teen Writing Contest Awards in partnership with the Teen Advisory Group at North Vancouver District Public Library. The mandatory orientation for the Teen Advisory Council will be held in person on Wednesday, September 18th from 7:00-8:30pm, followed thereafter by in person meetings on the 1st and 3rd Wednesdays of each month until December 5th. You will have the opportunity to continue in Winter/Spring 2025 if you choose to.

REQUIREMENTS: All volunteers at the library must consent to a criminal background check.

HOURS INVOLVED: Two meetings per month during the school year and special events.

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 program requires a seasonal commitment – you must be available for the entire duration of the 7-week program to volunteer. A brief interview will be conducted upon registration. This volunteer opportunity will be virtual and held via Zoom.

TRAINING AVAILABLE: There will be an orientation for this position.

REQUIREMENTS: There will be a brief interview for this position. All volunteers at the library must consent to a criminal background check.

HOURS INVOLVED: There will be weekly sessions and a total of 7 hours for this 7-week opportunity.

MINIMUM AGE: Grade 8

General Volunteer

WEBSITE LINK: <https://www.nvcl.ca/teen-volunteer-registration>

VOLUNTEER ACTIVITIES: Sign up at the link above if you would like to 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. If you are new to volunteering with the library, you must be available for an orientation – Available orientation dates (choose ONE to attend) are Sept 16 and Sept 20 from 4:00 to 4:30 in the Teen Room on the 2nd floor of the library. October orientations dates are TBD.

TRAINING AVAILABLE: Attendance of an orientation is mandatory to volunteer with the library.

REQUIREMENTS: All volunteers at the library must consent to a criminal background check.

MINIMUM AGE: Grade 8

North Vancouver Recreation and Culture

861 West Queens Road (Head Office), North Vancouver

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: Volunteer Services Programmer

Email: volunteer@nvrc.ca

Phone: 604 983 6345

Website: www.nvrc.ca/volunteer

Play Program Volunteer

VOLUNTEER ACTIVITIES: Engage with preschool and school age visitors in our facilities. You will host an arts and crafts table during busy facility times to provide an opportunity for children to connect with a positive role model.

TRAINING AVAILABLE: Yes

REQUIREMENTS: Minimum level of English

SKILLS DEVELOPED AND BENEFITS: Experience with local culture, planning and organization, customer service, experience working with children.

HOURS INVOLVED: 2-3 hours per week

MINIMUM AGE: 14 years old

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, 3 references, and orientation completion are required.

SKILLS 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, 3 references, and orientation completion are required.

SKILLS 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 DEVELOPED AND BENEFITS: Leadership, communication, and strong 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 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: Christina Thai – Volunteer Coordinator

Email: cthais@parkgatesociety.ca

Phone: 604 983 6350

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

Seniors Program Kitchen Clean-up

VOLUNTEER ACTIVITIES: Working independently to clean-up coffee/tea carts, the kitchen and program rooms for those participating in Parkgate programs throughout the day. Tasks include gathering all coffee/tea carts, washing cups, dishes, utensils, and carafes using an industrial dishwasher, sanitizing counters and chairs, ensuring all dishes are put away and the closing of the kitchen for the evening.

TRAINING AVAILABLE: Training provided by Parkgate Staff.

HOURS INVOLVED: Varying dates, start time is at 3pm or later.

MINIMUM AGE: 14 years old & up

Seniors Program Lunch Cooking Team

VOLUNTEER ACTIVITIES: Working as part of a team of volunteers to prepare, plate and serve quality meals to the community, under the direction of Parkgate staff. Tasks include all elements of preparing a meal such as chopping ingredients, cooking, plating food, greeting, and serving all community members, and set-up and clean-up of the kitchen and dining area.

TRAINING AVAILABLE: Training provided as needed.

REQUIREMENTS: Basic culinary knowledge is recommended but not required.

HOURS INVOLVED: Wednesdays - 8am/9am until 1pm

Seniors Programs Coffee Carts

VOLUNTEER ACTIVITIES: Generally working independently to set up coffee/tea carts for community groups participating in Parkgate programs throughout the week. Tasks include preparing coffee, tea and treats on a cart and delivering it to the program room. If you can stay to clean up after the program, that would be appreciated but is not required to take on this opportunity.

TRAINING AVAILABLE: Training provided as needed

HOURS INVOLVED: Varying dates, 1 hour per week

Childcare Playtime

VOLUNTEER ACTIVITIES: Working as part of a team with Parkgate staff to provide care and an educational support program for children in various age groups (Infant/Toddler, 3-5yrs, School-Age) in a group setting. Tasks include providing a warm and welcoming presence for each child, participating actively in all program activities, and occasionally preparing snacks for snack-time. Volunteers are NOT responsible for toileting or diaper changes.

TRAINING AVAILABLE: Training provided as needed.

HOURS INVOLVED: Flexible days, flexible hours

MINIMUM AGE: 14 years old & up

Arts/Pottery and/or Sports Program Assistant

VOLUNTEER ACTIVITIES: Support children in exploring creativity through visual arts or learning sports skills under an instructor's guidance. Tasks include being warm and engaging, following the instructor's directions, taking the lead when needed, and helping with set-up and clean-up.

TRAINING AVAILABLE: Training provided as needed.

REQUIREMENTS: Interest in Arts or Sports is recommended.

HOURS INVOLVED: Flexible days, flexible hours - 1 hour per week

MINIMUM AGE: 13 years old & up

Rotary Club of Lions Gate – North Vancouver

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

The Rotary Club of Lions Gate, situated in North Vancouver, is a dedicated service organization. Our members devote their passion, integrity, and time to implement projects that have a lasting impact. We place a strong emphasis on youth, and our ongoing and past initiatives underscore our unwavering commitment to young people on the North Shore and beyond.

Contact: Ian Johnston

Email: ianj.3920@gmail.com

Phone: 778 222 7071

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

Various Volunteer 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

Salvation Army North Vancouver Corps

105 12th St W, North Vancouver BC

Serving the community through various programs: emergency services, grab and go, frozen meals, and school lunches.

Contact: Travis Spencer, Community Ministries Coordinator

Email: Travis.Spencer@salvationarmy.ca

Phone: 604.988.7225 Ext. 306

Website: <https://salvationarmy.ca/volunteer/volunteer-application/>

Community Ministry Volunteer

VOLUNTEER ACTIVITIES: Most of our programs revolve around food, and volunteers would be assisting in the unloading, sorting, packaging, prepping, and cleaning of said food.

TRAINING AVAILABLE: Training is available.

REQUIREMENTS: Must be willing to work alongside people from different cultures, nationalities, and different religious views.

HOURS INVOLVED: Programs run 3-5 times a week, minimum 3-hour commitment

MINIMUM AGE: 18 years old

Special Olympics BC

210 - 3701 Hastings Street, Burnaby

Special Olympics is more than an event – Special Olympics BC delivers year-round high-quality sport programs to people with intellectual disabilities daily in 55 communities throughout our province.

Special Olympics BC's programs cater to all ages and a wide range of abilities.

We have programs for children, youth, and adults – the youngest SOBC athletes are two years old and the oldest are in their 90s!

We provide an introduction to sport and physical activity, year-round sport and training programs for a wide range of ability levels, and opportunities to participate in local, regional, national, and international competitions.

Contact: Donna Ma - Engagement Coordinator

Email: dma@specialolympics.bc.ca

Phone: 604 908 6491

Website: <https://www.specialolympics.ca/british-columbia/get-involved>

Various Volunteer Opportunities

VOLUNTEER ACTIVITIES: Special Olympics BC's empowering year-round programs and competitions would not exist today – and could not have been created – without the time, energy, commitment, and enthusiasm of people just like you, thousands of volunteers who choose to take a little time from busy schedules to make the world a better place. More than 4,300 Special Olympics BC volunteers and coaches across the province make our year-round programs possible and make a difference. You don't need a sport background to volunteer with SOBC. All you need is enthusiasm for helping empower people with intellectual disabilities through year-round sport, youth, and health programs and events. Whether you can give a few hours at an event or want to get involved weekly in our year-round programs, we have a position for you. You can become a coach, assistant coach, or program volunteer, join a Local Committee, and/or volunteer at an event. You can make a difference with your time and talents in a wide range of roles.

TRAINING AVAILABLE: Online orientation provided and sport-specific coaching courses available for coaches

REQUIREMENTS: No experience is needed to become a program volunteer. A list of specific requirements will be provided for those who are interested in becoming an assistant coach and head coach.

SKILLS DEVELOPED AND BENEFITS: There are many reasons to get involved, and many benefits, including: building friendships and networking connections, developing new skills for personal and professional development, gaining volunteer hours for school programs, getting involved with your community, sharing your love of sport, and, most of all, experiencing the joy of working with our athletes!

HOURS INVOLVED: Most sports programs require a weekly commitment. At least one hour/week per program.

MINIMUM AGE: Minimum Age for program volunteers: 14. Minimum age for assistant coaches: 16. Minimum age for head coaches: 19.

St. Andrew's United Church

1044 St. George's 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: Diane Lines - Community Outreach Coordinator

Email: outreach@st-andrews-united.ca

Phone: 604 985 0408

Website: <https://volunteersuccess.com/organizations/st-andrews-united-church>

Community Lunch Support Worker

VOLUNTEER ACTIVITIES: We need volunteers to help prepare and serve the meal for the Thursday lunch which is open to all in the community. A variety of jobs including setting and clearing tables, prepping or serving food, dishwashing and cleaning the kitchen.

TRAINING AVAILABLE: Training on the job. After 20 volunteer hours the organization will pay for Food Safe Course.

REQUIREMENTS: Physically able to stand on your feet for 2 hours. Able to commit for the dates required. Work independently

SKILLS DEVELOPED AND BENEFITS: Experience in service, experience with helping seniors, newcomers to Canada, and those in the community who economically vulnerable. Experience in prepping and serving food.

HOURS INVOLVED: 2 hours per week

MINIMUM AGE: 14 years old

Emergency Food Program Support Worker

VOLUNTEER ACTIVITIES: Volunteers organize and distribute bags of food for clients attending the church for the Emergency Food Distribution on Tuesdays from 11 to 1 pm.

TRAINING AVAILABLE: Training on the job.

REQUIREMENTS: Many clients are ESL so other languages are an asset. Experience in being of service, experience with helping seniors, newcomers to Canada, and those in the community who economically vulnerable.

SKILLS DEVELOPED AND BENEFITS: Communication and compassion for others - especially those who may be vulnerable.

HOURS INVOLVED: 2 hours per week

MINIMUM AGE: 14 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

Phone: 604 872 1811

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

Volunteer Crisis Services Responder

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

VOLUNTEER ACTIVITIES: See website link

TRAINING AVAILABLE: Yes

MINIMUM AGE: 19+

Youth Educator Volunteers

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

VOLUNTEER ACTIVITIES: See website link

TRAINING AVAILABLE: Yes

MINIMUM AGE: 19+

Bereavement Volunteers

WEBSITE LINK: <https://crisiscentre.bc.ca/volunteer/bereavement-volunteers/>

VOLUNTEER ACTIVITIES: See website link

TRAINING AVAILABLE: Yes

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

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 and Women's Shelter

Confidential location – Vancouver

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: Dahye Son

Email: info@vrrws.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

Vancouver Adaptive Snow Sports

6400 Nancy Greene Way, North Vancouver

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

Email: info@vass.ca

Phone: 604 646 8277

Ski and Snowboard Volunteer Instructor

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

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

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

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

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

MINIMUM AGE: 15 years old

West Vancouver Memorial Library

1950 Marine Drive, West Vancouver BC, V7V 1J8

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

Email: rhinmueller@westvanlibrary.ca

Phone: 604 925 7400

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: Eager to actively participate and make a positive impact on the library

HOURS INVOLVED: 1.5 hours per month

MINIMUM AGE: Grade 8-12

Shelver

VOLUNTEER ACTIVITIES: Shelvers 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: TTM's 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

Youth Philanthropy Council with West Vancouver Foundation

775 15th St, West Vancouver

The Youth Philanthropy Council (YPC), is a passionate group of West Vancouver students dedicated to developing leadership and next-gen philanthropy through youth-led grant making and volunteerism.

Contact: Rebecca Johnson - Staff Liaison

Email: rebeccaj@westvanfoundation.ca

Phone: 604 925 8153

Website: <http://westvanfoundation.ca>

RBC GranFondo

VOLUNTEER ACTIVITIES: Course Marshalls on Taylor Way

HOURS INVOLVED: 4

MINIMUM AGE: 14 years old

Rotary Ride to Rescue

VOLUNTEER ACTIVITIES: Various Roles

SKILLS DEVELOPED & BENEFITS: Social interaction

HOURS INVOLVED: 6

MINIMUM AGE: 14 years old

Education



CTS Youth Society

6825 Cariboo Rd, Burnaby BC, V3N 4A3

CTS Youth Society is a summer camp program that aims to connect youth in Metro Vancouver with their natural environment, their community, and each other. For youth and by youth, CTS provides free and accessible community education through environmental stewardship, leadership programs, and public service.

Contact: Sofia Slater, Program Manager

Email: info@ctsyouthsociety.com

Phone: 604 562 0583

Website: <https://ctsyouthsociety.com/programs/peer-leader-program/>

Peer Leader

VOLUNTEER ACTIVITIES: Our Peer Leader Program equips CTS youth members (age 15-18) with training to become volunteer Peer Leaders. Peer Leaders are trained in leadership, program development, outdoor recreation and outdoor safety to plan and lead camp excursions in Metro Vancouver's Regional Parks (with support from experienced Camp Supervisors).

TRAINING AVAILABLE: Peer leaders will participate in Peer Leader Training, CTS Bootcamp, and In-Park training to learn about outdoor education, outdoor safety and hone your camping skills.

REQUIREMENTS: Must be age 15-18

SKILLS DEVELOPED AND BENEFITS: Lifelong skills such as meal prep, cooking, scheduling, time management, program development and facilitation, outdoor recreation, leadership, and camping skills. A reference letter and certificate of completion at the end of the summer. A step towards becoming a paid CTS Camp Supervisor.

HOURS INVOLVED: Workshops start in April. Training takes place during May and June on weekends (2-6hrs/training). Camps go from the beginning of July and run until mid August (Aug 23). We prefer for each peer leader to work a minimum of 2 overnight camps (37hrs per camp from Friday to Sunday) and 1-day camp (27hrs per camp from Tuesday to Friday) throughout the season.

MINIMUM AGE: 15 years old

Fresh Air Learning

North Vancouver

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

Phone: 604 616 4177

Website: www.freshairlearning.org

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

Youth Fundraising Volunteer

VOLUNTEER ACTIVITIES: Join our board member fundraising team to help research, write or edit grant opportunities.

TRAINING AVAILABLE: Board and director training and support available for this opportunity.

REQUIREMENTS: Assist with and initiate fundraisers

SKILLS DEVELOPED AND BENEFITS: Board member experience, grant writing/editing experience. Gain knowledge of non-profit charities.

HOURS INVOLVED: 1-3 hrs a month

MINIMUM AGE: 13 years old

Lynn Canyon Ecology Centre

3663 Park Road, North Vancouver BC, V7J 3G3

The Lynn Canyon Ecology Centre offers displays and programs on temperate rainforest ecology.

Contact Name: Tricia Edgar / Megan Patrick, Education Programmers

Email: ecocentre@dnv.org

Phone: 604 990 3755

Website: www.ecologycentre.ca

Camp Assistant

VOLUNTEER ACTIVITIES: Work outdoors with children ages 5-12 on spring or summer break! You'll assist with camp activities, safety, and social connections. We operate in Lynn Canyon Park, forest and stream locations.

TRAINING AVAILABLE: On the job training

REQUIREMENTS: We are looking for people who enjoy being outdoors and working with children. No experience necessary.

SKILLS DEVELOPED AND BENEFITS: Working outdoors in any weather with elementary-aged children.

HOURS INVOLVED: 9:30-12:30, three days a week during program time. Minimum one week commitment.

MINIMUM AGE: 14 years old

Park Cleanup

VOLUNTEER ACTIVITIES: Go on a walk through the park and help the local environment by picking up litter.

This is also suitable for small groups of volunteers.

TRAINING AVAILABLE: Demonstration of equipment prior to going on a walk

REQUIREMENTS: Enjoy being outdoors in all weather. Able to walk for 30-90 minutes.

SKILLS DEVELOPED AND BENEFITS: Connecting with other staff, learning about environmental issues.

HOURS INVOLVED: 1 hour two or more times per month

MINIMUM AGE: 15 years old

School Program Volunteer

VOLUNTEER ACTIVITIES: Help out with our school programs in the fall and the spring! These hands-on field experiences are for children in preschool to high school. This is a weekday morning volunteer opportunity suitable for youth who have some volunteer time during the week.

TRAINING AVAILABLE: On the job training, mentorship before and after the program.

REQUIREMENTS: Enjoys being outdoors, respects the environment, and likes working with children of all ages.

SKILLS DEVELOPED AND BENEFITS: Understanding of local ecology. Experience working with children.

HOURS INVOLVED: Once a week, up to 3 hours in the morning starting at 10 am.

MINIMUM AGE: 15 years old

ONE TO ONE Literacy

500-610 Main Street, Vancouver BC, V6A 2V3

ONE TO ONE offers unique children's literacy programs that provide free one-on-one tutoring to elementary school-aged children throughout the school year. Our trained volunteer tutors work with students identified by their school as needing a boost in their literacy skills. Typically, students spend 30 minutes once a week reading with a ONE TO ONE volunteer tutor. ONE TO ONE provides children with an opportunity to practice their reading and writing in an environment where it is okay to take risks, make mistakes, and learn at their own pace.

Contact: Omar Ali

Email: omar@one-to-one.ca

Phone: 604 255 5559

Website: <https://one-to-one.ca/>

Volunteer Tutor

VOLUNTEER ACTIVITIES: Become a volunteer tutor and open the world of reading to a child! ONE TO ONE Literacy Society seeks enthusiastic, compassionate, and open-minded individuals to share the joy of reading with children in their community. Volunteer tutors help children in grades 1-7 who need extra reading support to feel successful and confident.

TRAINING AVAILABLE: Training for this position will be provided in September 2024.

REQUIREMENTS: We are looking for community members who are: friendly, reliable, and approachable, available to meet during the school day, at an elementary school in your community, or virtually after-school, able to commit to weekly shifts for the duration of the school year from October to June or January to June.

SKILLS DEVELOPED AND BENEFITS: Knowledge in the field of literacy and education, experience in education and mentorship.

HOURS INVOLVED: 2-4 hours weekly from October to June or January to June

MINIMUM AGE: 18 years old

Health



Athletics for Kids (A4K)

901 3rd St W suite 227, North Vancouver BC, V7P 3P9

Athletics4Kids' mission is to enable kids across BC to participate in over 55 eligible sports. Since 2002 we have provided over \$2.7 million through over 13,000 Sport4Life Grants. Our small team is proactive and is constantly finding opportunities to let children play

Contact: Valerie Gosselin, Executive Director

Email: valerie@a4k.ca

Phone: +1 604 221 7529

Various Volunteer Opportunities

VOLUNTEER ACTIVITIES:

- Event volunteers: set-up/teardown, registration, event activities support
- All-year volunteers: thank-you calls, social media support, remote administrative tasks
- Photo/video content creators to support our events and special projects

TRAINING AVAILABLE: Yes, we are happy to provide in-person/online/phone call training.

REQUIREMENTS:

- Proactive position and an involved attitude
- Self-organized self-starter
- Communication skills
- Customer service skills

SKILLS DEVELOPED AND BENEFITS:

- Events in non-profit: you will be able to be involved in the creation of them
- Stakeholder communication
- Volunteer coordination and supervision skills

HOURS INVOLVED: 5-10 or less (depending on the event)

MINIMUM AGE: 16 years old

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

Phone: 604 353 2614

Email: www.blood.ca

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: We provide a virtual training session and monthly information sessions on product lines.

REQUIREMENTS: Able to engage with donors, pay attention to detail, and want to be 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 years old

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: We provide a virtual training session and monthly information sessions on product lines.

REQUIREMENTS: Able to engage with donors, pay attention to detail, and want to be 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: 17 years old

Canuck Place Children's Hospice

1690 Matthews Ave

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: Navjot Sandhu, Operations Coordinator

Email: ivolunteer@canuckplace.org

Phone: 604 731 4847

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

Peer Volunteer

VOLUNTEER ACTIVITIES: As a peer volunteer, you will provide direct (non-clinical /non-medical) care to children and families to enhance their quality of life. You will collaborate with our professional care teams and Family Volunteers to provide general companionship to the children staying at our hospice. You will engage in fun, interactive, relaxing and comforting activities such as reading aloud, doing arts and crafts, playing computer games, etc. Peer volunteers also often support siblings who are staying in house by planning and carrying out various activities with them.

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+.

SKILLS DEVELOPED AND BENEFITS: Close work with medical professionals, experience and knowledge in pediatric care and palliative care, experience working in a hospice setting, ongoing educational and learning opportunities, 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. Our shifts run 7 days a week with start times at 9:30am, 12:30pm, and 5:30pm.

MINIMUM AGE: 16 years old

Family Volunteer

VOLUNTEER ACTIVITIES: As a family volunteer, you will provide direct (non-clinical /non-medical) 1:1 care to children and families to enhance their quality of life. You will collaborate with our professional care teams to provide general companionship to the children staying at our hospice. You will engage in fun, interactive, relaxing and comforting activities such as reading aloud, doing arts and crafts, playing computer games, etc. Family volunteers also provide mentorship support to peer volunteers, often leading buddy shifts and check-ins as needed. Family volunteers engage in extensive training which equips them with the skills necessary to take children off the nursing floor.

TRAINING AVAILABLE: 24-hour training program across 2 evenings and 2 Saturdays that takes place in Vancouver once a year during Fall. Self-paced eLearning modules, buddy shift(s).

REQUIREMENTS: No requirements as we can train the right person! All volunteers must be 18 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, ongoing educational and learning opportunities, 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. Our shifts run 7 days a week with start times at 9:30am, 12:30pm, and 5:30pm.

MINIMUM AGE: 18 years old

Kitchen Volunteer

VOLUNTEER ACTIVITIES: As a kitchen volunteer, you play an essential role in helping the heart of our hospice that truly makes it feel like a home, our kitchen. Kitchen volunteers provide support to kitchen staff by assisting with baking, meal preparation, and clean-up of kitchen and dining room areas. Kitchen volunteers may also support with making care boxes to send home with bereaved families following the loss of their child.

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

REQUIREMENTS: Hep A vaccination, FoodSafe Level One, previous experience in the kitchen is not required.

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. Our shifts run 7 days a week with start times at 10:30am and 3:30pm.

MINIMUM AGE: 16 years old

Reception Volunteer

VOLUNTEER ACTIVITIES: As a reception volunteer, you are the first warm smile people see when they come to Canuck Place. You will be welcoming, screening, and supporting visitors. Reception volunteers perform other office support as needed such as mailings, filings, and answering phone calls. Reception volunteers also support our Bereavement team through the completion of monthly remembrance cards that are sent to families on our program who have lost a child. This role can be quiet at times, so it is perfect for those who want to use the time to finish schoolwork, work, read, or do an arts & crafts activity such as knitting.

TRAINING AVAILABLE: 2.5-hour training program, 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, 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. Our shifts run 7 days a week with start times at 5pm from M-F and 9am, 12pm, and 5pm on Saturdays and Sundays.

MINIMUM AGE: 16 years old

North Shore Stroke Recovery Centre

225 2nd St E, North Vancouver BC, V7L 1C4

Our Vision Statement: A community without barriers for survivors of stroke.

Our Mission: To maximize the quality of life for those impacted by stroke through accessible programming, peer support and healthcare partnerships.

Contact: Tara Arvan - Centre Operations Manager

Email: tara@nssrc.org

Phone: 778 340 5803

Email: <http://nssrc.org>

Program Assistant

VOLUNTEER ACTIVITIES: Under the direction of staff, you will assist in weekly programs and activities offered to members of the NSSRC. You may volunteer for one or more of the following programs: Exercise, Music, Speech, Art, One-to-one program support and Computer/iPad assistance.

REQUIREMENTS: Vulnerable Sector check

HOURS INVOLVED: 1-8 hours a week

MINIMUM AGE: 16 years old (12 with an accompanying adult)

Vancouver Women's Health Collective

29 West Hastings Street, Vancouver BC V6B1G4

The VWHC hosts many different free programs or services related to all aspects of women's health, including a community clinic, a naturopathic clinic, wellness counselling, and a wide range of workshops.

Our drop-in centre offers sanctuary from the challenges of poverty and violence, providing safe havens for individuals who identify as women, non-binary, and gender non-conforming and are in need.

Contact: Shaurie Bidot - Operations Coordinator

Email: drop-in@womenshealthcollective.ca

Phone: 604 736 5262

Website: <https://www.womenshealthcollective.ca/volunteers>

Various Volunteer Opportunities

VOLUNTEER ACTIVITIES: Volunteers will be supporting the flow of the drop-in centre and our community members. They will be tending and responding to needs with care and without judgement, arranging appointments, responding to emails, answering calls, giving out donations, and running short local errands for donation pickups.

TRAINING AVAILABLE: Training is available for this opportunity. Volunteers are required to complete a Homelessness De-escalation Course. Onsite tour and orientation provided.

REQUIREMENTS:

- Share our values of gender inclusion, intersectional-trauma-informed-care, pro-choice, harm-reduction, intersectional feminism, Indigenous reconciliation, LGBTQ2SIA equity, sex workers rights, racial equity
- Dis/ability inclusion

- Are comfortable working in the Downtown Eastside

- Must be able to commit for at least 6 months

- Often have some knowledge or lived experience of health and social services

are able to provide a minimum of one 4 1/2-hour shift per week for their first 6 months at the VWHC.

- Have successfully completed our 4-week volunteer training

are available to attend monthly volunteer meetings (held the last Friday of every month)

SKILLS DEVELOPED AND BENEFITS: Volunteers will gain experience in the non-profit sector and learn the ins and outs of trauma informed care. Volunteers are encouraged to use their knowledge and experiences, and to share their stories and talents. Participants will gain a broader understanding of socio-economic inequities, decolonial practices, harm reduction techniques, and inclusive trauma-informed care.

HOURS INVOLVED: Volunteers commit to 6 months and can choose flexible hours any day of the week, with a minimum of one day a week (Tuesday to Friday). Shifts are from 12:30 pm to 5:15 pm.

MINIMUM AGE: 18

Seniors



Chartwell Churchill House Retirement Residence

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

Chartwell Churchill House is a welcoming seniors' community. Our retirement home provides everything one could need to lead a fulfilling independent and assisted living lifestyle. We are proud to be a part of North Vancouver community since 2005

Contact: Zay Rahimbux, General Manager

Email: zrahimbux@chartwell.com

Phone: 604 904 1199

Website: <https://jobs.chartwell.com/volunteer-opportunities>

Various 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). <https://jobs.chartwell.com/volunteer-opportunities>

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.

Health & Home Care Society of BC

204-3077 Granville Street, Vancouver, British Columbia 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 (NSMOW Coordinator)

Email: nsmow@carebc.ca

Phone: 604 922 3414

Website: <https://www.carebc.ca/volunteer.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 accompanly)

Lynn Valley Care Centre

1070 Lynn Valley Road

We are a well-established long-term care home. We are looking for kind and well-mannered youth who would like to provide regular visits to our seniors. It would mean so much to our residents, if youth would take the time to come and have meaningful conversation and provide some daily activity. We welcome all your talents and interests. Our residents enjoy all musical activities, so we are also very please if you would like to volunteer your time and offer a performance.

Contact: Stewart Parnell

Email: recreation@nsph.ca

Phone: 604 982 3713

Website: <https://lynnvalleycare.com>

Various Opportunities

VOLUNTEER ACTIVITIES: Companionship with seniors and musical performances.

TRAINING AVAILABLE: Our candidate will have the opportunity to shadow and assist our recreation department.

REQUIREMENTS: We require police clearance and TB testing (we will pay for this test).

SKILLS DEVELOPED AND BENEFITS: The candidate will gain knowledge in this field and we will also provide a full reference to their school or college following their services.

HOURS INVOLVED: We recommend at least two hours per week so a relationship may develop with the residents. Anything more than two hours is also welcome.

MINIMUM AGE: 17 years old

North Shore Volunteers for Seniors

275 21st Street, West Vancouver

We give opportunity to seniors to engage in a healthy and active environment while promoting independence and well-being through programs and services offered in the accessible, inclusive and homelike atmosphere of our centre. Volunteers are an important part of helping us serve the seniors of the North Shore.

Contact: Martine Fox

Email: martinefox.nsvs@gmail.com

Phone: 604 922 1575

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

Server for Lunch and Games Program

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: Yes

REQUIREMENTS: Must be comfortable and confident speaking with seniors.

HOURS INVOLVED: A minimum of 1 hr/program

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: 1.5 hrs/day

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: 1.5 hrs

MINIMUM AGE: 16 years old

Youth Work



BGC South Coast BC

800 Forsman Ave, North Vancouver, BC. V7J 2G6

Our 10 neighbourhood Clubs give our kids a place to be amazing, safe, and have fun! From September - June, our Clubs offer after-school recreational programming, and during the summer we offer day camps for children and youth in grades 1-7.

Contact: Chelsey Mulligan - NorVan Club Coordinator

Email: norvanclub@bgcbc.ca

Phone: 604 986 3449

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

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 in grades 1-7. 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: We offer training both online (at your own pace) and on-the-job.

REQUIREMENTS: Basic English language skills are needed, and additional languages are always a bonus!

SKILLS DEVELOPED AND BENEFITS: Leadership development and community connection are the two biggest benefits for this role! We are also happy to support our volunteers with reference letters and hours for school as needed.

HOURS INVOLVED: September - June: 2:30 pm - 6pm; July - August: 8:30am - 6pm. Minimum commitment is 2 hours per week for 3 months.

MINIMUM AGE: 13 years old

Big Brothers of Greater Vancouver

5118 Joyce St Unit #300, Vancouver BC, V5R 4H1

Our vision at Big Brothers of Greater Vancouver is that all children and youth are empowered to reach their full potential through mentorship. We are able to do this through our mission which is to enable impactful mentoring relationships where children and youth can discover their power and potential, in collaboration with our local communities.

Contact: Janel Watson, Volunteer Recruitment Coordinator

Email: volunteer@bbgvf.com

Phone: 604 657 8572

Website: <https://www.bigbrothersvancouver.com/our-programs/>

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 simply, just hanging out! The focus of the program is to enhance the Mentee's self-esteem and confidence.

In addition, all of our Teen Mentors receive further opportunities for learning through our Youth Leadership initiatives.

TRAINING AVAILABLE: Free training is provided. No previous experience working with children required.

REQUIREMENTS: Youth of all genders in grade 9-12, students who attend our partnered Secondary schools, able to volunteer for 1 hour per week for the duration of the school year.

SKILLS DEVELOPED AND BENEFITS: Gain volunteer hours towards graduation, develop leadership skills and build your resume, make new friends, and it's a fun way to make a BIG impact in your community! All of our Teen Mentor Volunteers 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: Students in grade 9-12

Roots Mentoring

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. 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 80 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: Free training is provided. No previous experience working with children required.

REQUIREMENTS: Youth of all genders in grade 9-12, students who attend our partnered Secondary schools, able to volunteer for 1 hour per week for the duration of the school year.

SKILLS DEVELOPED AND BENEFITS: Gain volunteer hours towards graduation, develop leadership skills and build your resume, make new friends, and it's a fun way to make a BIG impact in your community!

All of our Roots Mentor Volunteers 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

Capilano Community Services Society

1733 Lions Gate Lane, North Vancouver, V7P 0C7

Same as last year: 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: Ally Andreassen

Email: ally@capservices.ca

Phone: 604 418 3354

Website: www.capservices.ca

After School and School Closure Program Volunteer

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

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

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

SKILLS DEVELOPED AND 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 DEVELOPED AND 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

CityFest 2025

For the past 17 years, local youth organizations and businesses have been working with the City of North Vancouver to celebrate our province's annual Youth Week. This festival is an amazing undertaking featuring over 400 local youth performers and competitors showcasing their talents in music, dance, drama, fashion, and film. As well, the event includes food booths, a longboard race, and well-run skateboarding competition, the largest of its kind in Metro Vancouver. This event is "for youth, by youth".

Contact: Nargess Shokouhian

Email: general@nvcityfest.com

Website: <https://www.instagram.com/nvcityfest/>

Various Volunteer Opportunities

TRAINING AVAILABLE: Yes, through pre-event organizing committee meetings that begin in February 2025.

MINIMUM AGE: 13 years old

North Vancouver District Public Library

Lynn Valley, Parkgate, Capilano and Lions Gate Branches

Public Library

Contact: NVDPL Teen Department

Email: tag@nvdpl.ca

Website: <https://www.nvdpl.ca/teens>

Various Volunteer Opportunities

VOLUNTEER ACTIVITIES: Various opportunities as needed, such as Book Buddies, Tech Tutors, and helping out with children's programs. Contact tag@nvdpl.ca to be put on our volunteer call out list.

TRAINING AVAILABLE: Training will be provided

REQUIREMENTS: Being dependable and on time, and basic English skills required

HOURS INVOLVED: Most of our volunteer opportunities will be between October and June.

MINIMUM AGE: Grade 7 and up

Scouts Canada

Scouts Canada 1345 Baseline Road Ottawa ON, K2C 0A7

Scouting is an activity-based program that helps young people develop important skills, values, and knowledge.

It's all about having fun while learning and growing. In Scouting, you can participate in various outdoor adventures like camping, hiking, and fishing, as well as engage in community service projects.

Contact: Simon Evison, Council Relationship Manager

Phone: 236 330 0802

Email: simon.evison@scouts.ca

Website: https://www.scouts.ca/volunteer/overview.html?gad_source=1&gclid=CjwKCAjwjqWzBhAqEiwAQmtgT6iLZ38rekUGBUKav_q14c53HAMdYqkflU33WXZrcYJ3kM5WlqCRFBoCdKoQAvD_BwE

Various Volunteer Opportunities

VOLUNTEER ACTIVITIES: Work with kids, running meetings and leading fun outdoor activities that build their skills. Volunteer locally to use your skills in management, leadership, teaching, fundraising, and more.

TRAINING AVAILABLE: On-line and in person training will be provided.

REQUIREMENTS: An open mind

SKILLS DEVELOPED AND BENEFITS: Engage your interests by volunteering locally – management, leadership, administration and teaching outdoor skills, fundraising, property management and more.

HOURS INVOLVED: Minimum of two (2) hours per week during the months the group meets.

MINIMUM AGE: Fourteen (14)

Vancouver International Children's Festival

1360 East 3rd 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 Children's Festival presents the world's finest music, theatre, dance, puppetry, acrobatics and storytelling, as well as creative arts activities for the entire family. Families come from near and far to experience this extraordinary annual arts festival created specifically for children and families. We are dedicated to providing creative, diverse programming that engages and delights our young audience.

Contact: Volunteer Coordinator

Phone: 604 708 5655

Email: volunteer@childrensfestival.ca

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

Children's Festival Regular Volunteer

VOLUNTEER ACTIVITIES: There are lots of different volunteer positions available, so you can choose a position 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 2-to-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! Must be able to commute to Granville Island to volunteer.

SKILLS DEVELOPED AND BENEFITS: You will be able to gain volunteer hours towards graduation, build your resume and make friends while getting involved in your community.

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: Regular Volunteer position requires a commitment of 2 shifts DURING THE FESTIVAL (May 26 - June 1st, 2025) and the week before. A full shift is approximately seven hours long.

MINIMUM AGE: 15 years old

Children's Festival Crew Captain Volunteer

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 2-to-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! Must be able to commute to Granville Island to volunteer.

SKILLS DEVELOPED AND BENEFITS: You will be able to gain volunteer hours towards graduation, build your resume and make friends while getting involved in your community.

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 26 - June 1st, 2025) and the week before Crew Captains will work a minimum of five full shifts (approx. 7 hrs/shift) through the duration of the Festival.

MINIMUM AGE: 15 years old

Children's Festival Host Volunteer

VOLUNTEER ACTIVITIES: As a Festival 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 2 to 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. Must be able to commute to Granville Island to volunteer.

SKILLS DEVELOPED AND BENEFITS: You will be able to gain volunteer hours towards graduation, build your resume and make friends while getting involved in your community.

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 26 - June 1st, 2025) 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

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 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) and Seniors Community Connectors (SCC) provide information and referral services as well as extended one on one support and community connection to 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.

The Community Volunteer Income Tax Program helps low-income North Shore residents to file their income tax.

For further information on our services, to volunteer, or to make a tax-deductible donation, please contact NSCR today at 604-985-7138 or nscr@nscr.ca