



North Shore Youth Volunteer Directory



2022

North Shore Youth Volunteer Directory 2022

Twenty-Seventh Edition

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

Benefits of Volunteering

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

About North Shore Community Resources

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

NSCR's Vision: A thriving North Shore community

NSCR's Mission: To enhance well-being, social connections, empowerment and community participation, NSCR designs and delivers programs and services for the North Shore.

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Special thanks to our funders for their ongoing support.



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



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In March of 2020, due to Covid-19, many not-for-profit organizations closed their doors and staff provided services from their “home offices”.

As organizations have gradually opened up, many have not been able to welcome all their volunteers back into their centres or recruit new volunteers.

We hope that as time progresses, services will continue to get back to normal. Our 2022 Youth Volunteer Directory offers a place for you to start your search. If you would like more information, please give us a call at 604-985-7138 and we will try to connect you with up-to-date volunteer opportunities.

Animals and the Environment



City Park Stewards

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

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

Email: parkstewards@cnv.org

Phone: 604-983-7333

Website: www.cnv.org/cityparkstewards

VOLUNTEER TITLE: City Park Steward

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

TRAINING AVAILABLE: Yes, available at each volunteer activity.

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

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

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

MINIMUM AGE: All ages welcome

District of North Vancouver – Volunteer in a Park

355 West Queens Road, North Vancouver, BC, V7N 2K6

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

Contact: Brad Parrish, Andy White; Trail and Habitat Coordinators

Email (preferred method of contact): parrishb@dnv.org or whitean@dnv.org

Phone: 604-990-3806 or 604-990-3841

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

VOLUNTEER TITLE: Natural Parkland Volunteer

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

TRAINING AVAILABLE: Training and orientation provided

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

HOURS INVOLVED: Due to the public health orders in place we are limited in hosting public volunteer events.

Please email us or register on our MeetUp page at [District of North Van - Natural Parkland Volunteer Team \(North Vancouver, BC\) | Meetup](#) to learn more and receive updates on upcoming events.

We host a number of public volunteer events through the fall and spring that focus on planting native species, removing invasive species, and undertaking general parks maintenance works throughout the District. We primarily host events on Saturdays but we have the flexibility to create volunteer events for specific community groups if they reach out to us. We generally work rain or shine so be dressed and willing to get dirty and have a good time!

MINIMUM AGE: High School

Elders Council for Parks

1620 Mount Seymour Road, North Vancouver, BC, V7G 2R9

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

Volunteer Job Description is Covid-19 Dependent

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

Email: elderscouncilprograms@gmail.com

VOLUNTEER TITLE: Youth Garden Volunteer

VOLUNTEER ACTIVITIES: To weed the native plant garden at the BC Parks Heritage Centre. Summer and weekends only. Looking for a group of 2-6 individuals for a garden day event. Learn about BC Parks history.

LOCATION: Elders Council for Parks Heritage Centre at 1620 Mt. Seymour Rd.

TRAINING AVAILABLE: Orientation provided and always under supervision.

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

HOURS INVOLVED: 2 hours per week. Garden event will be 4 hours on a weekend.

MINIMUM AGE: High School

Great Canadian Shoreline Cleanup

PO Box 3232, Vancouver, B.C., V6B 3X8

The Great Canadian Shoreline Cleanup is a national conservation program that provides Canadians the opportunity to take action in their communities wherever water meets land, one bit of trash at a time.

Contact: Volunteer Engagement Coordinator

Phone: 1-877-427-2422

Email: shorelinecleanup@ocean.org

VOLUNTEER TITLE: Lead a Shoreline Cleanup

VOLUNTEER ACTIVITIES: The main way to get involved is to organize a local cleanup and sign up as a Site Coordinator by searching for a cleanup location near you on the Lead a cleanup map:

<http://shorelinecleanup.ca/cleanups/create>

➤ As lead organizer for a cleanup, the Site Coordinator has the following responsibilities:

- Selecting the date, time and location
- Ensuring location is suitable for a cleanup
- Providing basic cleanup supplies
- Completing simple data cards that track amount and type of litter
- Arranging waste disposal of litter collected

For more details on this role in leading a cleanup, have a look at our Training Resources below:

- How to Host a Shoreline Cleanup Video: https://www.youtube.com/watch?v=8oGaAMYj_s
- Site Coordinator Guide: <http://shorelinecleanup.ca/storage/resources/sitecoordinatorguide-en.pdf>
- Checklist of Steps: <http://shorelinecleanup.ca/storage/resources/site-coordinator-checklist.pdf>

We also have a poster template, participant certificates and a safety poster; these can all be accessed from your Dashboard when you create a Shoreline Cleanup account.

REQUIREMENTS: There are no mandatory qualifications, but we expect the volunteer to be organized, communicative and thorough.

HOURS INVOLVED: There is no specific time commitment. Cleanups can be as short or as long as the coordinator wants.

MINIMUM AGE: Anyone can be a volunteer. There are no age limits. If a volunteer is under 19 and they wish to be a site coordinator, they must have an adult present who has registered the cleanup but they may execute the majority of the responsibilities.

COVID-19: Please ensure you are following provincial and municipal COVID-19 regulations when planning your cleanup.

Lynn Canyon Ecology Centre

3663 Park Rd., North Vancouver, BC, V7J 3G3

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

Contact: Tricia Edgar, Education Programmer

Phone: 604-990-3755

Email: edgart@dnv.org

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

VOLUNTEER TITLE: Summer Nature Program Assistant

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

TRAINING AVAILABLE: Training and orientation provided

REQUIREMENTS: Fair English skills, and enjoy working with children. Volunteers have to attend training, express enthusiasm for children/nature, and be responsible.

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

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

MINIMUM AGE: 15 years old and up

Maplewood Farm

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

Urban Farm

Contact: Maplewood Farm Information

Phone: 604-929-5610

Email: info@maplewoodfarm.bc.ca

Website: www.maplewoodfarm.bc.ca

VOLUNTEER TITLE: Farm Volunteer

VOLUNTEER ACTIVITIES: animal handling, grooming, feeding, animal husbandry

TRAINING AVAILABLE: Training and orientation offered.

REQUIREMENTS: 14 years of age and steel toed boots preferred

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: animal handling, grooming, feeding, animal husbandry, time management, communication

HOURS INVOLVED: 2-5 hours per week

MINIMUM AGE: 14

North Shore Black Bear Society

c/o 355 West Queens Road, North Vancouver, BC, V7N 4N5

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

Email: nsbbsociety@gmail.com

Phone: 604-317-4911

Contact Availability: Contact Anytime

Website: northshorebears.com

VOLUNTEER TITLE: Black Bear Society Volunteer

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

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

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

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

HOURS INVOLVED: Contact Black Bear Society directly

MINIMUM AGE: Secondary High School students only

Seymour Salmonid Society (Seymour River Fish Hatchery)

Box 52221, North Vancouver, BC, V7J 3V5

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

Contact: Sasha Gale, Program Coordinator

Phone: 604-288-0511

Email: volunteering@seymoursalmon.com

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

Contact Availability: Email anytime

VOLUNTEER TITLE: Fish Hatchery Operations Volunteer

VOLUNTEER ACTIVITIES: Help maintain the fish hatchery on weekdays or weekends. Many of the activities are seasonal and may include 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 given on an as-needed basis.

REQUIREMENTS: Volunteers from all backgrounds are welcome to apply.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Fish husbandry, teamwork, communications, fish biology, and

understanding of current topics in fisheries.

HOURS INVOLVED: No minimum commitment required. Hatchery operation hours are from 8:00 am – 3:00 pm year-round. If the volunteer requires transport to and from the hatchery (pick up is at Rice Lake gate) then the volunteer is required to spend the full day.

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

Stanley Park Ecology Society

610 Pipeline Road, Vancouver, BC, V6G 1Z4

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

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

Contact: Sarah More, Volunteer Coordinator

Phone: 604-257-6908 Ext. 105

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

VOLUNTEER TITLE: Dedicated Invasive Removal Team

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

TRAINING AVAILABLE: Training will be provided.

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

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

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

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Nature House Host (summer)

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

TRAINING AVAILABLE: Training provided on select dates.

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

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

HOURS INVOLVED: Tuesday – Friday 10:00am – 1:30pm or 1:30pm – 5:00pm (June-August)

MINIMUM AGE: 17 years old & up

VOLUNTEER TITLE: EcoRangers

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

TRAINING AVAILABLE: Volunteers will receive thorough training by Stanley Park Ecology Society's expert guides on the ecology of Stanley Park, local natural history and interpretation techniques.

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

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Volunteers will gain valuable skills in nature interpretation and environmental education as well as learning about the history and ecology of Stanley Park. It's an opportunity to connect people with nature and make new friends. Volunteers will be invited to attend Discovery Walks for free and can receive a reference letter after completing 30 hours of volunteering.

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

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Stanley Park EcoCamp Counsellor

VOLUNTEER ACTIVITIES: EcoCamp Counsellors will teach and deliver the day camp curriculum in a safe and fun manner by leading and supervising activities for camp participants (7-11 year olds). Volunteers will be a positive role model for camp participants and provide leadership and participate enthusiastically in activities. EcoCamp Counsellors help with the logistical delivery of camp activities and ensure COVID-19 guidelines are adhered to.

TRAINING AVAILABLE: Training will be provided by Stanley Park Ecology Society on select dates.

REQUIREMENTS: Volunteers must demonstrate excellent leadership, organization, teamwork and communication skills and be comfortable leading and teaching activities to a group. A willingness to work outdoors in all weather conditions is a must and volunteers need to pass a criminal record check. Experience working with elementary school children, coordinating and supervising day camp or outdoor education as well as strong knowledge of BC ecology is an asset.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Volunteers will gain leadership experience working and teaching children in an educational and outdoor setting, empowering children to connect with nature in meaningful ways. Volunteers will be able to build their resumes alongside networking with like-minded individuals. Volunteers receive a reference letter after completing 30 hours of volunteering and are invited to attend the season-end volunteer appreciation party.

HOURS INVOLVED: Volunteers must be able to commit to at least 20 hours per week for a minimum of two weeks. EcoCamp runs during Spring Break and between July-August.

MINIMUM AGE: Must have completed grade 11 & up

VOLUNTEER TITLE: Stanley Park EcoCamp Assistant

VOLUNTEER ACTIVITIES: Volunteers will be assisting Stanley Park Ecology Society Educators and EcoCamp Counsellors with various operational and educational activities. They will also be assisting in the supervision and group management of campers.

TRAINING AVAILABLE: Training will be provided by Stanley Park Ecology Society on select dates.

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

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

HOURS INVOLVED: 8:00am – 12:30pm, 12:30pm-5:00pm or all day 8:00am – 5:00pm. (Spring Break and July – August) and must be able to commit to at least one week of camp (four hour shifts).

MINIMUM AGE: Must be enrolled in grade 11 or higher

VOLUNTEER TITLE: Co-Existing with Coyotes Info Line Responders

VOLUNTEER ACTIVITIES: Volunteers will respond to public inquiries and concerns regarding coyotes by answering messages from the coyote information line and email. Volunteers will suggest measures to prevent human/coyote conflict, answer questions about coyote natural history and notify the Co-Existing with Coyotes Coordinator of any sightings or emergency situations. Information will be entered into the coyote sightings database.

TRAINING AVAILABLE: The Co-Existing with Coyotes Coordinator will provide approximately 3-4 hours of training. Once trained, Coyote Info Line Responders are welcome to work remotely from home.

REQUIREMENTS: Volunteers must have excellent verbal communication and interpersonal skills, a pleasant and polite telephone manner and be able to remain calm while discussing topics that may provoke strong emotions and varying opinions. An excellent grasp on English is required as well as an interest in environmental issues and/or urban wildlife. Volunteers need a strong work ethic and be comfortable working independently. A working knowledge of databases and Excel is desirable.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Volunteers will learn about coyote natural history and activity in Vancouver in addition to developing public education, communication and improved conflict resolution skills. Volunteers will access the benefits available to all volunteers, including discounted Discovery Walks, an invitation to the season-end volunteer appreciation party and a reference letter after completing 30 hours of volunteering.

HOURS INVOLVED: Volunteers must commit to a minimum of one 1-2 hour shift per week for a minimum of 3 months.

MINIMUM AGE: 18 years old & up

Vancouver Aquarium, an Ocean Wise initiative – Stanley Park

P.O. Box 3232, Vancouver B.C., V6B 3X8

The Vancouver Aquarium is a non-profit association dedicated to affecting the conservation of aquatic life through display, interpretation, education, research and direct action. For more information please visit:

<http://www.vanaqua.org/join/hands-on/work-experience>

Contact: Zoë Jackson, Coordinator, Volunteer Services & Youth Programs

Phone: 604-659-3478

Email: workexperience@ocean.org

Fax: 604-659-3515

Website: <http://www.vanaqua.org/join/hands-on/work-experience>

VOLUNTEER TITLE: Vancouver Aquarium Youth Volunteer

VOLUNTEER ACTIVITIES: Expand your skills by joining our youth volunteer team. Designed for students ages 14-18, this program is for individuals interested in gaining experience while helping keep our oceans healthy and flourishing. As a youth volunteer, you will expand your social network, increase your marine conservation knowledge, and connect with your community. All of our roles have a high level of public interaction and allow you to gain knowledge in marine biology.

TRAINING AVAILABLE: Mandatory orientation and training sessions. Recruitment occurs every 2 months, and we are always looking for students for winter, spring, and summer breaks, and have limited opportunities during the semesters.

REQUIREMENTS: Valid medical coverage, ability to comfortably (and conversationally) speak in English, eligibility to volunteer in Canada; people skills and public speaking skills are an asset, interest in marine life, conservation, and the environment.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Gain knowledge of marine life in one of the best aquariums in the world. You will get to expand your presentation skills and build confidence within a group of like-minded peers.

HOURS INVOLVED: Varies depending on the placement, but most guarantee a minimum of 40 hours of volunteer service.

MINIMUM AGE: 14 years old & up

Arts and Culture



Deep Cove Heritage Society

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

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

Contact: Jim Slight, Office Coordinator

Phone: 604-929-5744

Email: deepcoveheritage@gmail.com

VOLUNTEER TITLE: Office Volunteer

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

TRAINING AVAILABLE: limited training

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

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

MINIMUM AGE: 16 years old and up

Dr. Sun Yat-Sen Classical Chinese Garden

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

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

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

Contact: Volunteer Coordinator

Contact Availability: 9am – 5pm, M-F

Email: volunteers@vancouverchinesegarden.com

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

VOLUNTEER TITLE: Events Assistant (Ongoing)

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

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

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

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

HOURS INVOLVED: Flexible hours. Depends on the event.

MINIMUM AGE: 15 years old & up

VOLUNTEER TITLE: Garden Assistant (Ongoing)

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

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

TRAINING AVAILABLE: Training provided

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

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

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

MINIMUM AGE: 15 years old & up

Ferry Building Gallery

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

The Ferry Building Gallery is at the base of Ambleside Landing and serves as a hub for arts and culture in West Vancouver. Located in one of West Vancouver's oldest buildings and operated by the District of West Vancouver, the Gallery serves over 500 visitors weekly and presents up to 18 annual exhibitions, lectures, tours and programs.

The Gallery's success depends on a team of dedicated volunteers who share their time and talent to help fulfill the Gallery's mandate to support the development of emerging and established artists from the North Shore, the Sea to Sky Corridor, and Sunshine Coast reflecting the cultural diversity of the North Shore. The Ferry Building is currently undergoing restoration and closed until March 2022. Volunteer opportunities will be available upon reopening.

Contact: Laura Morrison, Assistant Program Coordinator

Phone: 604-925-7290

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

Email: lmorrison@westvancouver.ca

VOLUNTEER TITLE: Various Volunteer Positions

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

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

TRAINING AVAILABLE: Orientation provided.

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

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

MINIMUM AGE: 16 years & up

VOLUNTEER TITLE: General Volunteer

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

VOLUNTEER TITLE: Great Gifts Holiday Exhibition and Sale

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

VOLUNTEER TITLE: Harmony Arts Festival

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

VOLUNTEER TITLE: Evening Events and Exhibition Openings

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

[Gordon Smith Gallery](#)

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

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

Contact: Yolande Martinello, Volunteer Coordinator

Phone: 604-998-8563

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

Email: admin@smithfoundation.ca

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

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

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

HOURS INVOLVED: varied

MINIMUM AGE: 19 years old & up

Harmony Arts Festival

1564 Argyle Avenue, West Vancouver, BC, V7V 1A1

Do you love spending time at the festival? The festival would not be possible without the gracious support of over 200 volunteers. Volunteers of all ages are welcome!

Contact: Melisa Moen, Volunteer Coordinator

Phone: 604-925-7268

Email: mmoen@westvancouver.ca

VOLUNTEER TITLE: Various Volunteer Positions Available July 29-August 7, 2022

VOLUNTEER ACTIVITIES: Volunteer positions include art market vendor attendants, kid's art assistant, donation ambassador, information booth ambassador, maintenance assistant, security personnel and roaming survey collector

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Various skills developed depending on position

TRAINING AVAILABLE: Training required for new volunteers. Date available online.

MINIMUM AGE: 14

VOLUNTEER TITLE: Art Market Vendor Attendants July 29-August 7, 2022

VOLUNTEER ACTIVITIES: Art Market Vendor Attendants support the needs of over 70 booths and vendors who are displaying their artwork. When the Art Market is open, our Vendor Attendants help to keep pedestrian traffic flowing in front of booths and act as a point of contact for the Art Market Vendors.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Develop communication skills and customer service skills. Moderate physical activity.

TRAINING AVAILABLE: Training required for new volunteers. Date available online.

MINIMUM AGE: 14

VOLUNTEER TITLE: Information Booth Ambassadors July 29-August 7, 2022

VOLUNTEER ACTIVITIES: Located at Millennium Park and beside the Ferry Building, our Information Booth Ambassadors provide a wealth of knowledge and resources to festival visitors. As the face of the festival, Information Booth Ambassadors are welcoming, approachable and well informed of festival activities.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Develop communication skills and customer service skills.

TRAINING AVAILABLE: Training required for new volunteers. Date available online.

MINIMUM AGE: 14

VOLUNTEER TITLE: Ticket Seller: Ticket Seller July 29-August 7, 2022

VOLUNTEER ACTIVITIES: Ticket Sellers support the waterfront lounges operating daily at the festival. As this is a high traffic environment, Ticket Sellers must be comfortable managing fast-paced tasks while maintaining a calm, friendly demeanor. Volunteers are also required to be 19+ years of age, and have a valid Serving It Right certificate (training provided if necessary). A background in cash handling and operating cash machines is an asset.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Develop communication skills and customer service skills.

TRAINING AVAILABLE: Training required for new volunteers. Date available online.

MINIMUM AGE: 14

VOLUNTEER TITLE: Lounge Clean-Up Attendants July 29-August 7, 2022

VOLUNTEER ACTIVITIES: Lounge attendants pride themselves in maintaining the pristine beauty of the festival grounds, while reducing any environmental impact.

Volunteers don't mind getting dirty and are comfortable standing or walking for long periods of time. Main tasks include picking up garbage, cleaning tables and arranging seating. It is advised for volunteers to wear comfortable clothing and shoes and to bring a water bottle and personal work gloves.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Develop communication skills and customer service skills. Moderate physical activity.

TRAINING AVAILABLE: Training required for new volunteers. Date available online.

MINIMUM AGE: 14

Kay Meek Arts Centre: Youth Conservatory

1700 Mathers Avenue, West Vancouver BC V7V 2G7

Kay Meek Centre is a performing Art Centre. As a presenter of cultural events, Kay Meek Centre is committed to presenting artistic excellence in a range of experiences that would not otherwise be available in West Vancouver. These events focus on theatre, music, dance and film. Kay Meek Centre is a proud community partner of the West Vancouver School District and the Municipality of West Vancouver.

Our Vision: A community engaged, inspired, and enriched by the performing arts.

Website: For more information about Kay Meek Art Centre Youth Conservatory visit: <https://kaymeek.com/youth-conservatory>

Email: kimberly@kaymeek.com

Phone: 604-961 0964

Contact Availability: Email anytime

VOLUNTEER TITLE: Kay Meek Art Centre Junior Conservatory Volunteer

VOLUNTEER ACTIVITIES: assisting instructors in theatre production *Dear Edwina Junior*, and working with students aged 8-13 years old.

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

REQUIREMENTS: Volunteers from all backgrounds are welcome to apply. Theatre background is an asset.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: English and Farsi speakers, backstage theatre craft

HOURS INVOLVED: July 5th to 18th, 9:00-5:00pm Monday to Friday OR August 3rd to 15th, 9:00-5:00pm Monday to Friday

MINIMUM AGE: 15 years old & up

VOLUNTEER TITLE: Kay Meek Centre Youth Senior Conservatory Volunteer

VOLUNTEER ACTIVITIES: assisting instructors in film production of *High School Musical Junior*.

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

REQUIREMENTS: Volunteers from all backgrounds are welcome to apply. Theatre or Film background is an asset.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: English and Farsi speakers, stage assistant experience
HOURS INVOLVED: July 26th-30th, basically Monday to Friday 10:00-6:00pm, maybe one or two evenings for filming on location
MINIMUM AGE: 15 years old & up

Laudate Singers

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

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

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

A great champion of Canadian choral music, Laudate Singers commissions and performs new Canadian works. Since 1995, the choir has been mentoring and nurturing young composers through its composer-in-residence programme. Our audiences are often the first to ever experience new works by established and emerging composers.

The choir has recorded seven critically-acclaimed CDs: Christmas Journey, Songs of Heaven and Earth, A Baroque Christmas, Celtic Journey, Voices, Sax & Syn, Voice of the Tango, and Mystics & Lovers.

Laudate Singers firmly believes that music cannot happen in a vacuum; community outreach and collaboration are pillars of the choir's mandate.

Contact: Miriam Davidson

Email: info@laudatesingers.com

Phone: 604-729-6814

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

VOLUNTEER TITLE: Various Volunteer Positions

VOLUNTEER ACTIVITIES: Laudate Singers presents 3-4 main series in person concerts throughout the year (pending public health orders), with 2021-2022's events taking place at the below venues. We also have a new 40 voice community choir with which we will be producing large choral works. We are looking to expand our roster of valued concert volunteers, specifically in 1 or a combination of the following roles: Front of House usher, CD Sales, Reception (Food & Coffee), and Photography.

Volunteering with Laudate comes with the perk of beautiful music, great audience, and a welcoming team. Our exciting, professional-level concerts could not be pulled off without our volunteers!

- Front of House involves handing out program booklets, taking tickets, and generally helping direct traffic. It may also include checking for reserved tickets on the will-call list.
- CD Sales requires the ability to make sales with the cash till or Square credit card reader.
- Reception duties include setting up the tables & goodies for the reception at intermission and preparing coffee in advance of the intermission. This is an ideal job for someone who likes hosting, plating food, and attending to the details that can make the event extra special. This role also works during the reception to help pour coffee and restock empty platters, as well as taking down the reception.

TRAINING AVAILABLE: Training provided

REQUIREMENTS: The most special qualifications for this role are an enjoyment of music, and a courteous and welcoming customer-service manner. The concert is a team effort, so the role requires the ability to work as part of a team, be flexible, identify what needs to be done, and follow the instructions from the Manager or head volunteer.

Familiarity with Square reader is an asset.

Familiarity and comfort in creating appropriate posts on social media platforms is encouraged.

Photography buffs are welcome! We would love help catching a few great photos from each event.

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

- *Fröhe Weihnachten – Christmas With Bach* - Sat., Dec. 11, 2021 @ 8PM - Highlands United Church, 3255 Edgemont Blvd., North Vancouver
- *A Cappella Classics* - March 5, 2022 @ 8PM at Pyatt Hall, 843 Seymour Street, Vancouver
- *A Cappella Classics* - March 12, 2022 @ 8PM at Highlands United Church, 3255 Edgemont Blvd., North Vancouver
- *Mozart's Requiem* - May 13 & 14, 2022 @ 8PM at BlueShore Theatre, Capilano University, North Vancouver

MINIMUM AGE: 13 years old & up

Musart

1046 Deep Cove Road, North Vancouver, BC, V7G 1S3

History: Since 1992, MUSART has created opportunity and exposure for all kinds of local Lower Mainland artists, musicians, poets, film makers, visual artists etc. through events & concerts at the once renowned Glass Slipper Club at (2714 Prince Edward Street, Vancouver, BC) (behind the Biltmore Hotel at 12th & Kingsway) that opened June 25 1993. Unfortunately the Glass Slipper burnt to the ground December 20, 1996. The society was reinstated by Tyler Pearson in 1998 to help run the Deep Cove Daze community arts festival for 20 years from 1998 to 2018, Cates Park Concert Series from 1998 to current and partner with Deep Cove Music to run an annual series of Summer Camps.

Today: Musart continues to provide opportunity in the Arts. With the Covid-19 Pandemic Musart has stopped the Cates Park Concert Series until further notice. In its place Musart is going to be organizing all summer for 4 online virtual gala's to be held on the third Saturday of September, October, November and December of 2021. It will feature an open mic segment featuring all kinds of local musicians, artists, actors, comedians etc, a cocktail of the night feature, then a Ted Talks style featured speaker, an appetizer of the night feature, and then a closing headliner concert.

Also, Musart continues to partner with Deep Cove Music to provide a fun series of Summer Camps and programs.

Contact: Tyler Pearson

Phone: 604-924-6871 (Musart), 604-929-2683 (Deep Cove Music)

Email: info@musart.ca

VOLUNTEER TITLE: Virtual Galas!

VOLUNTEER ACTIVITIES: Volunteers will help our fun and dynamic team with:

1. Finding and signing up people for our Open Mic segments
2. Ted Talks Speakers
3. Sponsors for the event that will include local restaurant and bars to do cocktail segment and appetizer segment.
4. Pre-recording our closing headliners for the virtual concerts at Deep Cove Music's studio in late August. Date TBA.
5. Helping out at actual virtual concerts as needed

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: This is a great opportunity to gain volunteer experience finding entertainment, sponsors, helping in the studio, helping deliver a virtual gala!

HOURS INVOLVED: Varied

MINIMUM AGE: 12 & up

North Van Arts

335 Lonsdale, North Vancouver, BC, V7M 2G3

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

Contact: Aska Djikia, Volunteer Coordinator

Email: aska@northvanarts.ca

Phone: 604-988-6844

Website: northvanarts.ca

VOLUNTEER TITLE: Distribution Assistants

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

TRAINING AVAILABLE: Orientation provided

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

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

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Event Assistants

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

TRAINING AVAILABLE: Orientation provided

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

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

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Gallery Attendants

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

TRAINING AVAILABLE: Orientation provided

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

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

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Office/General Volunteer

VOLUNTEER ACTIVITIES: There are occasions when NVA requires volunteer assistance in the office or in general

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

TRAINING AVAILABLE: Orientation provided

REQUIREMENTS: Volunteer experience with North Van Arts. Develop administrative skills and the opportunity to learn from within the heart of our organization, learning about our artistic community alongside our staff.

Will place interested volunteers on a waiting list and requested on a need basis. Volunteers will have to give their contact info. Online-applications-only <http://northvanarts.ca/>

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Photographers/Videographers

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

TRAINING AVAILABLE: Orientation provided

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

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

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

MINIMUM AGE: 18 years old & up

North Vancouver Community Players

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

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

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

Contact: Ticket line 604-983-2633

Website: www.northvanplayers.ca

Email: tickets@northvanplayers.ca

VOLUNTEER TITLE: Community Theatre Backstage Crew

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

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

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

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

MINIMUM AGE: 16

MONOVA: Museum and Archives of North Vancouver

3203 Institute Road, North Vancouver, BC, V7K 3E5
115 West Esplanade, North Vancouver, BC, V7M 0G7

MONOVA: Museum of North Vancouver, operated by the North Vancouver Museum and Archives, is a shared partner agency of the City and District of North Vancouver.

MONOVA operates both the Museum of North Vancouver opening in Lower Lonsdale in 2021 and the Archives of North Vancouver located in Lynn Valley. In addition to the two physical visitor centres, MONOVA supports several other online/offsite experiences for the public to engage with and learn about the past, present and future stories of North Vancouver.

Contact: Andrew Hildred, Volunteer Coordinator
Email: hildreda@dnv.org; info@monova.ca
Volunteer Enquiry Form: <https://monova.ca/volunteering/>

Phone: 604-990-3700
Website: monova.ca

VOLUNTEER TITLE: Various Volunteer Positions

VOLUNTEER ACTIVITIES: As we approach the opening of the new Museum in 2021, we will be looking to fill a number of new volunteer positions. Please check our website for more information about current opportunities.

TRAINING AVAILABLE: Training provided

MINIMUM AGE: High School

Presentation House Theatre

333 Chesterfield Ave., North Vancouver, BC, V7M 3G9

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

We couldn't do it without you!

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

Contact: Abigail Bueno, Administrative & Box Office Manager
Email: boxoffice@phtheatre.org
Website: www.phtheatre.org

Phone: 604-990-3474

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

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

TRAINING AVAILABLE: Orientations provided.

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

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Because of our diverse and interesting programming and clientele, students have the opportunity to hone their customer service and interpersonal skills with a variety of

audiences. Assisting in marketing and special events allows them to learn the ins-and-outs of these areas in a fast-paced, supportive, creative environment. Another benefit? Ushers remain in the theatre during performances, and can enjoy the shows for free.

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

MINIMUM AGE: 16 years old & up

Seymour Art Gallery

4360 Gallant Ave., North Vancouver, BC, V7G 1L2

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

Contact: Vanessa Black, Curator/Director

Email: curator@seymourartgallery.com

Website: www.seymourartgallery.com

Phone: 604-924-1378

Fax: 604-924-3786

VOLUNTEER TITLE: Gallery Shop Volunteer

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

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

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

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

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

MINIMUM AGE: 19 years old & up

Vancouver Fringe Festival

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

The Vancouver Fringe Festival is a celebration of all kinds of theatre. Produced annually by the Vancouver Fringe Theatre Society over 11 days in September, with over 500 volunteers supporting 700+ performances and attracting over 40,000 attendees, the Vancouver Fringe Festival is consistently voted Vancouver's Best Local Performing Arts Festival by Georgia Straight readers.

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

Positions are subject to change over time: please check in with organization at time of viewing to confirm availability and nature of any position of interest.

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

VOLUNTEER TITLE: Ticket Seller

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

TRAINING AVAILABLE: Training provided by the Fringe

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

HOURS INVOLVED: Minimum of 16 hours within the festival period

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

VOLUNTEER TITLE: Ushers

VOLUNTEER ACTIVITIES: Ushers will guide guests to their seats and help make sure guests are following the Health & Safety Policy in the venue.

TRAINING AVAILABLE: Training provided by the Fringe

REQUIREMENTS: Ushers must be comfortable with customer service

HOURS INVOLVED: Minimum of 16 hours within the festival period

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

VOLUNTEER TITLE: Photographer

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

TRAINING AVAILABLE: Training provided by the Fringe

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

HOURS INVOLVED: Minimum of 16 hours within the festival period

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

VOLUNTEER TITLE: Site Crew/Production

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

TRAINING AVAILABLE: Training provided by the Fringe

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

HOURS INVOLVED: Minimum of 16 hours within the festival period

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

VOLUNTEER TITLE: Events

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

TRAINING AVAILABLE: Training will be provided by the Fringe

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

HOURS INVOLVED: Minimum of 16 hours within the festival period

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

VOLUNTEER TITLE: Raffle Ticket Seller

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

TRAINING AVAILABLE: Training will be provided by the Fringe

REQUIREMENTS: Comfortable with technology and talking to people

HOURS INVOLVED: Minimum of 16 hours within the festival period

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

Theatre Under the Stars

610 Pipeline Road, Vancouver, BC, V6G 1Z4

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

Contact: Michael Wilkinson

Email: volunteers@tuts.ca

Fax: 604-734-1585

Phone: 604-734-1917

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

VOLUNTEER TITLE: Front of House Support

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

TRAINING AVAILABLE: Orientation and training dates start in August 2019

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

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

HOURS INVOLVED: The hours for this position are flexible

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

West Vancouver Art Museum

680 17th St., West Vancouver, BC, V7V 3T2

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

Contact: Sylvia Lung, Coordinator, Volunteer Services | District of West Vancouver

Phone: 604-913-2703

Email: slung@westvancouver.ca

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

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

VOLUNTEER TITLE: Gallery Attendant

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

TRAINING AVAILABLE: Training and orientation provided.

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

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

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

MINIMUM AGE: 15 years old & up

VOLUNTEER TITLE: Education Assistant

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

TRAINING AVAILABLE: Training and orientation provided.

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

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

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

MINIMUM AGE: 15 years old & up

West Vancouver Community Arts Council

1570 Argyle Avenue, West Vancouver, BC, V7V 1A1

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

Contact: Ardis Nelson, Art Box and Volunteer Coordinator
Email: ardis.wvcac@shaw.ca

Phone: 604-925-7292
Website: www.westvanartscouncil.ca

VOLUNTEER TITLE: Gallery Attendant

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

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

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

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

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

COVID: Our opening hours during COVID are reduced, so volunteer needs are somewhat reduced, but would certainly welcome applications from youth in anticipation of reopening to full capacity.

Community Services



[Adaptive Sailing Association of BC \(ASABC\)](#)

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

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

The original Sunbird had been presented to Rick Hansen by Prime Minister Margaret Thatcher during Expo '86 in Vancouver to mark the end of his 'Man in Motion' world tour. During that first summer, sailors with tetraplegia, paraplegia and other significant physical disabilities logged a total of 22 sails.

Today, ASABC operates eight specially designed Martin 16 sailboats and provides an average of 1,000+ sails each summer. The program is so popular that the team is working with the Vancouver Park Board and the City of Vancouver to rebuild the ageing pier and include a floating dock so that ASABC can increase its sailings by an additional 50% each year.

Name: Sheryl Newman, Volunteer Management Coordinator

Phone: 604-222-3003

Email: snewman@disabilityfoundation.org

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

VOLUNTEER TITLE: Land Crew

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, going out on the water in a zodiac to provide on-the-water assistance, helping organize race days, organization schedules, etc....

TRAINING AVAILABLE: ASA Coordinators will train new volunteers about all of the duties that will be needed to be performed. The ASA coordinator will be on site at all times to help volunteers out 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: Masks must be worn during this volunteer role. Volunteer *must* be comfortable working with people with all levels of disabilities. This role requires the participant to be physically fit.

HOURS INVOLVED: This is a seasonal position which runs from now until September, 2022. The volunteer will book as many 1.5-hour time slots as they would like.

MINIMUM AGE: 14

VOLUNTEER TITLE: Sail Assistant

VOLUNTEER ACTIVITIES: Sailing assistants will go out on the water in one of our Martin 16 boats and help a participant with disabilities as needed.

TRAINING AVAILABLE: The ASA coordinator will take the volunteer out on the water and show them the differences between our adaptive boats and “regular, non-adaptive” boats. The boats are designed with a buoyancy system at the bottom of the boat, so it is impossible for these boats to flip. The volunteer will always be able to talk to the onsite coordinators and ask for assistance, help, or clarification.

REQUIREMENTS: Masks must be worn during this volunteer role. Volunteer *must* be comfortable working with people with all levels of disabilities. This role requires the volunteer to be an experienced sailor. Since the volunteer will be out on the water alone with a person with disabilities it is important that the volunteer for this role is a confident and experienced sailor. There will always be the ability to communicate with the land crew through our radios.

HOURS INVOLVED: The volunteer will book as many 1.5-hour time slots as they would like. This is a seasonal position which runs from now until September, 2022.

MINIMUM AGE: 16

[Aunt Leah's Place](#)

123 Carrie Cates Court, North Vancouver, BC, V7M 3K7

Aunt Leah's Place helps prevent children in foster care from becoming homeless and mothers in need from losing custody of their children. To support them on their journey to self-sufficiency, we provide supported housing, job training and coaching on essential life skills.

Contact: Hope Rayson

Email: hrayson@auntleahs.org

Phone: 604-525-1204 (ext. 252)

Contact Availability: Contact Anytime

VOLUNTEER TITLE: Christmas Tree Lot Sales Volunteer

VOLUNTEER ACTIVITIES: Tree lot sales volunteers will be assisting customers in selecting a tree, explaining the benefits of each tree, sawing off trunk ends, wrapping trees using the tree baler, assisting putting purchased trees on vehicles, and sharing the vision of Aunt Leah's.

TRAINING AVAILABLE: The tree lot manager will provide training

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Volunteer will gain experience working in a team and sales environment. They will also gain hours that can be put towards graduation or Duke of Edinburgh Awards.

HOURS INVOLVED: TBA

MINIMUM AGE: Contact Aunt Leah's Place

VOLUNTEER TITLE: Tree Lot Cashier Volunteer

VOLUNTEER ACTIVITIES: Volunteers will be tracking all sales, handling cash, operating debit and credit machines, reconciling sales after shift, answering customer's questions and explaining Aunt Leah's Vision.

TRAINING AVAILABLE: The tree lot manager will provide training

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Volunteer will gain experience handling cash, developing customer service skills, and gain hours to put towards their graduation or Duke of Edinburgh Awards.

HOURS INVOLVED: TBA

MINIMUM AGE: Contact Aunt Leah's Place

VOLUNTEER TITLE: Tree Lot Jack of All Trades Volunteer

VOLUNTEER ACTIVITIES: Jack of all trades will be helping customers select a tree, unload trees from the truck, organize trees, clean up tree lot, assist getting the purchased tree to customer's vehicles and operate the credit / debit machines.

TRAINING AVAILABLE: The tree lot manager will provide training

HOURS INVOLVED: TBA

MINIMUM AGE: Contact Aunt Leah's Place

[British Columbia Mobility Opportunities Society \(BCMOS\)](#)

4915 W 16th Ave Vancouver, BC, V6R 3E9; Creekside Paddling Centre, 1 Athletes Way, Vancouver, BC, V5Y 0B1

BCMOS provides opportunities for people with physical disabilities to access outdoor recreation. BCMOS offers hiking, kayaking and paddleboarding programs.

The centrepiece of our hiking program is the TrailRider, our own custom access-all-areas wheelchair. With one wheel, and "sherpas" back and front, it can tackle any terrain.

Each summer we offer guided hikes through the Lower Mainland, and adaptive paddling in the heart of Vancouver. BCMOS makes outdoor recreation accessible to empower and inspire people with physical disabilities to re-imagine what is possible. Being in nature is highly valuable to quality of life and challenges perceptions of our capabilities.

Contact: Sheryl Newman, Lauren Foote

Phone: 604-688-6464

Email: snewman@disabilityfoundation.org, lfoote@disabilityfoundation.org

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

VOLUNTEER TITLE: Hiking Sherpa

VOLUNTEER ACTIVITIES: Pair up with other volunteers to assist a person with disabilities on their hike through Pacific Spirit Park. Hiking Sherpa's will either push or pull a person with disabilities in a TrailRider on hiking trails.

LOCATION: 4915 W 16th Ave Vancouver, BC V6R 3E9 (turn off West 16th into the Pacific Spirit Park parking lot). If volunteers choose to hike on Sundays, a destination hike will also be offered. The hike will begin and end at the same location in Pacific Spirit Park, but during the hike we will leave and go down to Spanish Banks and then come back up to the park.

TRAINING AVAILABLE: BCMOS Coordinators 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 out.

REQUIREMENTS: Masks must be worn during the hike. Volunteer *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 will book as many 1.5-hour time slots as they would like. The Sunday destination hike is a 4-hour time slot. This is a seasonal position which runs from now until September, 2022.

MINIMUM AGE: 14. Under 14 years old is OK if an adult accompanies the under 14-year-old.

VOLUNTEER TITLE: Cycling Facilitator

VOLUNTEER ACTIVITIES: Partner up with a person with disabilities to explore the trails in Pacific Spirit Park and provide assistance as needed. This position is a very casual, it's 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's about being in nature and having fun!

TRAINING AVAILABLE: Simon Sheehan, a BCMOS Coordinator, will help train all cycling volunteers. He, or another coordinator, will be onsite at all times to help.

REQUIREMENTS: Social and outgoing people are desired for this role. Masks must be worn at all times. Volunteer *must* be comfortable working with people with all levels of disabilities.

HOURS INVOLVED: The volunteer will book as many 1.5-hour time slots as they would like. This program runs on Tuesdays. This is a seasonal position which runs from now until September, 2022.

MINIMUM AGE: 14. Under 14 years old is OK if an adult accompanies the under 14-year-old.

VOLUNTEER TITLE: Kayaking Facilitator

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

LOCATION: Creekside Paddling Centre. (We are across from the Creekside Community Centre at False Creek).

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

REQUIREMENTS: Social and outgoing people are desired for this role. Masks must be worn at all times. Volunteer *must* be comfortable working with people with all levels of disabilities.

HOURS INVOLVED: The volunteer will book as many 1.5-hour time slots as they would like. This program runs on Tuesdays. This is a seasonal position which runs from now until September, 2022.

MINIMUM AGE: 14. Under 14 years old is OK if an adult accompanies the under 14-year-old.

VOLUNTEER TITLE: Paddleboarding Facilitator

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

LOCATION: Creekside Paddling Centre. (We are across from the Creekside Community Centre at False Creek).

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

REQUIREMENTS: Social and outgoing people are desired for this role. Masks must be worn at all times. Volunteer *must* be comfortable working with people with all levels of disabilities.

HOURS INVOLVED: The volunteer will book as many 1.5-hour time slots as they would like. This program runs on Tuesdays. This is a seasonal position which runs from now until September, 2022.

MINIMUM AGE: 14. Under 14 years old is OK if an adult accompanies the under 14-year-old.

ConnecTra Society

425 Carrall St, Vancouver, BC, V6B 6E3

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

ConnecTra helps people with physical disabilities connect with work, leisure, and social opportunities throughout Metro Vancouver. ConnecTra offers Community Meetings, Workshops and Networking. ConnecTra also helps people with disabilities when it comes to Community Access, Jobs, and Lifestyle.

Contact: Sheryl Newman, Lauren Foote

Phone: 604-688-6464

Email: snewman@disabilityfoundation.org, lfoote@disabilityfoundation.org

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

VOLUNTEER TITLE: 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. 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 and spotlighting participants, monitoring the chat, organizing community questions, etc. This role is done virtually.

TRAINING AVAILABLE: Emily and/or Angela 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.

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

MINIMUM AGE: 14.

VOLUNTEER TITLE: 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 and spotlighting participants, monitoring the chat, organizing community questions, etc.

TRAINING AVAILABLE: Emily and/or Angela 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. Bonus points if the volunteer is familiar with Microsoft Teams as well.

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

MINIMUM AGE: 14.

Disability Foundation

425 Carrall St, Vancouver, BC, V6B 6E3

The Disability Foundation supports all six of the other listed disability focused societies. This includes ASA (previously DSA), BCMOS, ConnecTra, DIGA, Tetra, and VAMS. The Disability Foundation, in supporting our affiliated societies, has been fostering meaningful experiences for people with disabilities through outdoor recreation, social connectedness and innovative adapted devices – for more than 20 years, from Metro Vancouver, throughout B.C. and across Canada.

The Disability Foundation looks after all of the logistics including, but not limited to, funding, staff and volunteer onboarding, grant proposals, corporate partnerships, administration, outreach, social media, and communications.

Contact: Sheryl Newman, Lauren Foote

Phone: 604-688-6464

Email: snewman@disabilityfoundation.org, lfoote@disabilityfoundation.org

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

VOLUNTEER TITLE: Volunteer Wellbeing Assistant

VOLUNTEER ACTIVITIES: With the help of the Volunteer Engagement Coordinator, this volunteer will help ensure the wellbeing of all 600+ present and new volunteers. This volunteer will help with a variety of volunteer focused tasks including assisting with virtual orientations twice a week, helping train old and new volunteers to use our three online sign-in systems, creating presentations, hosting events, etc. This volunteer position is flexible in the sense that the volunteer can choose particular areas of focus they want to help with. This will allow the volunteer to develop skills in specific areas of interest.

TRAINING AVAILABLE: Sheryl and Lauren will help train this volunteer and they will work alongside the volunteer to ensure everything runs smoothly. They will always be available to help when needed.

REQUIREMENTS: The volunteer needs access to a computer and/or laptop with the ability to use video chat. A volunteer who is outgoing is desirable because this role includes many face-to-face virtual roles.

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

MINIMUM AGE: 15

VOLUNTEER TITLE: Data Analyst

VOLUNTEER ACTIVITIES: This volunteer position will focus on pulling raw data, verifying trends, and providing advice to help the companies make decisions. This volunteer will collect and record data from each of our 6 societies and 1 foundation, create analytic reports from raw data, input raw data into excel spreadsheets, and analyze data using Salesforce, V4S, VPN, and other CRM platforms.

TRAINING AVAILABLE: The volunteer will be trained by Disability Foundation coordinators. They will be taught how to use Salesforce, V4S, and VPN. Coordinators will always be available for help when needed.

REQUIREMENTS: The volunteer needs access to a computer and/or laptop with the ability to use video chat. The volunteer ideally would have some data entry experience and have familiarity with excel or google sheets. The volunteer will be trained to use Salesforce, V4S and VPN, no prior knowledge is needed.

SKILLS/ATTRIBUTES DEVELOPED AND 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

VOLUNTEER TITLE: Fundraiser

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

TRAINING AVAILABLE: The volunteer will be trained about our fundraising process and the types of relationships that we strive to form. Current fundraising analytics and data will be made available to the volunteer for reference. 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. Some experience with fundraising is desired.

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

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

MINIMUM AGE: 16

VOLUNTEER TITLE: Grant Writer

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

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

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

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

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

MINIMUM AGE: 17

VOLUNTEER TITLE: Photographer

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.

LOCATION: The location will vary but it will always be in Vancouver. Volunteers don't have to commit to every location. Locations will be discussed during orientation.

TRAINING AND ORIENTATION: 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.

SKILLS/ATTRIBUTES DEVELOPED AND 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.

REQUIREMENTS: The volunteer needs to bring their own camera. Phones are acceptable. Photography experience (hobby or professional) is desired. Masks must be worn at all times. Volunteer *must* be comfortable working with people with all levels of disabilities.

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

MINIMUM AGE: 14

VOLUNTEER TITLE: 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 7 websites. This role is done virtually.

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

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: This role is good for people who want to strengthen their skills in Communications.

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

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

MINIMUM AGE: 14

[Disabled Independent Gardeners Association \(DIGA\)](#)

318 - 425 Carrall St, Vancouver, BC, V6H 3J9

DIGA provides opportunities for people with physical disabilities to actively participate in gardening. Operating in Metro Vancouver BC, we offer workshops, garden tours, customized adaptive 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 many quality-of-life benefits and social inclusion when working together in community gardens, which is why we encourage active participation, from planning their garden, tending to plants, and sharing their harvests with the support of helpful volunteers. Our volunteers can advise and support gardening, lend a hand tending to gardens or arrange custom garden tools for people with physical disabilities.

Contact: Sheryl Newman, Lauren Foote

Phone: 604-688-6464

Email: snewman@disabilityfoundation.org, lfoote@disabilityfoundation.org

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

VOLUNTEER TITLE: Community Garden Maintenance Crew

VOLUNTEER ACTIVITIES: Help the Disabled Independent Gardeners Association (DIGA) maintain public areas of the community gardens. We have 6 community gardens and need up to 4 volunteers per garden. Assist with compost maintenance, green bins, beautification, spring start-up & fall clean-up, construction projects and tool repairs.

LOCATION: You can choose to volunteer at 1 to 6 of the following locations: Pandora Park, Woodland Park, Still Creek Community Garden at Slocan Park, Kerrisdale Community Garden, Maple Community Garden, and GF Strong Garden.

TRAINING AVAILABLE: DIGA Coordinator, Michelle, 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. Masks must be worn in the garden area.

HOURS INVOLVED: Up to 10 hours per week. This is a seasonal position which runs from now until September, 2022.

MINIMUM AGE: 12

VOLUNTEER TITLE: One-on-One Garden Support Worker

VOLUNTEER ACTIVITIES: Pair up with a Disabled Independent Gardening Association (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, planning seeds, watering, pulling weeds, etc.

LOCATION: You can choose to volunteer at 1 to 6 of the following locations: Pandora Park, Woodland Park, Still Creek Community Garden at Slocan Park, Kerrisdale Community Garden, Maple Community Garden, and GF Strong Garden.

TRAINING AVAILABLE: DIGA Coordinator, Michelle, will train all volunteers. Help will always be provided when needed. No prior experience is necessary. Volunteer *must* be comfortable working with people with all levels of disabilities.

REQUIREMENTS: Driver's license is preferable but not required. Masks must be worn in the garden area.
HOURS INVOLVED: Up to 5 hours per week. This is a seasonal position which runs from now until September, 2022.
MINIMUM AGE: 15

District of West Vancouver

2121 Marine Drive, West Vancouver, BC, V7V 4Y2

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

Contact: Volunteer Services Team
Email: volunteer@westvancouver.ca

Phone: 604-202-8694

VOLUNTEER TITLE: Various Volunteer Positions Available

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

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

REQUIREMENTS:

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

TRAINING AVAILABLE:

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

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

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

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

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

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

AGE: 14-18

Family Services of the North Shore

203 - 1111 Lonsdale Avenue, North Vancouver, BC, V7M 2H4

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

Phone: 604-988-5281

Website: <https://www.familyservices.bc.ca/find-support/youth-support/>

Email: hamman@familyservices.bc.ca and salazar@familyservices.bc.ca

VOLUNTEER TITLE: Youth Leadership Advisory Board (YouthLAB)

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

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

AGE: Entering grade 10 to 12 during the school year

VOLUNTEER TITLE: Christmas Bureau

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

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

VOLUNTEER TITLE: Companionship Community Care Program

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

HOURS INVOLVED: Starting at one hour week. All year

VOLUNTEER TITLE: Thrive Family Programs

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

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

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

Greater Vancouver Food Bank

Head office: 8345 Winston Street, Burnaby, BC

The Greater Vancouver Food Bank serves 8,500 individuals monthly through distribution sites and over 90 Community Agency Partners. The Greater Vancouver Food Bank operates in four catchment areas: Vancouver, Burnaby, North Shore and New Westminster. Whether at one of our distribution sites, at Community Events, or our head office and warehouse, volunteers are the heart and soul of the Greater Vancouver Food Bank, and we couldn't serve our members without them. Together, volunteers donated about 80,000 hours of time last year – the

equivalent of about 40 full-time staff. We could not provide support to the community without our amazing volunteers.

Contact: Magda Klimczak, Volunteer Recruitment Coordinator
Website: <https://foodbank.bc.ca/volunteer/>

Phone: 604-880-7073
Email: volunteer@foodbank.bc.ca

VARIOUS VOLUNTEER POSITIONS AVAILABLE

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

REGISTRATION LINK: <https://app.betterimpact.com/Application?OrganizationGuid=761b1b0c-2275-482e-ba47-108ecea2d8&ApplicationFormNumber=1>

TRAINING AVAILABLE: We provide on-site training.

REQUIREMENTS/SKILLS/ATTRIBUTES: Depends on the role you will be doing.

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

HOURS INVOLVED: Depends on the role you will be doing.

MINIMUM AGE: 14 years old for some roles and 18 for other roles. Anyone who is below the age of 18 will be required to provide us with a consent form.

Harvest Project

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

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

Contact: Jennifer Maurice, Volunteer Manager
Contact Availability: Tues to Fri, 10:00 am – 4:00 pm
Website: harvestproject.org/

Phone: 604-983-9488

To Apply: Please visit our website to submit our [online Volunteer Inquiry form](#). All inquiries will be added to our database, and qualified applicants may be contacted to begin screening prior to new opportunities becoming available.

VOLUNTEER TITLE: Clothes for Change

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

TRAINING AVAILABLE: Training and information sessions available.

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

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

HOURS INVOLVED: Tuesday to Friday 12 pm to 4 pm

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Grocery

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

TRAINING AVAILABLE: Training and information sessions available.

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

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

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

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Warehouse

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

TRAINING AVAILABLE: Training and information sessions available.

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

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

HOURS INVOLVED: Tuesday to Friday 12 pm to 4 pm

MINIMUM AGE: 16 years old & up

Lions Gate Hospital Foundation

231 East 15th Street (Main Floor), North Vancouver, BC, V7L 2L7

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

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

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

Email: info@lghfoundation.com

Phone: 604-984-5785

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

VOLUNTEER TITLE: General Event Volunteer

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

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

TRAINING AVAILABLE: Orientation provided

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

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Youth Advisory Committee

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

Your Responsibilities:

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

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

TRAINING AVAILABLE: Orientation provided

REQUIREMENTS:

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

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS:

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

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

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

North Shore Connexions Society

1070 Roosevelt Crescent, North Vancouver, BC, V7P 1M3

North Shore ConneXions Society (ConneXions) is a CARF accredited, nonprofit organization that supports families and serves children and adults living with intellectual disabilities. ConneXions offers Residential Programs, Day Programs, Employment Services and Recreation and Education Programs.

Volunteer opportunities are customized to each volunteer / program and are specially designed to create successful long lasting relationships and experiences. Set your own schedule, start volunteering today!

Contact: Tammy Koert, Recruitment Specialist

Email: careers@nsconnexions.org

Contact Availability: Mon to Fri, 8:30 am – 4:30 pm

Phone: 604-984-9321 Extension: 241

Fax: 604-984-9882

VOLUNTEER TITLE: Leisure Companion

JOB DESCRIPTIONS: Leisure Companions work within a variety of programs and participate alongside staff and clients. Whether it is reading, cooking, walking, art/photography, gardening, helping out at events or sports, volunteers are matched to programs where they can utilize their expertise/interest and gain new valuable experiences.

TRAINING AVAILABLE: Orientation to the Society and program specific orientations are available. Discounted fees for Emergency First Aid/ Nonviolent Crisis Intervention and Food Safety for Group Homes.

HOURS: (Residential Programs, Day Programs & Recreation/Education) the head office and all Day Programs are open Monday through Friday, 8:30 am – 4:30 pm. The residential programs run 24 hours a day/7 days a week and the recreation and education programs run during the week day, evenings and on weekends. The days and times for this position are flexible.

MINIMUM AGE: 14 years old & up

VOLUNTEER TITLE: Human Resources / Administrative Assistant

VOLUNTEER ACTIVITIES: This opportunity allows volunteers to work within an office environment and participate in administrative duties. This position involves filing, computer work, photocopying and other miscellaneous office duties. Good computer skills will be an asset to you in this position.

TRAINING AVAILABLE: Orientation to the Society and program specific orientations are available.

HOURS INVOLVED: ConneXions head office is open Monday through Friday, 8:30 am – 4:30 pm. The days and times for this position are flexible.

MINIMUM AGE: 18 years old & up

VOLUNTEER TITLE: Literacy Volunteer

JOB DESCRIPTION: This position facilitates shared reading, read aloud sessions and other reading activities. Literacy volunteers provide a friendly, comfortable environment to engage the participants in the development of literacy skills as well as to support and promote literacy initiatives in a variety of ConneXions' programs.

TRAINING AVAILABLE: Orientation to the Society and program specific orientations are available.

HOURS INVOLVED: To be discussed.

MINIMUM AGE: 14 years old & up

[North Shore Salvation Army](#)

105 12th Street West, North Vancouver, BC, V7M 1N2

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

Contact: Marjo Cote, Volunteer Coordinator

Email: northvansal.fs@gmail.com

Phone: 604-988-7225

Contact availability: Anytime

VOLUNTEER TITLE: Various Positions Available

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

TRAINING AVAILABLE: Training provided

HOURS INVOLVED: Hours may vary

MINIMUM AGE: 16+

North Vancouver City Library

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

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

Email: klongley@cnv.org

Phone: 604-998-3494

Contact availability: Anytime

VOLUNTEER TITLE: Teen Advisory Council (TAC)

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

TRAINING AVAILABLE: Job role training provided

HOURS INVOLVED: 1st and 3rd Tuesday of the month during the school year for 1.5 hours, program for teens on the North Shore

MINIMUM AGE: Students grade 8 - 12

VOLUNTEER TITLE: Read Along

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

TRAINING AVAILABLE: Job role training provided

REQUIREMENTS: English reading and speaking skills required

HOURS INVOLVED: 1.5 hours per week for 6 week terms in Fall, Winter and Spring

MINIMUM AGE: Students grade 8 - 12

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

North Vancouver District Public Library

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

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

Contact: Jessie Hawkes, Teen Engagement Librarian

Phone: 604-984-0286 ext. 8176

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

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

VOLUNTEER TITLE: Homework Help

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

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

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

HOURS INVOLVED: 12 hours over 6 weeks

MINIMUM AGE: Grade 10

VOLUNTEER TITLE: Book Buddy

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

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

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

HOURS INVOLVED: 12 hours over 6 weeks

MINIMUM AGE: Grade 9

VOLUNTEER TITLE: Tech Tutor

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

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

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

HOURS INVOLVED: 12 hours over 6 weeks

MINIMUM AGE: Grade 9

VOLUNTEER TITLE: Teen Advisory Group

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

REQUIREMENTS: Must be interested in books and the library

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

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

MINIMUM AGE: Grade 8

North Vancouver Recreation and Culture Commission

851 West Queens Road, North Vancouver, BC, V7N 4E3

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

Contact: Meh Najak, Volunteer Resources Programmer

Email: meh.najak@nvrc.ca

Phone: 604-983-6345

Contact Availability: Monday to Friday

VOLUNTEER TITLE: Day Camp Assistant

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

TRAINING AVAILABLE: Training and orientation provided.

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

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

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

MINIMUM AGE: 14 years old & up

VOLUNTEER TITLE: General Recreation/Special Events

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

TRAINING AVAILABLE: Training and orientation provided.

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

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

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

MINIMUM AGE: 14 years old & up

VOLUNTEER TITLE: PLAY Volunteer

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

TRAINING AVAILABLE: Training and orientation provided.

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

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

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

MINIMUM AGE: 14 years old & up

VOLUNTEER TITLE: Rehabilitation Assistant

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

TRAINING AVAILABLE: Training and orientation provided.

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

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

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

MINIMUM AGE: 16 years old & up

[Quest Food Exchange](#)

2020 Dundas Street, Vancouver, BC, V5L 1J4

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

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

Email: volunteeropportunities@questoutreach.org

Phone: 604-602-0186 Ext. 3117

Website: <https://questoutreach.org/join-us/>

VOLUNTEER TITLE: Various Volunteer Positions

VOLUNTEER ACTIVITIES: Quest has the following volunteer opportunities:

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

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

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

HOURS INVOLVED: See website

MINIMUM AGE: 16 years old and up

[Terry Fox Foundation](#)

150 - 8960 University High Street, Burnaby, BC, V5A 4Y6

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

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

Phone: 604-464-2666

Email: Donna.White@terryfoxrun.org

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

VOLUNTEER TITLE: Various Volunteer Positions

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

REQUIREMENTS: Leadership and organization skills

TRAINING AVAILABLE: Provided by the Terry Fox Foundation

HOURS INVOLVED: Varied

MINIMUM AGE: High School

Tetra Society of North America (Tetra)

425 Carrall St, Vancouver, BC, V6B 6E3

Tetra's focus is to find solutions to environmental barriers faced by people with disabilities. While these environmental barriers are a part of a person's journey, we believe Tetra solutions help foster greater independence, quality of life, and inclusion.

Tetra recruit's volunteers who work with clients to design and build assistive devices that are custom-made for the individual – these are devices that are either not available commercially or cost-prohibitive. As a non-profit organization, Tetra raises funds to deliver this program, including covering the costs of volunteer travel and materials for devices up to \$500 per project.

The scope of Tetra projects is just as diverse as the clients we work with. The work Tetra does addresses needs in different areas of a person's life.

Contact: Sheryl Newman, Lauren Foote

Phone: 604-688-6464

Email: snewman@disabilityfoundation.org, lfoote@disabilityfoundation.org

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

VOLUNTEER TITLE: Tetra Volunteer

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

LOCATION: mix of online and In-person. Currently the volunteer will work from home mostly, with the occasional meet up to talk to the person they are assisting to look at devices that need to be modified/created. We do have a woodshop and other equipment that can be used by volunteers but for now there is no access to the shops because of Covid.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: This role is a great way to impact an individual's life for the better.

REQUIREMENTS: The volunteer needs access to a computer and/or laptop with the ability to use video chat. Masks must be worn when meeting up in public. Volunteer *must* be comfortable working with people with all levels of disabilities. The volunteer should have hobby or professional experience at **one or more** of the following: 3D printing, engineering, woodworking, metalwork, sewing, construction, mechanics, carpentry, electrical, some other skilled craft.

TRAINING AND ORIENTATION: The volunteer will be trained by their Tetra coordinator and a Tetra coordinator will always be available to assist with tasks as needed.

HOURS INVOLVED: Mostly flexible. This can be determined during the onboarding process. Participants will have to be open to arranging times that work for both themselves and the person with disabilities that they are assisting.

MINIMUM AGE: 16

Vancouver Adapted Music Society (VAMS)

425 Carrall St, Vancouver, BC, V6B 6E3

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 high-level 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, Lauren Foote

Phone: 604-688-6464

Email: snewman@disabilityfoundation.org, lfoote@disabilityfoundation.org

Website: <https://vams.org>

VOLUNTEER TITLE: Adaptive Music and/or Singing Instructor

VOLUNTEER ACTIVITIES: This volunteer will teach one-on-one music/singing lessons to a person with disabilities. 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.

LOCATION: Currently lessons are taught virtually through Zoom, however, once Covid settles down we will be returning to in person lessons if desired.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: This is a fun creative outlet that lets volunteers develop their music/singing teaching skills while socializing with someone new!

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

TRAINING AND ORIENTATION: The volunteer will be trained by the VAMS coordinator and they 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 don't have to be an expert, for example, they could focus only on introduction style lessons if they aren't comfortable teaching higher levels.

HOURS INVOLVED: Mostly flexible. This can be determined during the onboarding process. Participants will have to be open to arranging times that work for both themselves and the person with disabilities that they are assisting.

MINIMUM AGE: 16

Vancouver Adaptive Snow Sports

322, 125A 1030 Denman Street, Vancouver, BC, V6G 2M6

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

Email: info@vass.ca

Phone: 604-646-8277

Contact Availability: Contact anytime

VOLUNTEER TITLE: Ski and Snowboard Volunteer Instructor

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

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

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

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

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

MINIMUM AGE: 15 years old & up

West Vancouver Memorial Library

1950 Marine Drive, West Vancouver, 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 WiFi, research and homework help, an art gallery and programming for teens and children, the library is a learning hub and a community gathering place.

Email: rhinmueller@westvanlibrary.ca

Phone: 604-925-7400

Contact availability: Anytime

VOLUNTEER TITLE: Teen Advising Group (TAG) Member

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

TRAINING AVAILABLE: Job role training provided

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

HOURS INVOLVED: Meets once a month for 1.5 hours

MINIMUM AGE: Grade 8 - 12

VOLUNTEER TITLE: Shelver

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

TRAINING AVAILABLE: Job role training provided

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

MINIMUM AGE: Grade 8 – 12

VOLUNTEER TITLE: Book Buddies

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

TRAINING AVAILABLE: Job role training provided

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

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

MINIMUM AGE: Grade 8 – 12

VOLUNTEER TITLE: Special Events Volunteer

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

TRAINING AVAILABLE: Job role training provided

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

MINIMUM AGE: Grade 8 – 12

VOLUNTEER TITLE: Teen Technology Mentor

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

TRAINING AVAILABLE: Job role training provided

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

HOURS INVOLVED: 1.5 – 3 hours a week

MINIMUM AGE: Grade 10 – 12

Education



Democracy Café

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

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

Email: murray.mollard@nscr.ca

Phone: 604-985-7138

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

VOLUNTEER TITLE: Democracy Café Volunteer

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

TRAINING AVAILABLE: Training provided by Democracy Café

REQUIREMENTS: Must have an interest in democracy and politics

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

HOURS INVOLVED: Contact Democracy Café

MINIMUM AGE: 15 years old and up

Science World

1455 Quebec St., Vancouver, BC, V6A 3Z7

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

Email: volunteerresources@scienceworld.ca

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

VOLUNTEER TITLE: Various Positions

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

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

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

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

VOLUNTEER TITLE: Gallery Volunteer Interpreters

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

TRAINING AVAILABLE: Training and orientation provided.

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

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

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

MINIMUM AGE: 16 years old & up

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

Health



Canadian Blood Services

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

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

Contact: MJ Buck, Volunteer Coordinator

Phone: 604-353-2614

Email: mj.buck@blood.ca

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

VOLUNTEER TITLE: In-Community Volunteer

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

TRAINING AVAILABLE: Participation in training and orientation are mandatory.

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

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

HOURS INVOLVED: Mainly on the weekends or holidays.

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Customer Service Position

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

TRAINING AVAILABLE: Participation in training and orientation are mandatory.

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

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

HOURS INVOLVED: Mainly on the weekends or holidays.

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Donor Recruitment Volunteer

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

TRAINING AVAILABLE: Participation in training and orientation are mandatory.

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

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

HOURS INVOLVED: Mainly on the weekends or holidays.

MINIMUM AGE: 16 years old & up

Canadian Liver Foundation

828 W 8th Ave, Vancouver, BC, V5Z 1E2

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

Contact: Haneen Albayati, Regional Coordinator

Email: halbayati@liver.ca

Phone: 604-707-6434

Website: www.liver.ca

VOLUNTEER TITLE: CLF Volunteer

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

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

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

HOURS INVOLVED: Flexible

MINIMUM AGE: 16 years old & up

Leukemia & Lymphoma Society of Canada

303 - 1401 West Broadway, Vancouver, BC, V6H 1H6

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

Contact: Emilia Sahraie, Office Administration

Email: emilia.sahraie@lls.org

Phone: 604-733-2873 ext. 5203

Website: llscanada.org

VOLUNTEER TITLE: Administrative Assistant

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

TRAINING AVAILABLE: Training and orientation offered.

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

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

HOURS INVOLVED: 2-6 hours a week.

MINIMUM AGE: 15 years and above.

VOLUNTEER TITLE: General Light the Night Volunteers

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

TRAINING AVAILABLE: Training and orientation offered.

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

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

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

MINIMUM AGE: 15 years and above.

North Shore Keep Well Society

Capilano Community Services Society, 600 West Queens Road, North Vancouver, BC, V7N 2L3

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

Contact: Michelle Messinger, Coordinator

Email: keepwellsociety@telus.net

Fax: 604 988-7105

Phone: 604 988-7115 ext. 27

Website www.keepwellsociety.ca

VOLUNTEER TITLE: Wellness Volunteer

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

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

TRAINING AVAILABLE: Massage training is provided.

REQUIREMENTS: An interest in helping others.

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

HOURS INVOLVED: 2 1/2 hours per week.

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

MINIMUM AGE: 16 years old & up

Spinal Cord Injury BC

780 SW Marine Drive, Vancouver, BC, V6P 5Y7

Spinal Cord Injury BC (SCI BC) helps people with spinal cord injuries (SCI) and related physical disabilities adjust, adapt and thrive in their new lives, whether they are dealing with a new injury or struggling with the ongoing challenges of living and aging with a physical disability.

Contact: Shelley Milstein, Manager of Philanthropy

Email: smilstein@sci-bc.ca

Phone: 604-787-4929

Website: www.sci-bc.ca

VOLUNTEER TITLE: Event Volunteer

VOLUNTEER ACTIVITIES: Event set-up and take down

TRAINING AVAILABLE: Training and orientation offered.

REQUIREMENTS: Must be able to travel to event location

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: This role is best suited for someone who is outgoing, a self starter, and has a positive outlook. You will learn some basic event management skills and customer service. You will also gain exposure to working with people living with disabilities.

HOURS INVOLVED: 2-6

MINIMUM AGE: 15

Seniors



Lynn Valley Care Centre

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

Lynn Valley Care Centre is a North Vancouver state-of-the-art Complex Care Facility dedicated to providing a comprehensive range of programs and services. Our focus is on our Residents and meeting their unique needs through appropriate activities, care and support.

Contact: Eunice Kruse
Email: ekruse@nsph.ca

Phone: 604-982-3709

VOLUNTEER TITLE: Visitor

VOLUNTEER ACTIVITIES: Volunteers would be engaging seniors with conversations, musical entertainment, playing games, reading, escorting residents to and from dining rooms, mealtime and general assistance.

TRAINING AVAILABLE: Training provided by Lynn Valley Care Centre

REQUIREMENTS: Criminal record check required as well as references. Be able to work individually. Must be able to communicate very well in English

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Will develop friendships with the elderly who have various challenges; develop reliability and responsibility.

HOURS INVOLVED: Various times are available between 9:30 – 6:00 pm any day of the week

MINIMUM AGE: 16 years old and up

VOLUNTEER TITLE: Security

VOLUNTEER ACTIVITIES: Volunteer would be greeting visitors and giving them directions. They would also be keeping residents safe and keeping records

TRAINING AVAILABLE: Training provided by Lynn Valley Care Centre

REQUIREMENTS: Criminal record check required as well as references. Be able to work individually. Must be able to communicate very well in English

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Develop good communication skills, reliability and responsibility

HOURS INVOLVED: Hours vary throughout the week

MINIMUM AGE: 16 years old and up

VOLUNTEER TITLE: Tea Time Volunteer

VOLUNTEER ACTIVITIES: Set tables; escort Resident to “Tea Time”; assist in making tea/coffee; visiting and interacting with Residents during Tea Time; clean up afterwards.

TRAINING AVAILABLE: Training provided by Lynn Valley Care Centre

REQUIREMENTS: Criminal record check required as well as references. Be able to work individually. Must be able to communicate very well in English

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Will develop communication skills with elderly who have trouble communicating, develop reliability and responsibility

HOURS INVOLVED: Mondays, Tuesdays 9:30 to 11 a.m.; Tuesdays, Thursdays 2:30 to 4 p.m.; Fridays and Saturdays 2:30 to 4 p.m.

MINIMUM AGE: 16 years old and up

VOLUNTEER TITLE: Recreation Assistant/Escort Residents to In-House Activities

VOLUNTEER ACTIVITIES: Volunteer will be escorting residents to various activities

TRAINING AVAILABLE: Training provided by Lynn Valley Care Centre

REQUIREMENTS: Criminal record check required as well as references. Be able to work individually. Must be able to communicate very well in English

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Will develop communication skills with elderly who have trouble communicating, develop reliability and responsibility

HOURS INVOLVED: Weekdays 9:30 to 12; 1:30 – 4 p.m. (especially Tuesdays 1:30 to 2 for BINGO)

MINIMUM AGE: 16 years old and up

VOLUNTEER TITLE: Movie Nights

VOLUNTEER ACTIVITIES: Assist the Recreational Staff person; escort Residents to and from the event

HOURS INVOLVED: Thursdays 6:15 to 8:30 p.m. (Once per month only)

MINIMUM AGE: 16 years old and up

VOLUNTEER TITLE: Wee Shop

VOLUNTEER ACTIVITIES: shop for supplies; sell items to Residents; keep records of sales transactions

TRAINING AVAILABLE: provided by Lynn Valley Care Centre

REQUIREMENTS: Criminal Record Check as well as references; be able to handle cash transactions; communicate well in English

HOURS INVOLVED: Wednesdays 10:30 to 12

MINIMUM AGE: 18 years old and up

North Shore Meals on Wheels Society

1525 Taylor Way, West Vancouver, BC, V7S 1N5

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

Contact: Troy Steyn, Volunteer Coordinator

Phone: 604-922-3414

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

Fax: 604-922-3401

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

VOLUNTEER TITLE: Kitchen/Office Help

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

TRAINING AVAILABLE: On-the-job orientation.

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

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

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

MINIMUM AGE: 16 years old & up

North Shore Volunteers for Seniors

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

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

Some of our programs offered are Chair Exercise, Chair Yoga, Nordic Walking, Majong, Bridge, Scrabble, Ted Talks, Current Affairs, Book Club, Musical Conversations and we host an Iranian Group as well. Along with these programs, we have monthly bus trips, visiting special sites around Vancouver. Our programs are open to all North Shore seniors and our facility is fully accessible.

Contact: Martine Fox, Executive Director

Contact availability: Mon-Fri

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

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

Phone: 604-922-1575

Email: martinefox.nsvs@gmail.com

Website: www.nsvs.ca

VOLUNTEER TITLE: Program Volunteers at The Centre

VOLUNTEER ACTIVITIES: Volunteers greet members, clean up, and organize the space for our activities.

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

Youth Work



Capilano Community Services Society

600 West Queens Road, North Building, North Vancouver, BC V7N 2L3

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

Contact: Maralyn Wild, Program Manager

Email: maralyn@capservices.ca

Website: www.capservices.ca

Phone: 604-988-7115

Fax: 604-988-7105

VOLUNTEER TITLE: After School and School Closure Program Volunteer

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

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

REQUIREMENTS:

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

SKILLS/ATTRIBUTES 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 and up

VOLUNTEER TITLE: Youth Week/CityFest Volunteer

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

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

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

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Acquire experience with event planning, marketing

communications, while having the opportunity to support Youth Week in North Vancouver!

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

MINIMUM AGE: 14 years old and up

VOLUNTEER TITLE: “Youth Voice” Volunteer Member

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

TRAINING AVAILABLE: No training required.

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

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

HOURS INVOLVED: “Youth Voice” members and CCSS youth program staff meet every 3 months on Wednesday evenings from 5:00-6:30 PM. Pizza and other refreshments provided!

MINIMUM AGE: 13 years old and up

CTS Youth Society

6825 Cariboo Road, Burnaby, BC, V3N 4A3

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

Phone: 604-562-0583

Email: info@catchingthespirit.com

VOLUNTEER TITLE: Spirit Steward Program

VOLUNTEER ACTIVITIES Spirit Steward Programs are day camps that run through the weekend that allow youth to get outside, participate in community environmental projects, get to learn about themselves, and each other. Every camp is for youth, by youth and gives all participants the opportunity to be themselves and learn from those around them. Each weekend includes a volunteer project where we connect with local organizations doing incredible work in the park and allow youth to get involved in park stewardship. Join us and get outside this summer!

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

HOURS INVOLVED: Varied

MINIMUM AGE: 12-18

VOLUNTEER TITLE: Weekday Spirit Steward Programs

VOLUNTEER ACTIVITIES: Our weekday camps are shorter, lower commitment camps that pack the same CTS experience spread over 3 afternoon sessions from 1-4PM. Participants will get an opportunity to explore the peaceful beauty of Burnaby Lake Regional Park, do an offsite stewardship activity in another Metro Vancouver Regional Park, then bring it all back in to learn how they can become better environmental stewards in their own lives.

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

HOURS INVOLVED: Varied

MINIMUM AGE: 12-18

VOLUNTEER TITLE: Peer Leader

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

TRAINING AVAILABLE: Training Provided

REQUIREMENTS: Love for the outdoors and camping

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

HOURS INVOLVED: Varied

MINIMUM AGE: 15-18

VOLUNTEER TITLE: CTS Youth Council

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

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

HOURS INVOLVED: Varied

MINIMUM AGE: 15-18

Foundry North Shore

211 West 1st Street, North Vancouver, BC V7M 1C9

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

Contact: Nicole Kennedy, Prevention Educator

Email: nicole.kennedy@vch.ca

Phone: 604-984-5060

Website: Foundrybc.ca/northshore

VOLUNTEER TITLE: Youth Advisory Committee

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

LOCATION: Currently virtual

HOURS INVOLVED: Meet bi weekly for 1 hour per meeting

MINIMUM AGE: 12-14 years

Fresh Air Learning

North Vancouver, BC

Are you interested in gaining extensive experience working with a single class over time? If you'd like to learn about local ecosystems, develop hands-on outdoor skills and discover how you can become a nature mentor for children, take a look at our internship position. We are looking for volunteers who would like to work with an entire class and those who are interested in supporting one or two children as they integrate into the class

Contact: Tricia Edgar (she/her/hers)

Email: info@freshairlearning.org

Phone: 604-616-4177

Contact Availability: Contact anytime

VOLUNTEER TITLE: Fresh School Volunteer

REQUIREMENTS: Love of children and enthusiasm for being outside in all weather.

TRAINING AVAILABLE: Volunteers will be invited to staff training throughout the year.

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Understanding of children’s play, working with children and parents, understanding of natural cycles.

HOURS INVOLVED: Once a week for at least one term. Sessions occur on weekdays, either in the morning or for a school day.

MINIMUM AGE: 16

Kids Help Phone – BC and Yukon Region

Suite 570 – 789 West Pender Street, Vancouver, BC, V6C 1H2

Kids Help Phone is a Canadian and world leader, known for our expertise and continuous innovation as Canada’s only 24/7, bilingual professional counselling, information and volunteer support service for young people. Since 1989, we have offered kids, teens, and young adults a critical lifeline of hope and support through our free, anonymous and confidential service, which research shows significantly improves youth mental health. Young people reach out to Kids Help Phone from every corner of the country via phone, Live Chat, our internationally-recognized website, and through our confidential volunteer-led texting service in addition to having access to our database of local youth-serving programs. Kids Help Phone is a registered Canadian charity, and we raise the majority of our revenue from individuals, foundations, corporations, and community fundraising. Thanks to our generous donors and volunteers, we can work to achieve our vision of a future where every young person in Canada will access the support they need, in the way they need it most.

Contact: Rebecca Paterson, Development Officer British Columbia
Email: Rebecca.Paterson@kidshelpphone.ca

Phone: 604-754-8512
Website: www.kidshelpphone.ca

VOLUNTEER TITLE: Various Volunteer Positions

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

North Shore Disability Resource Centre

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

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

Contact: Kathleen Jessop, Director Community Based Services
Email: k.jessop@nsdrc.org

Phone: 604-904-4090
Website: www.nsdrc.org

VOLUNTEER TITLE: Community Based Youth Assistant, After School and Weekends

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

TRAINING AVAILABLE: Training and orientation offered, YES

REQUIREMENTS: volunteer criminal record check, privacy training,

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

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

MINIMUM AGE: 15 years

North Shore Multicultural Society

207-123 East 15th Street, North Vancouver, B.C., V7L 2P7

The NSMS 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: Susie McLenaghan, Community Connections Lead & Volunteer Coordinator

Phone: 604-988-2931 ext. 230

Email: susiem@nsms.ca

Website: www.nsms.ca

VOLUNTEER TITLE: Youth Program Volunteer

VOLUNTEER ACTIVITIES:

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

TRAINING AVAILABLE: Orientation training.

REQUIREMENTS: Volunteer application and criminal record check.

SKILLS/ATTRIBUTES:

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

HOURS INVOLVED: Variable depending on schedule of programs and activities

MINIMUM AGE: 14 years old & up

VOLUNTEER TITLE: Youth Champions

VOLUNTEER ACTIVITIES:

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

TRAINING AVAILABLE: Orientation training.

REQUIREMENTS:

- Volunteer application and criminal record check
- High School student (Grade 8-12)
- Permanent Resident or Convention Refugee status
- Attend monthly meetings

SKILLS/ATTRIBUTES:

- 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 & up

[North Shore Neighbourhood House and John Braithwaite
Community Centre](#)

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.

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

Contact: Amal Hasan, Volunteer Services Coordinator

Email: ahasan@nsnh.bc.ca

Phone: 604-987-8138 ext. 202

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

VOLUNTEER TITLE: Day Camp Assistant

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

TRAINING AVAILABLE: Training and orientation provided.

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

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

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

MINIMUM AGE: 14 years old & up

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

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

TRAINING AVAILABLE: Orientation provided.

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

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

HOURS INVOLVED: After school.

MINIMUM AGE: 14 years old & up

VOLUNTEER TITLE: Fitness Centre Assistant at JBCC

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

TRAINING AVAILABLE: 45 minutes orientation/ training is provided

REQUIREMENTS: A valid first aid and CPR certificate

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

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: People and communication skills

MINIMUM AGE: 16 years old & up

VOLUNTEER TITLE: Summer at the Park Playgroup Assistant

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

TRAINING AVAILABLE: Orientation provided

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

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: People and communication skills

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

MINIMUM AGE: 14 years old & up

VOLUNTEER TITLE: Farm Intern with the Edible Garden Project

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

TRAINING AVAILABLE: Training and orientation provided.

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

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

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

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

MINIMUM AGE: 14 years old & up

VOLUNTEER TITLE: Market Sales Assistant

VOLUNTEER ACTIVITIES: to assist farmers sell farm produce, twice-weekly farmers markets

TRAINING AVAILABLE: Training and orientation provided.

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

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

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

HOURS INVOLVED: Shifts: Saturdays, 9am-12pm or 11:30am-2:30 pm

Wednesdays: 1-4pm

MINIMUM AGE: 14 years old & up

Norvan Boys and Girls Club South Coast BC

800 Forsman Avenue, North Vancouver, BC, V7J 2G6

At Boys and Girls Clubs (BGC), we believe that every kid is amazing. And we know that by seeing and hearing them, they'll believe it, too! That is why, for over 80 years, BGC has been giving children and youth what they deserve: a place to belong when they aren't at home or in school. To kids, their Club feels like a place where they can hang out with their friends, and make new ones! But it's so much more. It's a safe place that provide them with three of the things they need most: a sense of belonging, a sense of success, and positive relationships. That happens through a wide range of activities that are not only of interest to kids, but that are good for them, too: sports, homework, safe access to the online world, arts, crafts, and of course, sharing meals. Annually, we serve over 12,500 children, youth, and families — and no one is ever turned away due to an inability to pay.

Contact: Julia Hart, Club Coordinator

Email: norvanclub@bgcbc.ca

Phone: 604-986-3449

Website: www.bgcbc.ca

VOLUNTEER TITLE: U19 Youth Volunteer

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

TRAINING AVAILABLE: Orientation/Training on site

HOURS INVOLVED: TBD

AGE: 15 – 19 years old

Parkgate Society

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

Parkgate Society works in partnership with NVRC to place volunteers in Parkgate Community Center. Volunteers are needed in sports and arts programs, the gym, daycare, seniors and youth. Volunteers must be at least 12 years of age and complete a CRC. Visit parkgatesociety.ca for more information and to join the team.

Contact: Volunteer Coordinator

Email: kgrass@parkgatesociety.ca

Phone: 604-983-6385

Website: parkgatesociety.ca

VOLUNTEER TITLE: Seniors Coffee and Tea Service Volunteer

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

TRAINING AVAILABLE: Insite training and various annual trainings available

REQUIREMENTS: Must be available during the week

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Socialization and kitchen skills

HOURS INVOLVED: 1 - 2 hour shifts

MINIMUM AGE: 16

VOLUNTEER TITLE: Childcare Volunteers

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

TRAINING AVAILABLE: Insite Training and Direct supervision

REQUIREMENTS: Provide Clear CRC and Two references

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

HOURS INVOLVED: min 2 hour shifts

MINIMUM AGE: 13

VOLUNTEER TITLE: Special Events Volunteers

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

TRAINING AVAILABLE: ANNUAL TRAININGS

REQUIREMENTS: Provide Clear CRC and good communication skills

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

HOURS INVOLVED: min 1 hour shifts

MINIMUM AGE: 13

VOLUNTEER TITLE: Youth Center Volunteers

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

TRAINING AVAILABLE: ANNUAL TRAININGS

REQUIREMENTS: Provide Clear CRC and good communication skills

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

HOURS INVOLVED: min 2 hour shifts

MINIMUM AGE: 16

VOLUNTEER TITLE: Access Bus Volunteers

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

TRAINING AVAILABLE: ANNUAL TRAININGS

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

SKILLS/ATTRIBUTES DEVELOPED AND BENEFITS: Caregiving skills

HOURS INVOLVED: Min 2 hour shifts

MINIMUM AGE: 16

Scouts Canada

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

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

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

Phone: 1-888-855-3336

Email: helpcentre@scouts.ca

VOLUNTEER TITLE: Scouters

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

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

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

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

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

MINIMUM AGE: High School

Washington Kids Foundation

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

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

Contact: Joe Yankanna

Phone: 604-961-1176

Email: jyankanna@washingtonkidsfoundation.com

Website: www.washingtonkidsfoundation.com

VOLUNTEER TITLE: 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 / ATTRIBUTED 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



North Shore Community Resources

CONNECT • EMPOWER • PARTICIPATE

We offer the following programs:

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

Please call us for more information: 604.985.7138

Support your North Shore community.

For information regarding charitable donations and estate planning, contact:

Murray Mollard, Executive Director: murray.mollard@nscr.ca

North Shore
Community
Resources

Capilano Mall
Suite 201
935 Marine Drive
North Vancouver BC
V7P 1S3

Tel: 604.985.7138
Fax: 604.985.0645
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