

Benefits of Volunteering

- Gain experience in the social service field
- Share your talents and expertise
- Gain personal growth and satisfaction from helping others
- Meet new people
- Learn more about the services and resources available in the community
- Gain experience working in a community-based, multicultural environment
- Build your résumé
- Fill your 40-hour volunteer requirement

**Call the WOCRC
613-591-3686 or visit
www.communityresourcecentre.ca
for more information**



Programs and Services

Counselling, Information and Referral
Ontario Early Years Centre—Carleton
Services for Children and Families
Services for Youth and Families
Violence Against Women Services
Chrysalis House
Community Development
Services for Seniors and Adults with Physical Disabilities and Families
Volunteer Services



2 MacNeil Court, Kanata, Ontario, K2L 4H7

Phone: 613-591-3686

Fax: 613-591-2501

TTY: 613-591-0484

Web: www.communityresourcecentre.ca

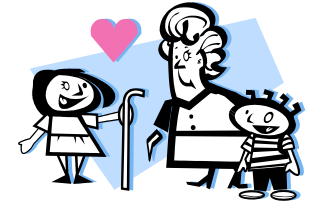
E-mail: info@communityresourcecentre.ca

B.N. 12821 9201 RR0001



Bringing care and community together

Volunteer Opportunities



Ontario Early Years
Focus on the Family
Community Support
Millennium Learning Centre
Peer Support
Resource Development
Board of Directors

**613-591-3686
2 MacNeil Court, Kanata**

Volunteer Opportunities

Ontario Early Years Centre (ages 0-6)*

Drop-in

Assist with daily activities of the drop-in program. May include set up or clean up, welcoming participants, and interacting with children and their caregivers. Requires daytime, evening or Saturday availability.

Toy Library

Assist families in choosing age appropriate toys for their children, sign toys in/out, assist with inventory, clean and repair toys. Requires daytime or Saturday availability.

Children

Focus on the Family Homework Club

Assist elementary school students with homework. Requires evening availability.

Community Support

Adult Day Program

Assist with supervised programming for adults with Alzheimer Disease or other dementia-related illness. Must be 15+. Requires daytime availability.

Diners' Club

Assist with a social gathering and catered lunch for those who have difficulty getting out on their own. Must be 15+. Requires daytime availability.

Meals On Wheels

Hot or frozen meal delivery to seniors and adults with disabilities. Requires daytime availability.

Transportation

Driving seniors and adults with disabilities to medical and non-medical appointments.

Millennium Learning Centre

Mentor

One-on-one support to new computer and Internet users. Give workshops on the use of computers, the Internet and job-searching. Must be 16+.

Peer Support

Provide support to women who have been abused by an intimate partner. A variety of volunteer roles available in the community and at Chrysalis House shelter. Assist with public education activities to raise awareness of violence against women and their children. Must be female and 18+.

Resource Development*

Special Events

Assist with special events and fundraising initiatives.

Administration

Assist with mailings, data entry or other office duties. Requires daytime availability.

*Available in French and English/
Disponible en français et en anglais