



YOUTH VOLUNTEER DIRECTORY



Dare to be different!

2015 — 2016

YOUTH VOLUNTEER DIRECTORY

What is the Youth Volunteer Directory?

Deltassist's Youth Volunteer Directory is a list of agencies and organizations in the Lower Mainland that provide volunteer opportunities for youth 18 years old and under. It was published to assist youth in Delta find meaningful volunteer opportunities.

Why Should I Volunteer?

- ▶ Build your resume
- ▶ Explore career options
- ▶ Gain valuable work experience
- ▶ Obtain references
- ▶ Build confidence
- ▶ Learn new skills
- ▶ Make new friends
- ▶ Give back to the community

What Should I Expect?

- ▶ Be prepared to attend an agency orientation or interview.
- ▶ Be prepared to provide at least two references.
- ▶ Be prepared to submit a criminal record check.

How Do I Get Started?

Contact any of the agencies listed in this directory for further information or to set up an interview.

TABLE OF CONTENTS

BC Children's Hospital.....	5
BC Family Hearing Resource Centre.....	6
BC Lions Society for Children with Disabilities	7
BC Pets and Friends.....	8
BC Special Olympics - Vancouver Branch.....	9
BC Wheelchair Sports Association	10
Burns Bog Conservation Society	11
Canadian Blood Services	12
Canadian Diabetes Association.....	13
Child Care Options	14
Come Share Senior Support Services	15
Delta Cable Television.....	16
Delta Chamber of Commerce	17
Delta Community Animal Shelter.....	18
Delta Hospice Cottage Thrift Store	19
Delta Hospital Volunteer Resources.....	20
Delta Museum & Archives	21
Delta Parks, Recreation & Culture	22
Delta View Life Enrichment Centre	23
DYSL WearHouse	24
Earthwise Society	25
Food Bank — North Delta/Surrey	26
Fraser Health Crisis Line	27
Heart and Stroke Foundation BC.....	28
Kids Help Phone.....	29
Kinsmen Place Lodge for Seniors	30
KinVillage.....	31
Multiple Sclerosis Society	32

TABLE OF CONTENTS

Northcrest Care Centre	33
Oak Avenue Neighbourhood Hub	34
Orphaned Wildlife (OWL)	35
Pony Pals Therapeutic Riding Association.....	36
Progressive Intercultural Society (PICS)	37
Richmond Nature Park.....	38
BC Paraplegic Association	39
Surrey Arts Centre	40
Surrey Memorial Hospital.....	41
Surrey Public Library.....	42
Vancouver Aquarium.....	43
Variety the Children's Charity.....	44
Westshore Laylum	45
Youth Net Delta (CMHA).....	46
Volunteer Resources.....	46
About Deltassist	47

**"To be a volunteer means to be a
person who makes a choice to
reach out to others for their good
without demands for rewards.
The volunteer's satisfaction comes
from within. A true volunteer
receives much more than she/he
has given."**

- Herbert Brandt
Deltassist Volunteer since 1993

BC CHILDREN'S HOSPITAL

4480 Oak Street, Vancouver, BC, V6H 3V4

Phone: 604-875-2143, Fax: 604-875-3448

Website: www.bcchildrens.ca

E-mail: volunteer@cw.bc.ca

Age Requirement: 16+

Agency Profile:

BC Children's Hospital provides expert care for the Province's most seriously ill or injured children, including newborns and adolescents. They provide vital specialized health services that may not be available anywhere else in the province.

Volunteer Position:

Multiple positions available throughout the week. Position varies due to skills and abilities. Positions on the weekend available as well.

Time Commitment:

12 month commitment

"Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of which we can all be proud."

- Helen Dyer

BC FAMILY HEARING RESOURCE CENTRE

15220 - 92nd Avenue, Surrey, BC, V3R 2T8
Phone: 604-584-2827, Fax: 604-584-2800
Website: www.bcfamilyhearing.com
E-mail: Irosales@bcfamilyhearing.com

Age Requirement: 18+

Agency Profile:

The BC Family Hearing Resource Centre is a provincial program that provides comprehensive services to families with young deaf and hard of hearing children throughout BC. They also provide consultation and training to other professionals working with deaf and hard of hearing children.

Volunteer Position:

Volunteers assist Alumni locally and regionally. They plan events and establish and build personal relations with a wide range of Alumni.

Volunteer Requirements:

Have strong communication skills (written, oral, interpersonal)
Strong planning and organization skills. Able to work in a team environment.

Time Commitment:

Average 1-2 hours per week.

BC LIONS SOCIETY FOR CHILDREN WITH DISABILITIES

3981 Oak Street, Vancouver, BC, V6H 4H5
Phone: 604-873-1865, Toll Free: 1-800-818-4483
Fax: 604-873-0166
Website: www.lionsbc.ca
E-mail: info@lionsbc.ca

Age Requirement: 17+

Agency Profile:

The Society provides services for people with disabilities in the province, including the Easter Seals Camping Program. Children attend one of the three camps for a week in the summer, free of charge.

Volunteer Position:

Volunteers work with camp counsellors and programmers to provide assistance and supervision at week long camps for children with disabilities.

Volunteer Requirements:

Must enjoy working with children.

*"The heart of a volunteer is not measured in size,
but by the depth of the commitment to make a
difference in the lives of others."*

- DeAnn Hollis

BC PETS AND FRIENDS

60 Semisch Avenue, Vancouver, BC, V7M 3H8
Phone: 604-688-1766, Fax: 604-688-1767
Website: www.petsandfriends.org
E-mail: info@petsandfriends.org

Age Requirement: 14+

Agency Profile:

BC Pets and Friends is a highly effective visitation program that uses volunteer dogs, cats and birds that are trained to interact with people who require facility care such as long-term hospitalization patients, institution residents and mental health boarders.

Volunteer Position:

Program oversees volunteers and their pets who are screened and trained to visit seniors and shut-ins in hospitals and care facilities.

Volunteer Requirements:

Must have well behaved pet (i.e. rabbit, bird, cat, dog) and be able to attend pet screening and orientation sessions.

Time Commitment:

One year, 1 - 2 hours weekly.

"Those who can, do.
Those who can do more, volunteer."

- Author Unknown

BC SPECIAL OLYMPICS— VANCOUVER BRANCH

#210 - 3701 East Hastings St, Burnaby, BC V5C 2H6

Phone: 604-737-3078

volunteers@sobcvancouver.org

Websites: www.specialolympics.bc.ca

Age Requirement: 16+

Agency Profile:

Special Olympics BC, a registered charitable organization, provides high-quality sports programs and competitions to meet the needs and interests of individuals with intellectual disabilities, enriching lives and celebrating personal achievement through positive sports experiences.

Volunteer Position:

A program volunteer assists the head/assistant coaches with training at practice and regularly communicates with head coach.

Volunteer Requirements:

Must enjoy working with others and as team members. Be empathetic to others with disabilities. Knowledge/experience of sport is preferred.

Time Commitment:

10 hours per month, weekends/evenings

BC WHEELCHAIR SPORTS ASSOCIATION

210 – 3820 Cessna Drive, Richmond, BC, V7B 0A2
Phone: 604-333-3520, Fax: 604-333-3450
Website: www.bcwheelchairsports.com
E-mail: programs@bcwheelchairsports.com

Age Requirement: 17+

Agency Profile:

BC Wheelchair Sports is a not-for-profit organization devoted to providing opportunities for athletes with physical disabilities.

Volunteer Position:

Volunteer coaches and assistant coaches, score keepers, drivers, referee's, tournament organizers and many more positions.

Volunteer Requirements:

Must have a desire to give back to the community.

Time Commitment: Not specified.

"If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers more than ever."

- Kofi Annan

BURNS BOG CONSERVATION SOCIETY

#4 - 7953 - 120th Street, Delta, BC, V4C 6P6
Phone: 604-572-0373, Fax: 604-572-0373
Website: www.burnsbog.org
E-mail: info@burnsbog.org

Age Requirement: 16+

Agency Profile:

Promotes conservation in Burns Bog. Provides the community and public with information and also has a 150 acre Delta nature reserve in Burns Bog.

Volunteer Position:

Assisting with office duties, event planning, boardwalk maintenance, tour guiding and fundraising. Please e-mail for more information.

Volunteer Requirements:

Must enjoy working with the public and respect the environment. Must undergo a criminal record check.

Time Commitment:

Determined by volunteer resources

*"It's easy to make a buck.
It's a lot tougher to make a difference."*

- Tom Brokaw

CANADIAN BLOOD SERVICES

15285 - 101 Avenue, Surrey, BC V3R 8X8

Phone: 1-888-236-6283

Website: www.bloodservices.ca

E-mail: onematch@blood.ca

Age Requirement: 17+

Agency Profile:

Canadian Blood Services is a not-for-profit charitable organization whose mission is to manage the blood and blood products supply for Canadians.

Volunteer Position:

Youth leadership volunteers go out and promote the importance of donating blood while recruiting new donors. Also engage their school in the Young Blood of Life program.

Volunteer Requirements:

Must like working with people and believe in the importance of giving blood.

Time Commitment:

Minimum of one year.

"I am only one, but I am one.
I cannot do everything, but I can do something.
And I will not let what I cannot do
interfere with what I can do."

- Edward Everett Hale

CANADIAN DIABETES ASSOCIATION

#360, 1385 W. 8th Avenue, Vancouver, BC V6H 3V9

Phone: 604-732-1331

Website: www.diabetes.ca

E-mail: infobc@diabetes.ca

Age Requirement: 16+

Agency Profile:

The Canadian Diabetes Association's mission is to lead the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure.

Volunteer Position:

Volunteers assist with general office work, data entry, filing, sorting, internet research, helping at special educational or fundraising events and at displays at health fairs.

Volunteer Requirements:

Good communication and office skills.

Time Commitment: 3 hours per week.

"I've learned that you shouldn't go through life
with a catchers mitt on both hands.
You need to be able to throw something back."

- Maya Angelou

CHILD CARE OPTIONS

#100, 6878 King George Boulevard, Surrey, BC, V3W 4Z9
Phone: 604-572-8032, Fax: 604-572-8185
Website: www.childcareoptions.ca

Age Requirement: 18+

Agency Profile:

Resource and referral program providing child care information, services and support to families and child care providers in Delta, Surrey and White Rock.

Volunteer Position:

Provide administrative support for all areas of CCRR including reception, outreach, subsidy and referral library. Job duties include filing, recording stats, updating brochures and community lists.

Volunteer Requirements:

Must have excellent office and computer skills and enjoy working with the public.

Time Commitment: A few hours weekly.

"Each time someone stands up for an ideal,
or acts to improve the lot of others,
or strikes out against injustice,
he sends forth a tiny ripple of hope."

- Robert F. Kennedy

COME SHARE SENIOR SUPPORT SERVICES

13855 - 68 Avenue, Surrey, BC, V3W 2G9
Phone: 604-531-9400
Website: www.comeshare.ca
E-mail: volunteer@comeshare.ca

Age Requirement: 15+

Agency Profile:

The agency serves the Surrey and White Rock communities, reducing seniors' isolation and helping them to achieve a more satisfying lifestyle. The meal program provides isolated seniors a nutritious meal and a chance to socialize.

Volunteer Position:

Spend time with seniors offering companionship and friendship

Volunteer Requirements:

Good communication and listening skills. Criminal record clearance. Must work well with others and enjoy working with seniors.

Time Commitment:

Long term commitment required, 2 - 3 hours per week.

"Kindness, like a boomerang, always returns."

- Author Unknown

DELTA CABLE TELEVISION

5381 Ladner Trunk Road, Delta, BC, V4K 1W7
Phone: 604-946-1144, Fax: 604-946-5627
Website: www.deltacable.com
E-mail: dctv4@deltacable.com

Age Requirement: 16+

Agency Profile:

Delta Cable is a community based television station that promotes local productions and programs of interest.

Volunteer Position:

Volunteers are trained to operate cameras, video and sound equipment and to assist with local community programs.

Volunteer Requirements:

No experience necessary, but some background knowledge of cameras, videos and sound systems is preferred.

Time Commitment: minimum 4 hours per month.

"I believe that individuals can make a difference in society. Since periods of change such as the present one come so rarely in human history, it is up to each of us to make the best use of our time to help create a happier world."

- The Dalai Lama

DELTA CHAMBER OF COMMERCE

6201 - 60th Avenue, Delta, BC, V4K 4E2
Phone: 604-946-4232, Fax: 604-946-5285
Website: www.deltachamber.com
E-mail: admin@deltachamber.com

Age Requirement: 16+

Agency Profile:

The Delta Chamber of Commerce is a non-profit organization whose purpose is to create and maintain a prosperous environment for business, industry and commerce in Delta.

Volunteer Position:

Volunteer office and tourism assistants help at the tourist information centre, answering phones and assisting with special events.

Volunteer Requirements:

Must enjoy working with the public and have excellent communication skills.

Time Commitment:

4 hours per week, 6 month commitment.

"Unless someone like you cares a whole awful lot,
nothing is going to get better.

It's not."

- Dr. Seuss

DELTA COMMUNITY ANIMAL SHELTER

7505 Hopcott Road, Delta, BC, V4G 1B6
Phone: 604-940-7111, Fax: 604- 940-7799
Website: www.deltacommunityanimalshelter.ca
E-mail: dcas@corp.delta.bc.ca

Age Requirement: 16+ (All areas)
13+ (With guardian)

Agency Profile:

The Delta Community Animal Shelter is a non-profit organization dedicated to rehabilitating and re-homing unwanted, stray and abandoned animals. They also promote humane treatment of animals through educational programs in the community.

Volunteer Position:

Pet care volunteers assist with the feeding and care of the pets.

Volunteer Requirements:

Must enjoy working with animals and the public.

Time Commitment:

4 hours per week, 6 month commitment.

*"Volunteers do not necessarily have the time;
they just have the heart."*

- Elizabeth Andrew

DELTA HOSPICE COTTAGE THRIFT STORE

1521 - 56th Street, Delta, BC, V4L 2A9
Phone: 604-948-0660, Fax: 604-948-0651
Website: www.deltahospice.org
E-mail: info@deltahospice.org

Age Requirement: 15+

Agency Profile:

Delta Hospice, which is committed to meeting the needs of terminally ill patients and their families in Delta, operates the Hospice Cottage thrift store.

Volunteer Position:

Thrift store clerk duties include sorting, pricing, serving the public and working on cash. Training is provided.

Volunteer Requirements:

Must enjoy working in a store environment and working with the public. Criminal record check for cashiers.

Time Commitment:

4 hours per week. Shifts available 7 days a week, including some evening shifts.

*"We make a living by what we get,
but we make a life by what we give."*

- Winston Churchill

DELTA HOSPITAL VOLUNTEER RESOURCES

5800 Mountain View Blvd, Delta, BC, V4K 3V6

Phone: 604-946-1211

Website: www.fraserhealth.ca

E-mail: dh.volunteerresources@fraserhealth.ca

Age Requirement: 16+ (grade 11)

Agency Profile:

Delta Hospital is an acute and residential care hospital. The Auxiliary operates an off-site thrift store selling donated goods as well as a boutique gift shop, and the proceeds made from these businesses are donated back to the hospital.

Volunteer Position:

Volunteers greet Emergency room patients as well as work at the information desk. Volunteers will also do patient visiting.

Volunteer Requirements:

Enjoy working in a hospital setting, ability to work well with patients, staff and the public, reliable, mature and independent. Must have flue shot and proof of pertussis/measles vaccination.

Time Commitment:

A minimum of 3 months.

DELTA MUSEUM & ARCHIVES

4858 Delta Street, Delta, BC, V4K 2T8
Phone: 604-946-9322, Fax: 604-946-5791
Website: www.deltamuseum.ca
E-mail: info@deltamuseum.ca

Age Requirement: 12+

Agency Profile:

The Delta Museum & Archives captures, researches and preserves stories, records and objects of Delta; promotes community identity; and facilitates access to history through education, exhibits and reference services for all people and future generations.

Volunteer Position:

Collections volunteers assist with cleaning, sorting collections, taking photos of collections, and data entry. Docent volunteers work in teams, leading school education programs which involve slide show presentations, hands on activities, and museum tours. Clerical volunteers help at the museum in the office with general clerical and office tasks. Other volunteers assist in the Archives or with special events.

Volunteer Requirements:

Varies according to position applied for.

Time Commitment: Schedule depending on staff/volunteer

“Those who bring sunshine to the lives of others
cannot keep it from themselves.”

- James Matthew Barrie

DELTA PARKS, RECREATION & CULTURE

4600 Clarence Taylor Crescent, Delta, BC, V4K 3X3
Phone: 604-946-3293, Fax: 604-943-6324
Website: www.corp.delta.bc.ca
E-mail: volunteers@corp.delta.bc.ca

Age Requirement: 14+

Agency Profile:

Delta Parks, Recreation and Culture encourages being active in many different ways, one of which is through volunteering. Volunteers play an important role in community recreation programs, the Leisure Friend Program, aquatics, skating, ivy pulling, park cleanups, tree planting (seasonal), special events and summer day camps.

Volunteer Position:

Volunteers are placed in opportunities depending on interests and availability of the programs. For aquatics and skating, preference will be given to those training to become instructors. Leisure Friend volunteers are matched as one-to-one volunteers with people with disabilities to help them participate in recreational programs in Delta. Tree planting occurs in the spring and fall, park cleanups on a casual basis and ivy pulls the second Saturday of each month. Special events are throughout the year.

Volunteer Requirements:

Must be reliable and be able to take direction. A criminal record check is required.

Time Commitment: Varies, depending on the position.

DELTA VIEW LIFE ENRICHMENT CENTRE

9321 Burns Drive, Delta, BC, V4K 3N3
Phone: 604-501-6700, Fax: 604-596-7613

Age Requirement: 14+ (or with parental consent)

Agency Profile:

Delta View practices a “gentlecare” philosophy combined with person-centred care and living. An interdisciplinary team of professionals including nursing, direct care, enrichment activities, spiritual care, physiotherapy, rehabilitation, music therapy, dietary and nutrition work collaboratively with families and volunteers towards the goal of improving quality of life for every resident, every day.

Volunteer Position:

Orientation and training will be given. Some activities which volunteers will be asked to co-lead or lead include providing one-on-one companionship, reminiscing exercises, reading to residents, writing letters for residents, helping residents participate in music therapy, physical activity programs and accompanying residents on strolls around the building.

Volunteer Requirements:

Must possess a passion for working with older adults and be patient, open-minded, creative, empathetic, independent and flexible. A criminal record clearance and current personal references must be provided before any volunteer hours will be authorized.

Time Commitment: Varies.

DYSL WEARHOUSE

#101—1524 56st. Tsawwassen, BC ,V4L 2A8
Phone: 604-948-0108 or 604-943-8286
Website: www.dyslsociety.com
E-mail: info@dyslsociety.com

Age Requirement: 14+

Agency Profile:

The society was formed to help youth take responsibility and ownership in their community to benefit social and recreation activities.

Volunteer Position:

Volunteers assist in all aspects of running a thrift store such as sorting, packing, restocking, selling goods and providing customer service.

Volunteer Requirements:

Must enjoy working with the public. Personal reference and criminal record check required.

Time Commitment:

June - August, schedules vary.

“Until you *do* what you believe in,
you don't know whether you believe it or not.”

- Leo Tolstoy

EARTHWISE SOCIETY

6400 - 3rd Avenue, Delta, BC, V4L 1B1
Phone: 604-946-9828, Fax: 604-946-3823
Website: www.earthwisesociety.bc.ca
E-mail: info@earthwisesociety.bc.ca

Age Requirement: 14+

Agency Profile:

Earthwise Society promotes environmental awareness through its popular eco-tour program for school children and ecological gardening workshops for adults. At the same time, Earthwise Society is introducing new initiatives such as water and energy conservation, eco-industrial networking and habitat enhancement.

Volunteer Position:

Volunteers help with the promotion of Earthwise Gardens and assist at promotional events. Garden volunteers assist with plant propagation, garden maintenance and children's programs. Weekend workshops and 20 hours free training in ecological approach to gardening provided. Volunteers can also help plan, prepare for and run contests and tours at the annual "Grow Local Fair".

Volunteer Requirements:

Must have a keen interest in protecting the environment, gardening and working with people.

Time Commitment:

40 hours per year commitment to be eligible for free workshops, flexible hours.

FOOD BANK—NORTH DELTA & SURREY

10732 City Parkway, Surrey, BC, V3T 4C7
Phone: 604-581-5443, Fax: 604-588-8697

Distributes food from the Hillside Boys & Girls Club in North Delta on alternate Tuesdays from 10:00 - 12:00 Noon

Age Requirement: 16+

Agency Profile:

The Surrey/North Delta Food Bank is a non-profit charitable organization distributing food to low income families and people in need.

Volunteer Position:

Warehouse volunteers assist with the sorting, packaging and distribution of donated food at the food bank. Clerical volunteers assist with general clerical duties such as working on the computer, answering phones, filing, helping with the registration of new clients and special events.

Volunteer Requirements:

Must be non-judgmental, and be willing to keep all information confidential.

Time Commitment: Flexible hours.

"Act as if what you do makes a difference.
It does."

- William James

FRASER HEALTH CRISIS LINE

9815 - 140th Street, Surrey, BC, V3T 4M4
Phone: 604-584-5811 ext 1309, Fax: 604-584-7628
Website: www.scss.ca / www.options.bc.ca

Age Requirement: 18+

Agency Profile:

The Fraser Health Crisis Line is a program of Options Community Services. The crisis line provides immediate, free, confidential 24 hour telephone support to people of all ages who reflect the diversity of the community.

Volunteer Positions:

Crisis line volunteers are screened and provided with on-going training and support. They provide emotional support, intervention and resource information to anyone in emotional distress.

Volunteer Requirements:

Must be non-judgmental and fluent in English. Criminal record clearance required. Emotionally ready to assist others in crisis.

Time Commitment: 4 hours per week, 8 hours bi-weekly, or 12 hours once per month.

*"The best way to find yourself,
is to lose yourself in the service of others."*

- Gandhi

HEART & STROKE FOUNDATION BC

13569 – 76 Avenue, Surrey, BC
Phone: 604-591-1955
Website: www.heartandstroke.bc.ca

Age Requirement: 16+

Agency Profile:

Community based organization dedicated to the prevention and relief of heart disease and strokes. Carries out research and education programs in all communities.

Volunteer Position:

Volunteers assist with clerical and office work. Duties include filing, computer data entry, helping with special events and mall displays. Leadership volunteers and canvassers help with the February Person to Person Campaign.

Volunteer Requirements:

Must have the ability to work independently and with a team.

Time Commitment:

4 - 20 hours

"If you ever need a helping hand, it is at the end of your arm. As you get older you must remember you have a second hand. The first one is to help yourself. The second hand is to help others."

- Audrey Hepburn

KIDS HELP PHONE

#570, 789 W. Pender Street, Vancouver, BC, V6C 1H2

Phone: 778-379-5437

Website: www.kidshelpphone.ca

E-mail: bc@kidshelpphone.ca

Age Requirement: Student Ambassadors 13 - 18

Agency Profile:

Kids Help Phone is Canada's only free, 24 hour, bilingual and anonymous phone and online counselling, referral and information service for children and youth. Everyday, professional counsellors provide immediate, confidential and caring support to young people living in urban, rural and remote locations right across the country. Children and youth contact Kids Help Phone about every issue imaginable – from school, dating and family problems, to bullying/cyber-bullying, addiction and abuse.

Volunteer Position:

Kids Help Phone's Student Ambassador Program encourages high school student volunteers to contribute to the well-being of their own generation while learning important skills and earning volunteer hours. In addition to new skills, you'll gain confidence, self-esteem and a whole new network of friends in your community.

Volunteer Requirements:

Planning, fundraising, communications or public speaking are assets, but must have time and dedication to seeing the continuation of this service for youth.

Time Commitment: 20 hours per month.

KINSMEN PLACE LODGE FOR SENIORS

9650—137A Street, Surrey, BC, V3T 4H9
Phone: 604-588-0445, Fax: 604-588-7211
Website: www.kinsmenplace.org
E-mail: info@kinsmenplace.org

Age Requirement: 15+

Agency Profile:

Kinsmen Place Lodge provides quality, holistic care to individuals, in a complex care home setting for seniors.

Volunteer Position:

Volunteers assist recreation staff in the daycare programs with crafts, outings, recreational activities, and special events. Volunteers can also work one-to-one with the seniors.

Volunteer Requirements:

Must enjoy working with seniors. Enjoy indoor and outdoor activities.

Time Commitment:

1 - 2 hours per week for a minimum of six months.

*"We cannot always build the future for our youth,
but we can build our youth for the future."*

- Franklin D. Roosevelt

KINVILLAGE

5410 - 10th Avenue, Delta, BC V4M 3X8
Phone: 604-943-0155 Fax: 604-943-0947
Website: www.kinsmencentre.org

Age Requirement: 15+

Agency Profile:

KinVillage is a non-profit society providing both personal and intermediate care for seniors.

Volunteer Position:

Volunteers assist at the retirement center with crafts, games, playing crib, visiting and providing social stimulation for seniors. May work one on one with the seniors.

Volunteer Requirements:

Must enjoy the company of seniors, be empathetic and like working in a group setting.

Time Commitment: Flexible.

"Volunteering can be an exciting, growing, enjoyable experience. It is truly gratifying to serve a cause, practice one's ideals, work with people, solve problems, see benefits, and know one had a hand in them."

- Harriet Naylor

MULTIPLE SCLEROSIS SOCIETY

1103 - 4330 Kingsway, Burnaby, BC, V5H 4G7
Phone: 604-689-3144, Fax: 604-689-0377
Website: www.mssociety.ca/bc
E-mail: info@mssociety.ca

Age Requirement: all ages

Agency Profile:

The BC Division of the MS Society of Canada has supported research into multiple sclerosis and provided services and programs to the 8,000 British Columbians and Yukoners affected by MS and their families since 1975.

Volunteer Position:

There are a variety of volunteer positions available suited to different individuals time and talents. Volunteer positions include but are not limited to event day volunteer roles, office positions, client services, skilled volunteer professionals and leadership opportunities.

Volunteer Requirements:

Varies, based on the volunteer position.

Time Commitment:

Varies, based on the volunteer position.

"Even if you are on the right track,
you'll get run over if you just sit there."

- Will Rogers

NORTHCREST CARE CENTRE

6771 - 120th Street, Delta, BC, V4E 2A7
Phone: 604-597-7878, ext 25, Fax: 604-597-7805
Website: www.northcrestcare.ca
E-mail: general@northcrestcare.ca

Age Requirement: 16+

Agency Profile:

Northcrest Care Centre provides a comfortable and active lifestyle for the residents, while giving them the very best in daily assistance and nursing care.

Volunteer Position:

A variety of positions are available that meet the needs and interests of NCC residents and volunteers.

Volunteer Requirements:

Must enjoy working with seniors, be proficient in the English language and complete an orientation. Complete a TB test.

Time Commitment:

Minimum 6 month commitment, 2 hours per week.

"No one is more cherished in this world than
someone who lightens the burden of another.
Thank you."

- Author Unknown

OAK AVENUE NEIGHBOURHOOD HUB

12740 - 102nd Avenue, Surrey, BC, V3V 3E5
Phone: 604-582-7088, Fax: 778-395-0323
Website: www.oanh.ca
E-mail: info@oanh.ca

Age Requirement: 15+ (with parental consent) or 18+

Agency Profile:

The Hub provides a range of services for people in the community as part of a continuum of support for all ages. The Hub serves as a place for other organizations and agencies to offer programs and fosters a unified vision of promoting healthy community development.

Volunteer Position:

Volunteers are needed for daycare, seniors and youth programs. Volunteers needed for gardening and maintenance.

Volunteer Requirements:

Must enjoy helping others, have good public speaking skills, interact well with others and speak English.

Time Commitment: flexible.

"People who say it cannot be done
should not interrupt those who are doing it."

- Author Unknown

ORPHANED WILDLIFE (OWL)

3800 - 72nd Street, Delta, BC, V4K 3N2
Phone: 604-946-3171, Fax: 604-946-3172
Website: www.owlcanada.ca
E-mail: owlrehab@dccnet.com

Age Requirement: 15+

Agency Profile:

The Orphaned Wildlife Rehabilitation Society is a non-profit organization whose volunteers are dedicated to public education and the rehabilitation and release of injured and orphaned birds.

Volunteer Position:

Volunteers assist birds of prey, helping with maintenance, building cages, annual fundraisers and providing educational tours.

Volunteer Requirements:

Must enjoy working with others in a wildlife setting.

Time Commitment: 3 - 4 hours per week.

"I shall pass through this world but once.
Any good therefore that I can do or any kindness
that I can show to any human being,
let me do it now. Let me not defer or neglect it,
for I shall not pass this way again."

- Mahatma Gandhi

PONY PALS THERAPEUTIC RIDING ASSOCIATION

3885B—96th Street, Delta, BC
Phone: 604-590-0097
Website: www.ponypalsstables.com
E-mail: info@ponypalsstables.com

Age Requirement: 13+

Agency Profile:

Provides therapeutic riding lessons for mentally and physically disabled individuals of all ages.

Volunteer Position:

Volunteers lead and care for the horses, walk with our clients, help around the farm and assist with office work and fundraising. All of our volunteers receive a full orientation on the safety and responsibility protocols of helping at PPTRA.

Volunteer Requirements:

No experience necessary. Full training provided.

Time Commitment:

2 hours per week.

"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop."

- Mother Teresa

PROGRESSIVE INTERCULTURAL SOCIETY

#205, 12725 - 80th Avenue, Surrey, BC, V3W 3A6

Phone: 604-596-7722 Fax: 604-596-7721

Website: www.pics.bc.ca

Depesh Grewal depesh.grewal@pics.bc.ca

Age Requirement: 18+

Agency Profile:

PICS is a strong advocate for the multicultural and immigrant community, particularly the south Asian community. They promote harmony and intercultural understanding to build a more inclusive and mutually respectful society, to ensure equal access to jobs and services and to work with other agencies.

Volunteer Position:

Administrative Assistants are responsible for filing, faxing, photocopying, and answering phone calls as required.

Volunteer Requirements:

Ability to work in a diverse cultural environment. Hindi and Punjabi an asset, but not required.

Time Commitment:

Minimum of one 4 hour shift per week.

*"Our deeds determine us,
as much as we determine our deeds."*

- George Eliot

RICHMOND NATURE PARK

11851 Westminster Hwy, Richmond, BC, V6X 1B4
Phone: 604-718-6188, Fax: 604-718-6189
Website: www.richmond.ca
E-mail: nature@richmond.ca

Age Requirement: 15+ and 18+ (depending on the program)

Agency Profile:

The Richmond Nature Park consists of 200 acres of the raised peat bog habitat that once covered large portions of Lulu Island.

Volunteer Position:

Youth volunteers assist with the delivery of nature programs for children during July and August. Volunteers may apply for these positions in June and must be available for several days of orientation and training prior to the start of programs. Volunteers are crucial to the effective delivery of programs so must be prepared to commit to a schedule.

Volunteer Requirements:

Must be available weekdays during the summer, interested in working with children and nature, speak fluent English and be comfortable outdoors to assist with games, hikes and hands-on activities.

Time Commitment:

3 hours per week for a minimum of 3 months.

"If you want to change the world, be that change."

- Gandhi

SPINAL CORD INJURY BC

780 South West Marine Drive, Vancouver, BC, V6P 5Y7
Phone: 604-324-3611, Fax: 604-326-1229
Website: www.sci-bc.ca
E-mail: abattalove@sci-bc.ca

Age Requirement: 17+

Agency Profile:

Since 1957, the BC Paraplegic Association (BCPA) has been a vital link to the community and successful independent living for thousands of people with spinal cord injuries and other physical disabilities.

Volunteer Position:

Volunteers support special events and provide office clerical assistance. Volunteers do not provide any 1-1 with clients with physical disabilities. Please visit website or phone office for details.

Volunteer Requirements:

Dependent upon volunteer position.

Time Commitment:

Minimum 2 hours.

"We have to do what we can to help wherever and whenever it is possible for us to help."

- Jackie Chan

SURREY ARTS CENTRE

13750 - 88th Avenue, Surrey, BC, V3W 3L1
Phone: 604-501-5566, Fax: 604-501-5581
Website: www.surrey.ca
E-mail: artsvolunteer@surrey.ca

Age Requirement: 16+

Agency Profile:

Through exhibitions, educational programming and public events the gallery aims to encourage community involvement in the arts. Volunteers create connections that sponsor continued growth and renewal ensuring the long-term health of our vibrant arts community in Surrey.

Volunteer Position:

Children's art program assistants work with instructors working with students, preparing art materials, and cleaning the art studio. Classes are offered in a wide range of media and meet once a week for ten evening or weekend sessions. Special event volunteers participate by greeting the public, facilitating activities, and assisting at receptions. These lively events may be exhibition openings, family days, or festivals which take place on weekends.

Volunteer Requirements:

Volunteers need to be comfortable working with the public, speaking to groups and should enjoy art!

Time Commitment:

2.5 hours/week. Weekday afternoons, Saturday AM/PM.

SURREY MEMORIAL HOSPITAL

13750 - 96th Avenue, Surrey, BC, V3V 1Z2

Phone: 604-588-3381, Fax: 604-585-5669

Website: www.fraserhealth.ca

E-mail: volunteer.smh@fraserhealth.ca

Age Requirement: 16+

Agency Profile:

Offers outpatient care and specialist clinics and services.

Volunteer Position:

Youth Volunteer Program - places volunteers between the ages of 16 - 19 with various programs in the hospital.

Volunteers assist in the gift shop, help in extended and long term care, accompany the mobile notions cart to hospital wards and various other volunteer hospital duties.

Volunteer Requirements:

Enjoy working with the public and patients in a hospital setting.

Time Commitment:

2-6 hours/week, entire summer

"Help one another;
there's no time like the present
and no present like the time."

- James Durst

SURREY PUBLIC LIBRARY

Guildford, Fleetwood, Newton City Centre and Strawberry Hill Branches

Phone: 604-598-7354

Website: www.spl.surrey.bc.ca

Age Requirement: 14 - 18

Agency Profile:

Surrey Public Library's Coast Capital Reading Buddies program is a practice reading session for kids in Grades 2 – 4 wanting to improve their reading skills in a safe, non-threatening environment.

Volunteer Position:

As a Coast Capital Reading Buddies volunteer, you are a role model to a young reader, practicing reading with your buddy and engaging in fun literacy activities.

Volunteer Requirements:

Must complete an application, agree to an interview and criminal records check and attend a training session.

Time Commitment: 7 week commitment

*"Destiny is not necessarily
what we get out of life,
but rather, what we give."*

- Cary Grant

VANCOUVER AQUARIUM

845 Avison Way, Vancouver, BC, V6G 3E2
Phone: 604-659-3478, Fax: 604-659-3515
Website: www.vanaqua.org
E-mail: volunteer@vanaqua.org

Age Requirement: 14+

Agency Profile:

The Vancouver Aquarium is a self-supporting, non-profit association dedicated to effecting the conservation of aquatic life through display and interpretation, education, research, and direct action.

Volunteer Position:

Meet and greet guests and members, answer questions related to the Aquarium, Stanley Park and tourism in the Vancouver area, as well as distribute information regarding Aquarium programs.

Volunteer Requirements:

General enthusiasm for aquatic animals and conservation. 7 mandatory training modules.

Time Commitment:

4 hours per week for 6 months. (100 hours)

*"To ease another's heartache
is to forget one's own."*

- Abraham Lincoln

VARIETY THE CHILDREN'S CHARITY

4300 Still Creek Drive, Burnaby, BC, V5C 6C6

Phone: 604-268-3885, Fax: 604-320-0535

Website: www.variety.bc.ca

E-mail: volunteer@variety.bc.ca

Age Requirement:

16+ (exception in office or accompanied by adult)

Agency Profile:

Variety is a charitable organization raising money to support BC's children who have special needs.

Volunteer Position:

This position is working in special events or at the Burnaby office accepting donations and answering questions about the charity, decorating, or other tasks.

Volunteer Requirements:

Must enjoy working with the public.

Time Commitment:

Depending on event.

"How wonderful it is that nobody need wait a single moment before starting to improve the world."

- Anne Frank

WESTSHORE LAYLUM

4900 Central Avenue, Delta, BC, V4K 2G7
Phone: 604-946-2822, Fax: 604-946-2217

Age Requirement: 15+

Agency Profile:

Westshore Laylum is a seniors' care facility that looks after the physical and social needs of the seniors residing there.

Volunteer Position:

Volunteers assist seniors in crafts, recreational programs, bingo, and accompany them on outings and walks. Music and piano players are also required. One-to-one volunteers are placed to assist seniors in writing letters and providing weekly visits for companionship.

Volunteer Requirements:

Must have empathy and understanding towards seniors' issues, be a good listener and have patience.

Time Commitment:

3 - 4 hours per week.

"A pessimist, they say, sees a glass of water as being half empty; an optimist sees the same glass as half full. But a giving person sees a glass of water and starts looking for someone who might be thirsty."

- G. Donald Gale

YOUTH NET DELTA (CMHA)

#14 - 1835 - 56th Street, Delta, BC, V4L 2L8

Phone: 604-943-1878, Fax: 604-948-1479

Website: www.delta.cmha.bc.ca

E-mail: youthnetdelta@dccnet.com

Age Requirement: 18+

Agency Profile:

An interactive mental health/illness education program for high school students, aimed at reducing the stigma of mental illness and creating a supportive culture for youth to access help.

Volunteer Position:

Youth Net Facilitators deliver presentations to high school students and connect youth to appropriate mental health agencies.

Volunteer Requirements:

Experience and knowledge of mental health issues, leadership experience, creativity and enthusiasm.

Time Commitment: Flexible.

VOLUNTEER RESOURCES

For volunteer opportunities in the Lower Mainland:

www.govolunteer.ca

For information about volunteering:

Volunteer BC: www.volunteerbc.bc.ca

Volunteer Canada: www.nvw-sab.ca/en/volunteer-canada

ABOUT DELTASSIST

Deltassist Family and Community Services Society was created in 1999 by the amalgamation of two long standing community services organizations – Deltassist Community Services Society and Delta Family Services Society – in an effort to provide integrated and enhanced family and community services to the residents of Delta and the surrounding areas.

SERVICES WE PROVIDE

Counselling:

Counselling services are provided by a highly skilled team of professionals, and are free of charge. Programs offered include an alcohol & drug program, alternatives to violence program, family support services, healthy families, nobody's perfect parenting program, young parent outreach (for teens) and a youth suicide prevention program.

Community:

We offer a number of programs and services for clients living in the Delta area. Services include information and referral, emergency food assistance, Christmas hampers and toy depot, income tax assistance, pro bono law clinics, and volunteer services.

Seniors:

Deltassist provides services for Delta seniors that help to combat loneliness, enhance seniors' independence and assist in making a healthier community for both seniors and volunteers. Volunteers provide shopping, phone support, driving (to and from medical appointments) and visiting services to support seniors who want to remain living independently.

HOW YOU CAN REACH US

**Administration
Counselling Services
Information & Volunteer Services
Community Services**

9097 120th Street
Delta, BC, V4C 6R7

Phone: 604-594-3455
Fax: 604-594-3496

**Seniors Services
Information & Volunteer Services
Community Services**

#202-5000 Bridge Street
Delta, BC, V4K 2K4

Phone: 604-946-9526
Fax: 604-946-7727

