

CHILLIWACK COMMUNITY SERVICES

VOLUNTEER OPPORTUNITIES

EARLY YEARS – Volunteering with Children

Family Place Network

Our drop in resource centres offer free, interactive parent-child programs for ages birth to six years. Do you enjoy **making crafts, preparing snacks,** and supporting children and parents through **interactive play**? Family Place is the perfect place to volunteer! For more information please contact Debbie at 604.378.0451



Better Beginnings

If you like working with mothers and babies, you'll enjoy volunteering with this program. This program is for pregnant mothers and continues to offer support for six months after the baby is born. A variety of volunteer positions are available including **child minder, kitchen helper, breakfast support, data entry support** and more. For more information and to volunteer, please contact Lana at 604.701.4940.



YOUTH SERVICES – Volunteering with Youth

Youth Recreation

This program provides healthy recreational based activities to increase physical and emotional health. Activities can include hockey, soccer, hiking, drop-in programming, going to the movies, and more. For more information and to volunteer please contact the Youth Services Coordinator at 604.702.2903.

Young Parent Program

This program offers outreach, support, life skills training, parenting workshops, child care support and crisis management support for pregnant and parenting teens. Volunteers help with **child minding, food prep** and **more**. For more information and to volunteer please contact Youth Services Coordinator at 604.702.2903.

IMMIGRANT SERVICES – Volunteering with Newcomers to Canada

Our office at 9214 Mary Street helps to welcome newcomers to Canada and supports successful settlement and integration into the community. You can help individuals learn English by volunteering in our **English classes** or leading a **conversation circle**. Help newcomers feel like a part of the community by volunteering with our **employment workshops, orientation sessions** or becoming an **interpreter/translator**. For more information and to start volunteering, please contact 604.393.3251.



SENIOR SERVICES – Volunteering with Seniors

Better at Home

Become a **friendly visitor** and make a positive impact in the life of a senior. Your role as a friendly visitor volunteer would be to provide friendship, support and stimulation in the lives of isolated seniors. Visits are once a week and typically 1 – 2 hours in length. For more information and to volunteer, please contact Sarah at 778.860.5499.



Meals on Wheels

This program provides fresh and frozen meals for individuals who because of illness or disability cannot prepare adequate meals for themselves. Volunteers deliver meals between 11:00 am and 1:00 pm Monday through Friday. Usually volunteers deliver in groups of two and have a driver and a runner. For more information and to volunteer, please contact Jen at 778.793.7242.



OTHER OPPORTUNITIES

Fundraising Events

Chilliwack Community Services holds a variety of fundraisers and community events over the year. Opportunities include being a part of the **planning committee**, helping with **set-up**, **selling tickets**, and **more**. Please contact Shirley at 604.793.7221 for more information on upcoming events.

Chilliwack Community Services
45938 Wellington Avenue
Chilliwack, BC V2P 2C7
www.comserv.bc.ca
604.792.4267

HOW TO GET STARTED:

- 1) Find a program or programs you are interested in
- 2) Talk to the coordinator and fill out a volunteer package
- 3) Submit your criminal record check
- 4) Start volunteering!

