volunteer

**Hot sheet**

 Winter

Volunteer MapleRidge-Pitt Meadows 2020

We need you!

*Volunteering in your community is a great way to build skills, gain experience and make friends! The Hot Sheet covers just a few of the great opportunities available to you. If you are interested in any of these positions, please contact the organization directly. If you would like assistance with your search, contact the Volunteer Centre at* [*sandras@comservice.bc.ca*](mailto:sandras@comservice.bc.ca) *or (604) 467-4911 ext. 1230*

**The ACT Arts Centre**

**Arts Ambassadors**  
Are you 13 to 18 years old? Are you wanting to get a head start on your future? Would you like to become a leader in your community? As an Arts Ambassador you’ll work towards free certifications and training (Serving It Right, World Host, Food Safe, First Aid), gain leadership and event planning skills, participate in fun socials, build their resume, gain volunteer experience hours, and meet new friends. For more information, contact Landrie Davies at [volunteer@mract.org](mailto:volunteer@mract.org) or (604) 476-2786.

**Kin Crew (Family Volunteering)**

Looking for a way to volunteer with your child, grandchild, niece or nephew? Join our NEW Kin Crew at the ACT! It is easy, fun and flexible and there’s no minimum shift requirement. Being part of the Kin Crew is a great way for children ages 5-12 to volunteer with an adult in a safe and friendly environment. For more information, contact Landrie Davies at [volunteer@mract.org](mailto:volunteer@mract.org) or (604) 476-2786.

**Alouette River Management Society (ARMS)**

**Environmental and Office Volunteers**

Volunteers who love the outdoors can be involved with salmon surveying, water quality testing, storm drain painting, invasive species removal, stream cleaning and special events. If you are more comfortable indoors, ARMS is always in need of administrative and fundraising support. To volunteer, complete the online form at: [www.alouetteriver.org/volunteer](http://www.alouetteriver.org/volunteer) or for more information, call (604) 467-6401 or email: [sophie@alouetteriver.org](mailto:sophie@alouetteriver.org)

**Maple Ridge Adopt-A-Block Program**

Do you pick up litter in your neighbourhood? If you haven’t registered yet with the Maple Ridge Adopt-A-Block program, we would love to have you join us! We are a collaborative community initiative working towards a cleaner & safer Maple Ridge! Contact us and register for free; equipment and municipal street sign of recognition provided. (604) 463-9699, [adoptablock@aloutetteriver.org](mailto:adoptablock@aloutetteriver.org), www.alouetteriver.org/adopt-a-block

**Pitt Meadows Adopt-A-Program**

Join this brand-new program in the City of Pitt Meadows! Adopt-A-Program is targeting litter in priority areas within the city and would like you to get on board. Together as a community we can make a difference towards a cleaner and safer Pitt Meadows! Contact us and register for free, all equipment is provided (604) 463-9699, [adoptablock@alouetteriver.org](mailto:adoptablock@alouetteriver.org), www.alouetteriver.org/adopt-a-block

**Alzheimer Society of BC**

**Support Group Facilitation Volunteers**

Volunteers (19+) are needed to co-facilitate Caregivers Support Groups and an Early Stage Support Group in Maple Ridge. Groups are designed to provide a safe place for family, caregivers and/or people living with early symptoms of dementia to connect, learn and support one another. Support Group Facilitators are people with discretion, compassion, strong listening skills, and a belief in the capacity of peers to help one another. Training in group facilitation provided. To apply please go to [www.alzheimerbc.org](http://www.alzheimerbc.org) or contact Kim Mckercher, Support and Education Coordinator, for more information: (604) 449-5933 or [kmckercher@alzheimerbc.org](mailto:kmckercher@alzheimerbc.org)

**BC SPCA Maple Ridge**

**Animal Wellness Volunteers**

These critical supporters work hands-on with the animals in our care. All shifts consist of socializing with the animals and cleaning duties such as washing dishes, litter boxes, doing laundry and other tasks around the branch. Volunteers must be at least 12 years old, those aged 16-18 will need parental consent to volunteer on their own and volunteers aged 12-15 must be accompanied by a parent or legal guardian; able to commit to a weekly 2-hour shift for a minimum commitment period of 6 months; able to attend all required training sessions. For more information, please visit: spca.bc.ca/locations/maple-ridge/ or call (604) 463-9511.

**Big Brothers/Big Sisters**

Be paired with a child in the community seeking a role model and be a caring adult friend. We match you with a child with similar interests and schedule, and you will be supported throughout your match by a trained caseworker. A one-year commitment is typically required, but monthly opportunities to work with kids on the waitlist might also be available. Men are especially needed. We also have an In-School Mentoring Program where an adult or senior mentor can visit their buddy on school property once a week for one hour during the school day to do crafts or play games!  Ask us about our Teen Mentoring program where grade 10-12 students at select high schools get involved as volunteers. Contact Cherie Martens, Mentoring Coordinator at (778) 809-0541 or email

[cherie.martens@bigbrothersbigsisters.ca](mailto:cherie.martens@bigbrothersbigsisters.ca) or visit [www.mentoringworks.ca](http://www.mentoringworks.ca)

**Canadian Red Cross- Multiple Positions**

**Client Service**

The Health Equipment Loan Program (HELP) provides short term loans of basic medical equipment such as wheelchairs, crutches and bathroom aids, by donation, to individuals recovering from injury, illness or surgery. In Maple Ridge, this service operates at #5-11435 201A St. and is seeking volunteers to provide client service. Please call our local office at (604) 465-5050 to speak with one of our volunteers or contact Diane Prentice at

(604) 709-6625 if you would like more information, or you can view our volunteer opportunities and apply online directly at [www.redcross.ca/volunteer](http://www.redcross.ca/volunteer)

**Disaster Management**

The Canadian Red Cross is actively seeking volunteers to assist with critical emergency responses across Canada. Join our Disaster Management team today and bring relief to those who need it most! Volunteer Now! Visit: [www.redcross.ca/volunteer](http://www.redcross.ca/volunteer) or call toll free 1844-818-2155.

**Canucks Autism Network**

**Adapted Sports & Recreation**

Join our energetic team of staff and volunteers to provide adapted soccer, basketball and physical literacy programs to children and teens with autism! Our I CAN Play Sports and I CAN Be Active programs run on Sunday mornings (9:45-11:30 am) at Maple Ridge Leisure Centre. Volunteers work under the direction of our trained and qualified staff to ensure that each child is receives the individualized attention that they need to succeed. Make an incredible difference in your community while gaining valuable, hands-on experience working alongside our coaches and support workers! To apply to vounteer, please visit. <https://www.canucksautism.ca/join-us/become-a-volunteer/> or call Peter Kaulfuss, Recruitment Coordinator at 604-685-4049 or e-mail at [volunteer@canucksautism.ca](mailto:volunteer@canucksautism.ca)

**Coast Mental Health**

**Client Support Workers**

Coast Mental Health is looking for volunteers to support the clients living at Alouette Heights in the following areas:

Art/Craft Group, Gardening, Movers, Community Kitchen, De-cluttering and Organizing and Pet Therapy. Volunteers are asked to make a six-month commitment to a weekly shift. Applications can be submitted to <http://bttr.im/p8l20>. For more information, email: [valri.wright@coastmentalhealth.com](mailto:valri.wright@coastmentalhealth.com) or call: (604) 675-2313.

**Cythera Transition House Society**

**Thrift Store Volunteers**

Cythera Thrift Store is looking for help with receiving and processing donations, pricing & tagging items, merchandising, customer service and testing electronics. No experience necessary as training and incentives are provided. Hours of operation are Monday to Saturday from 10 a.m. to 5 p.m. and Sunday 10 a.m. to 4 p.m. If interested, please pick up a volunteer package from the Thrift Store, #101-22255 Dewdney Trunk Rd. in Maple Ridge during store hours. Questions, contact Tina at (604) 467-9939, ext. 224 or [business@cythera.ca](mailto:business@cythera.ca)

**Downtown Maple Ridge Business Improvement Association**

**Community Event Volunteers**

Volunteers gain experience in communication, team leadership and critical thinking, all while having fun at community events! During five outdoor market events over the summer, DMRBIA volunteers take on responsibilities such as managing kids’ activity booths, working with vendors and community stake holders to set up the event space and interacting with the public through surveys. Join our fun team, meet like-minded youth, and be a part of bettering your community! Interested volunteers should contact [Inquiries@DowntownMapleRidge.ca](mailto:Inquiries@DowntownMapleRidge.ca)

**Friends in Need Food Bank**

**Drivers, Warehouse Help, Hamper Assembly and more!**

The Friends in Need Food Bank is always looking for dedicated, compassionate people who desire to volunteer with our Food Bank. We strive to find the most outgoing, caring individuals in our community that have a strong desire to support our clients and their needs. The majority of our volunteers are needed between Tuesday-Friday from 7:30 a.m.-12:30 p.m. There are also opportunities to assist with special events. For more information, or to apply, visit: [www.friendsneedfood.com](http://www.friendsneedfood.com) or call Nancy at (604) 466-3663, ext. 203.

**Habitat for Humanity**

**Builders, ReStore Workers, Information Volunteers**

Whether building a home, stocking shelves at one of our ReStores or hosting a table at one of our events, contributions by volunteers are priceless. No skills are required, but if you have some to offer, even better! The Habitat for Humanity ReStore sells new and gently-used items for your home and garden. As a volunteer at the ReStore, you can complete transactions and serve customers, assist with merchandising or test/fix items (carpenters, electricians, cabinet makers, plumbers, students, seniors). Our Maple Ridge ReStore is located at 22255 Dewdney Trunk Rd. For more information, call: Andree Nash (604) 681-5618 or email: [anash@habitatgv.ca](mailto:anash@habitatgv.ca)

**Immigrant Services Society of BC**

**Volunteer Connections**

Long term residents of Canada are needed to become settlement mentors. Volunteers are trained and then matched with a compatible newcomer based on interests, family size, age, occupation, and other needs. Commitment is two to four hours per week for a period of three months. For more information, call (778)284-7026 Ext. 1582

**Katie’s Place Animal Shelter**

**Pet Caregivers**

Katie’s Place always welcomes people who want to give their time for the animals. Help is always needed with cleaning and feeding; shopping or picking up donated items; simple sewing; making crafts for fundraisers; carpentry; cuddling the cats; fostering babies, elderly or special needs animals; fundraising; and grounds maintenance. There’s a niche at Katie’s Place for almost any skill set, and we can accommodate any schedule. If you’d like to find out more about volunteering, please call our volunteer coordinator, Christine, at **(604) 467-1403** or email us at [volunteeratkatiesplace@shaw.ca](mailto:volunteeratkatiesplace@shaw.ca), [www.katiesplaceshelter.com](http://www.katiesplaceshelter.com)

**Kidstart Mentoring Program**

**Adult Mentors**

KidStart recruits and trains caring adults to coach vulnerable kids through the game of life! Volunteer mentors are matched with a youth aged 13-18 in the Ridge Meadows area. They meet one-on-one with their matched youth on an ongoing weekly basis. From participating in fun activities such as sports or going to the movies, to simply sharing a coffee and some laughs, KidStart provides the opportunity to build meaningful relationships between mentors and participants. All volunteers are carefully screened and receive direct support from the Volunteer Coordinator. We ask volunteers for at least a one-year commitment of three hours per week, days/times are flexible. **For more information, contact Aman Atwal at (604) 476-2821,** aatwal@plea.bc.ca **or visit** [www.kidstart.ca](http://www.kidstart.ca)

**Maple Ridge Pitt Meadows Katzie Community Literacy Committee**

**Literacy Champions**

The MRPMK Community Literacy Committee’s mission is to promote and support adult, community and family literacy and to coordinate literacy initiatives in our communities. We have many volunteer opportunities for passionate literacy supporters including: community outreach, book labelling and tutoring. Volunteer literacy tutors help other adults improve their reading, writing, math, computers, or English-speaking skills. Free training is provided. To find out more, contact Elaine Yamamoto at [facilitator@communityliteracy.ca](mailto:facilitator@communityliteracy.ca) or call (604) 721-3738.

**Maple Ridge-Pitt Meadows Community Services – Multiple Positions**

**Aboriginal Cultural Volunteers**

Aboriginal Adults and Youth are needed to share their teachings and gifts with the Aboriginal Children and Youth Connections program. Volunteers should have a passion for working with children and have a shared vision for wanting to promote positive self-identity and resiliency through culture. Volunteers must be willing to register as a volunteer with Maple Ridge/Pitt Meadows Community Services. For more information, please contact Tamara H. at [tamarah@comservice.bc.ca](mailto:tamarah@comservice.bc.ca), or Kim M. at [kmapson@comservice.bc.ca](mailto:kmapson@comservice.bc.ca), (604) 467-6911 ext. 1217

**Children’s Program Volunteers**

Do you love the sounds of children’s laughter or holding babies while they reward us with a big, gummy smile? Or perhaps reading a story to a little toddler?  Family Place Parenting Centre is looking for a few volunteers to help with arts and crafts, and positive interactions with young children and parents. Volunteers must be willing to register as a volunteer with Maple Ridge/Pitt Meadows Community Services.  For more information, please contact JoAnne White at (604) 788-9163 or [jwhite@comservice.bc.ca](mailto:jwhite@comservice.bc.ca)

**Better at Home-Drivers** **for medical appointments and grocery shopping**

The Better at Home Program is in need of volunteers age 19+ who are able to drive seniors to their medical appointments in the lower mainland and shopping locally. Volunteers must have a clean driving record, full driver’s licence (no “N”’s) and a reliable vehicle. Flexible schedule for volunteers, rides are provided Monday - Friday during the day. Mileage reimbursement is provided. Volunteers should enjoy working with seniors, possess good communication and listening skills, have compassion/understanding for those being served and will be required to sign up as a volunteer with Community Services. For more info, contact Susan (604) 467-6911, ext.1232 or email: [swood@comservice.bc.ca](mailto:swood@comservice.bc.ca), visit our website at  [www.comservice.com](http://www.comservice.com) or visit our office in person at 22178 Lougheed Hwy in Maple Ridge.

**Better at Home-Handyperson**

Volunteer handyperson needed to assist seniors in maintaining their home including minor home repairs, maintenance and light yard work. Service provided Monday to Friday during the day. Honorarium provided. For more info, contact Susan at MR/PM Community Services (604) 467-6911, ext. 1232 or email: swood@comservice.bc.ca

**Seniors Activity Program- Drivers**

Volunteer drivers are needed for this program! Enjoy outings such as picnics at the park, lunch or dinners, theatre, educational workshops, etc. Full licence, clean background check and driving abstract required. Mileage provided. A great way to help seniors that don’t drive anymore, to socialize and remain active in the community. Contact Sandra at [ssalvador@comservice.bc.ca](mailto:ssalvador@comservice.bc.ca), (604) 467-6911 ext. 1405.

**Youth Restorative Justice**

Volunteer mentors are needed to engage in meaningful and supportive relationships with youth and young adults ages 12 to 24. Mentors provide encouragement, support, and guidance to youth while assisting them to complete their Youth Restorative Justice Agreements. Volunteers attend Restorative Justice conferences, volunteer training and meetings, and the occasional Agency training. For more info, visit [www.comservice.bc.ca/node/87 or call Ranjit (604) 467.6911](http://www.comservice.bc.ca/node/87%20or%20call%20Ranjit%20(604)%20467.6911) ext. 1159

**Maple Ridge/Pitt Meadows Parks & Leisure Services**

**Fest Crew**

Join Parks & Leisure Services to support community events by being a part of FEST CREW!

Learn about community, meet new friends, help with environmental supports and public education. The schedule is flexible, team focused and will be based out of a variety of locations. For more information, or to volunteer, email: [festival@mapleridge.ca](mailto:festival@mapleridge.ca) or call: (604) 467-7325.

**North Fraser Therapeutic Riding Association**

**Equestrian Support**

NFTRA is searching for program volunteers to assist with grooming, feeding, tacking up, leading horses and side-walking with riders during lessons. Must be physically fit and able to work outside (in a barn setting) with horses and people of all abilities. Visit www.nftra.ca to download and complete the Volunteer Package (drop off, mail or email the completed package).

**Ridge Meadows Hospital & Baillie House**

There are a variety of volunteer opportunities at Ridge Meadows Hospital and Baillie House. Volunteers enhance the services and complement the care provided by our professionals. As a volunteer, you enhance personal growth, gain personal satisfaction by helping others, explore a new career, meet new people, and learn more about the health care system. Join us and share your talents, build new skills, and help strengthen your community. For further information, call (604) 466-7911 or visit our website: <https://www.fraserhealth.ca/about-us/volunteer-opportunities/volunteer-opportunities-ridge-meadows-hospital>

**St. John Ambulance**

**First Aid Volunteers**

St. John’s is seeking volunteers (age 18-75) who are interested in first aid training to help those in need at community events including those at Roger’s Arena, Abbotsford Air Show, Celebration of Lights fireworks, etc. Training is held every Tuesday evening and you can earn a Medical First Responders Certificate. Give back to your community, have fun and volunteer. For more info, call Lorraine at (604) 880-8117 or email: lhoskyn4@gmail.com



To learn more about Volunteer Maple Ridge-Pitt Meadows and Community Services visit our website: [**www.comservice.bc.ca**](http://www.comservice.bc.ca) or call: (604) 467-6911.

Volunteering is a great way to learn new skills and build your resume, meet new people, have fun, and make a difference in your community. Volunteer Maple Ridge-Pitt Meadows is a program of Community Services.