

Imagine the possibilities... Volunteer West Island and you, working together for the betterment of the community.

Aditya Youth Trust Fund – this is a youth center located in Dorval

- A volunteer with Computer knowledge that can help update their Web site

Allergy and Environmental Health Assoc. of Quebec (AEHAQ) Located in DDO, is dedicated to raising awareness on issues surrounding environmental sensitivities (ES). Their mission is to educate Quebecers on ES, to prevent ES by educating Quebecers on domestic toxic products. General Volunteer Opportunities:

- A volunteer to help with data entry, verifying phone numbers, e-mail and addresses
- Volunteers to assist putting together resource book and newsletter
- Volunteers must be bilingual in order to translate material
- Fundraiser

AVATIL – Located in Lachine, this organization helps and supports mildly to borderline intellectually handicapped young adults and adults.

- They are looking for volunteers to join their Board of Directors, meetings are held on the first Monday of the month.
- Also with their once a month Shared Supper which takes place on the last Tuesday of every month, to help serve the meal and clean up.

AWISH (Arthritis West Island Self Help Association) Located in Dorval – this is a small non-profit self-help group founded in 1987 which provides support, information, education and awareness of the many forms of arthritis to the West Island Community. There are many volunteer opportunities.

- Board Member – participate at Board meeting and assist association functions.
- Bookkeeper or Treasurer-to do accounting and financial tracking
- Translator – to translate English documents, letters, newsletter articles to French.
- Fundraisers – assist in fundraising programs and initiatives.

Big Brothers Big Sister of West Island – is now recruiting volunteer mentors for its elementary school, In-School Mentoring Program. Mentors visit a child once a week and share fun activities such as games, crafts, and sports. One child + One hour a week = Two big reasons to go back to school! Minimum age is 16.

Bread Basket Lac-Saint-Louis – located in Pointe Claire, this organization matches volunteers with individuals in need in the community. They are looking for volunteers for different tasks:

- A volunteer who can lead a group of participants in a cooking session once or twice a month in the West Island area.

Canadian Cancer Society – is in need of volunteers to complete the Organizing Committee for the West Island Relay for Life. The West Island Relay for Life is an overnight fundraising event which will take place at the George Springate Sports Complex in Pierrefonds on June 18th, 2010 starting at 7 p.m. and ending June 19th, at 7 a.m. Their needs are as follows:

- Vice President, Volunteers – responsible for coordinating the activities related to recruitment and supervision for volunteers.

- Co-Vice President, Communication and Marketing – responsible for the French oral and written component of Communication and Marketing
- Vice-President, Sponsorship – responsible for identifying product sponsorship required by all committees as well as major sponsors in terms of financial assistance.

Advanced computer skills are required as well as fluent (oral and written) bilingualism in both official languages. They are also in need of volunteers to fill several positions on the sub-committees as well as during the event

Canadian Cancer Society – is also looking for volunteers to help with their upcoming Daffodil days fund raising event that will take place from March 24th to March 28th at different locations throughout the West Island.

- Volunteers will be selling daffodils
- Volunteers to help organize the event and prepare schedules

Centre Bienvenue – Mental health Day centre in Pierrefonds.

- Volunteers to go on walks with residents
- Play card games, monopoly, bingo

Centre d'Accueil D.B. Viger – located in Ile Bizard this senior's residence is in need of volunteers to perform various tasks.

- To help feed residents at lunch and/or supper time
- Visit/entertain residents (music, reading, playing cards)
- Accompanying residents to medical appointments (transportation is provided)

CHSLD Bayview – is a long term care facility located in Pointe Claire, they are looking for volunteers to help in various positions.

- Meal Assisting, friendly visits, helping with recreational activities, etc.
- They are in need of a two volunteers that can help produce the Bayview Breeze newsletter, which is a compilation of articles, poems and stories written by the Bayview residents, their family members, and staff. The newsletter comes out 3 times a year.

CHSLD Dorval Day Centre – Long term care facility in Dorval

- Volunteers needed on Mondays & Wednesdays from 1 to 3 p.m.
- Animate games for residents, friendly visits, play cards, bingo, read to them
- Supervision is provided
- Volunteers also needed Mondays to Thursdays from noon to 1 p.m.
- Help serve meal to residents at lunch time

CHSLD Nazaire-Piche – Located in Lachine is a long term care facility for seniors.

- Accompany senior to hospital visits (transportation is provided)
- Assisting seniors through friendly visits, reading, playing cards etc.

CHSLD Pierrefonds – Long term care facility for seniors in Pierrefonds

- Volunteers need to accompany seniors to appointments (transportation provided)
- Friendly visits; play games; read, etc.
- Assist feeding seniors
- Volunteers needed to work in the boutique (sell snacks, coffee, and small gifts)
- Assisting seniors on walks
- Pushing wheelchairs

CHSLD Manoir de l'Ouest de l'Île – Located in Pierrefonds is another long term care facility.

- A esthetician to give manicure and hand massage to residents
- Need volunteers to do friendly visits to residents
- Animate games and activities, bingo, arts and crafts, music, book club etc.
- Help seniors get to and from activities, pushing wheel chairs, assisting them to get on and off elevators

Club the personnes handicapées du Lac St. Louis – located in Lachine. They need kitchen helpers and animators:

- Every Friday the club has a social dinner (dinner is served at 5 p.m.)
- 2 – 3 volunteers would help prepare the meals, set up tables, serve guests, and clean up
- After dinner volunteers can help animate games (bingo, cards, etc.)

Contact – this is a new telephone service offered by Volunteer West Island to residents of the West Island that feel isolated and lonely. Volunteers would make the calls from our center in Ste. Anne de Bellevue, the call shouldn't take more than 10- 15 minutes each. If you are bilingual and can give three hours of your time once a week (from 9 a.m. to 12 noon) to give a friendly call to someone in need, then please contact us.

Ecomuseum – located in Ste. Anne de Bellevue, the Ecomuseum is a private, non-profit educational wildlife park operated by the St. Lawrence Valley Natural History Society, where you can observe and study indigenous fauna and flora in their natural habitats.

- Volunteers are needed to help as Tour Guides and also general helpers, hours are flexible.

Ensemble – this is a day treatment center for adults suffering from mental health problems. Each client is offered an individualized and comprehensive program aimed at preventing hospitalization and improving quality of life.

- A volunteer Craft animator to run a craft session Fridays from 10:30 a.m. to noon
- A volunteer Physical Activity specialist to run a fitness session once a week on Fridays from 1p.m. to 3 p.m.

Enterprise – This non-profit organization employs intellectually handicapped and people suffering from mental illness to work at their kitchen. The kitchen offers catering services and frozen meals throughout the West Island. They are in need of Board Members.

- Some knowledge of mental health would be an asset
- Meetings are once a month between 5 – 7 p.m.
- Volunteer would be part of 7 member board

Friends for Mental Health – Located in Dorval, this organization provides families and friends with support, information and education to help them cope more effectively with loved ones suffering from mental illness.

- Looking for someone to help in their library, preferably able to catalogue books Once or twice a month, very flexible with days and times (center is open from 8:30 a.m. to 4:30 p.m. Mon. to Fri.) Some experience in cataloguing would be an asset.
- A volunteer translator (English to French and vice-versa) to help translate their newsletter to goes out to associations 4x a year. Can be done from home.

Girl Guides of Canada – the Pierrefonds group is looking for

- Volunteer Unit Leaders that can prepare program with co-leader's help for their weekly meetings which are held every Thursday from 6p.m. to 8 p.m.

Golden Age Sanctuary – this is a small senior's residence located in Roxboro. They need volunteers to animate arts and crafts activities once or twice a week, Tuesdays and/or Fridays in the afternoon for about an hour.

Harvest Montreal – This food bank in St-Laurent helps 204 agencies that in turn help to feed 107,000 people each month. An average of 40-50 volunteers per day is needed to help sort perishable and non-perishable goods.

Heart and Stroke Foundation – is looking for volunteers to help with different tasks.

- Office assistant – data entry one day per week at their offices in Dorval
- Volunteers to sit in malls, stores, banks, etc, selling items and requesting donations for the foundation. Volunteers can select their times and dates within the Foundation's schedules.
- Volunteer drivers 1 evening per week (Mon-Thurs) to deliver or pick-up the door to door campaign materials. Volunteers will be compensated for gas expenditure at 48 cents/km

Julia Kraft Celebration Ctr. – this organization located in Pte. Claire provides socialization and recreation for people suffering from physical and mental disabilities. They need volunteers to:

- Assist individuals in wheelchairs
- Serve food and assist with clean up
- Socialize with guests (music, dancing, singing)

Lakeshore Chapter of MS Society – located in Kirkland this organization is looking for volunteers to help at their meeting which is held every 4th Sunday of every month at Cedar Park United Church from 1:30 p.m. to 4:30 p.m.

- Help set up tables and chairs at beginning of meeting
- Make coffee and tea and serve it with treats brought in
- Help wash dishes and leave kitchen tidy.
- Also help putting a newsletter together and sending it out via e-mail

Literacy Unlimited – located in Pointe Claire, this organization helps adults attain their goals to read and write by training volunteers to give free personalized tutoring in reading and writing English.

- All volunteers must go through a training period.
- Also looking for a Volunteer Proposal Writer to help with the preparation and presentation of fundraising efforts.
- Volunteers to join their Board of Directors.

Maison des Jeunes – A ma Baie located in Pierrefonds

They are looking for individuals with knowledge of the community to join their Board of Directors. Meetings take place once a month

Maison Donald Boyd – This is a seniors' residence located in Dorval

- A volunteer to teach basic computer skills (English and/or French). If you enjoy teaching, working with seniors and would like to help some of these residents become more computer-savvy, this opportunity could be right up your alley!

Manoir Pierrefonds – This senior's residence is in need of volunteers for:

- Friendly visits

- To accompany residents out of their rooms.

Meals on Wheels – There are 13 Meals on Wheels kitchens throughout the West Island. These kitchens provide a healthy well balance meal twice a week to those in need. The meals are prepared Tuesdays and Thursdays in the morning (Wed. and Fridays at the Kirkland kitchen). Cooks in teams of two arrive at 8 a.m. Meals are ready to be picked up by drivers and deliverers by 11 a.m. The ingredients are bought by shoppers once a week. After the cooks leave, a cleaning team arrives to do the dishes. All this is done by volunteers. Schedules are done by a volunteer Kitchen Coordinator and each volunteer is assigned one day a month.

Moving Ahead – is a program at the Douglas Hospital that matches clients suffering from mental illness to volunteers based on common interests and needs. Volunteers who can spend time (one or more hours per week) with clients living in Pierrefonds to help them lead a more active, happier and fulfilling life are being sought for the program. No experience required.

Norma McAlister Residence – This is a senior's residence located in Pierrefonds

- Need someone to drive and accompany residents to local shopping areas on Boul. St. Jean and St. Charles
- Shop for those residents in wheelchairs
- Go on walks with residents
- Animate card games, bingo, listen to music together
- Teaching basic internet to residents

Nouvelle Vision des Jeunes – located in Pierrefonds, this organization is a center that provides support to children and teens (6-13).

- Volunteers are needed to help supervise and help with homework. Volunteers are provided with monthly bus passes.

NOVA – this organization offers palliative care at home as well as palliative transportation to those in need in the West Island. It runs a Day Center for seniors and thrift shops in the West Island.

- Volunteer Cook to cook lunch for 20 seniors one Tuesday a month at their Day Center located at The Briarwood Church in Beaconsfield.
- Volunteer Drivers to drive three seniors from the Day Center to their homes 10 minutes away

Omega Center – Located in Dorval this is a non-profit organization serving adults with mental health issues.

- Looking for a Handyman volunteer to do small repairs around the center

On Rock Ministries – this is a food bank located in Pierrefonds. Volunteers are needed on an ongoing basis.

- Help set up tables for sorting non-perishable food and placing them in boxes to be delivered throughout the West Island

Projet Communautaire Pierrefonds – Provides services and programs for low-income and immigrant families

- Looking for volunteers to assist elementary school children with their homework

Residence Kirkwood – is a small senior's residence in Beaconsfield. Volunteers are needed to animate games and visit with seniors. Day and times are flexible, training and orientation is provided.

Residence Vic-William's – this is a small senior's residence located in Beaconsfield. Volunteers are needed to help with activities (bingo, sandbags, reading etc.) Mondays or Wednesdays after lunch from 1p.m. to 3 p.m.

Residence Villa Ste. Anne – this is a senior's residence located in Lachine and they are looking for one or two volunteers that can help organize activities for their residents who are mostly Alzheimer's patients.

Residence Viva-Live – this is a senior's residence located in Beaconsfield. Volunteers are needed to socialize with the residents, friendly visits, play cards, arts and craft, etc.

Service West-Nette this organization located in Ste. Geneviève provides low cost cleaning services to low income individuals. They are looking for volunteers to join their Board of Directors.

The Lighthouse, Children and Family - This organization helps families throughout Montreal by providing home respite services to families with a seriously ill child.

- Volunteers that can make regularly scheduled visits offering in house recreational activities. Training is available.

The Morgan Arboretum – located in Ste. Anne de Bellevue needs volunteers to help with many tasks.

- Office Help: data entry, translation and revision, general office support
- Site Maintenance: trail clearing and signage
- Building maintenance

The Progressive Bowling League – Located in Lachine, is a bowling league for people with mild intellectual disabilities.

- Need volunteer markers/scorers

Sundays from September to June from 10:00 a.m. to 12:00 noon

The Segal Cancer Ctr. Of the Jewish Gen. Hospital – is already looking for volunteers to help with next years two main fundraising events: Ride to Conquer Cancer which will take place on July 10-11, 2010, and The Weekend to End Women's Cancers which will take place on August 21-22, 2009. Right now the volunteers are needed at their office downtown on Sherbrooke St.

- They are looking for volunteers to help with the production of opening ceremonies in Montreal, tent set up in Trois-Rivieres, and cyclist's arrival in Quebec City.

Volunteers are also needed to help out on a variety of administrative projects on a weekly, biweekly, or monthly basis.

The Teapot – located in Lachine, this is a community center that offers home support to seniors in need.

- Choir Director to help a group of about 20 choir member who like to do performances about 3 times a year in local seniors residences. Their area of interests is show tunes, oldies, and some French songs. They meet on Monday mornings from September to May.
- Chef/Kitchen help to work closely with the Activity Programmer, plan a menu, prep and cook the meal for a group of about 30 people once a month.
- A bilingual person to teach English to French speaking seniors at the center
- Someone to conduct an arts and craft activity section once a week

The West Island Cancer Wellness Centre – Located in Beaconsfield this organization is looking for volunteers to fill these positions:

- Receptionist/Librarian
- Kitchen help

Veteran's Hospital in Ste. Anne de Bellevue – is looking for volunteers to accompany patients to the different activities taking place within the Hospital

- Tuesdays from 6 p.m. to 8 p.m.- Café du village
- Wednesdays from 6 p.m. to 8 p.m. - Bingo
- Fridays from 6 p.m. to 8 p.m. – Club Social

Vents de l'Ouest – is a senior's residence located in Ste. Genevieve. Volunteer needs:

- Two volunteers to call Monday Night Bingo (7:30- 9:00 p.m.)
- Friendly visiting (playing cards, reading, listening to music)
- Arts & Crafts
- Taking residents for walks

Veteran's Hospital in Sainte-Anne-de-Bellevue – The Hospital is seeking volunteers who are 18 and older to assist with therapeutic activities. They also need volunteers to visit with some of their patients, to read to them, play cards with them or just sit and talk for a while.

Volunteer-Assisted Services – Is always in need of drivers to take critically ill or vulnerable patients to medical appointments at West Island or downtown area hospitals. Drivers will be provided with a car allowance and parking permits for the various hospitals. They have also started a program of friendly calling clients to inquire about their well-being.

- Bilingual Volunteers are needed to place the calls. Flexible with time and day.

Volunteer West Island – located in Ste. Anne de Bellevue is looking for volunteers to help in their reception area, answering phones, forwarding calls, and helping with some office work.

- Tuesdays and Wednesdays from 9a.m. to 12 noon
- Fridays from 12:30p.m. to 4 p.m.

West Island Assistance Fund - located in Roxboro this is a food and clothing bank that serves the West Island. They are looking for volunteers to:

- Fold and separate clothing
- Arrange items
- Help organize the store

West Island Citizen Advocacy – this organization located in Pointe Claire recruits, trains, and matches volunteers with people in the community needing help.

- Volunteers are needed to accompany individuals to their appointments, help with grocery shopping, or visiting someone to break their isolation.

West Island Manor is a senior residence located in Pierrefonds. They are looking for 2 volunteers to help once or twice a week in the following:

- To teach Yoga or Tai Chi classes to residents of the Manor. Exercises would have to be adapted for seniors who may be confined to a wheelchair and/or have limited mobility

West Island Mission – Volunteer drivers are needed to help deliver emergency food supplies to needy families on the West Island. Drivers should be able to do heavy lifting or have someone accompanying them who can lift and carry boxes filled with food. Deliveries are made on Wednesdays and Saturdays from 10:00 to 11:00 a.m. Please call

if you are interested in helping and available at these times on either an occasional (on-call) or regular basis.

West Montréal Readaptation Center – located in Lachine, this organization is looking for French speaking volunteers to help an 8 year old boy with his homework twice a week. Volunteer must go through a police check.

The Y West Island located in Pointe Claire is looking for volunteers to help at their De-Zone Youth Center. This Center has been created for youth aged 12 to 17, it allows them to have a safe, supervised and drug-free environment.

- Volunteers are needed to help with homework