

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

Environmental Health Assoc. of Quebec (EHAQ) – Located in DDO this organization is dedicated to raising awareness on issues surrounding environmental sensitivities (ES). Their mission is to prevent ES by educating Quebecers on Domestic toxic products.

General Volunteer Opportunities:

- Looking for a bilingual volunteer with computer skills to help build a new website.
- A volunteer to help organize a fundraising event taking place on March 2012
- A volunteer accountant to help one day every two weeks for 2 hours.

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

- They need volunteers to help with their once a month Shared Supper which takes place on the last Tuesday of every month between 5:30 and 8p.m. Volunteers help serve the meal and also help with 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.

- Board Member – participate at Board meeting and assist association functions.

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 at their school, 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-St-Louis – Located in Pointe Claire is looking for volunteers with own transportation that can pick up food donations from local places and deliver it to their offices. The volunteers would be needed once a week or every 4-6 weeks usually on a Tuesday. Compensation for gas expenses is available.

- Also looking for a volunteer Accountant to process and completing payroll entries, month and year-end adjustments, etc. Twice monthly on Thursdays. A small hourly salary can be provided.

Buds in Bloom – This is a non-profit organization located in Kirkland run entirely by volunteers. It provides therapeutic services for ill children as well as support for the families.

- They are looking for a couple of volunteers to share work as Administrative Assistants once a week starting November 2011 until December 2012
- The volunteers should be fully bilingual, with excellent written and spoken French. Responsibilities include activities related to file management, communications, typing texts, as well as organizing appointments, meetings and events such as fundraising as well as the ability to multi-task.

- Ease in using Simply Accounting, Access, Outlook Manager, and other standard software such as Word and Excel

CALACS West Island – is a feminist organization that fights against sexual assault. It offers services to women and preventive services to the community.

They are looking for volunteers to fill various posts:

- Be part of Work committees
- Board members
- Group and individual intervention
- Advocacy
- Translating English to French

Canadian Cancer Society - West Island Relay for Life

The Relay for Life is a unique opportunity to bring together relatives and friends to celebrate loved ones who have survived cancer, to pay tribute to those who have lost their battle and to fight this battle together.

An expansion of the Organization Committee of the West Island Relay for Life's 5th edition, scheduled for June 15, 2012 at the George Springate Sports Complex in Pierrefonds, is currently underway. To this end, we are currently searching for OC volunteers, preferably living in the West Island community - (Pierrefonds, DDO, Roxboro, Île Bizard, Pointe-Claire, Beaconsfield, Kirkland). The preparatory work for this event will begin immediately following the holidays. Ideally, you are conversationally bilingual and possess a specific volunteer experience/expertise.

A brief outline of your interests along with your qualifications will lead to an informal interview, please send a brief outline of your interest along with your qualifications to: peri04@sympatico.ca

CCS Community Services – is in need of volunteers for a new after school program in Pierrefonds Tuesdays or Thursdays from 3:30 p.m. to 5:30 p.m.

- Volunteers would assist High School students with their homework.
- A good knowledge of High School level Math, French, or English is important

Centre Bienvenue – This is a mental health day centre in Pierrefonds, they have various volunteer needs.

- A volunteer with good computer knowledge to teach participants the basics of computer skills, such as word, excel, using the internet, e-mails, etc. on Wednesdays from 10 a.m. to 11:30 a.m.
- Volunteers to go on walks with residents
- Play card games, monopoly, bingo
- A volunteer cook to help conduct a community kitchen at their center in Pierrefonds

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)

Chateau Pierrefonds – this is a senior’s residence in Pierrefonds and they are always in need of volunteer.

- To come for friendly visits
- Assist with activities, etc.

Chateau Ramezay Museum – located on Notre Dame Street in Montreal is looking for English speaking volunteers

- . Bilingual tour guides working with school children, bringing history alive with hands-on activities.

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

- Meal assisting, every day of the week at lunch and/or dinner.
- Friendly visits, helping with recreational activities, etc.

CHSLD Vigi DDO – long term care facility for seniors located in Dollard des Ormeaux

- Volunteers are needed for friendly visits
- To help with activities
- To accompany clients to doctor’s appointments (transportation provided by center).

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
- Assisting seniors on walks
- Pushing wheelchairs

CHSLD West Island Manor – Located in Pierrefonds is another long term care facility.

- A volunteer who would be able to conduct an Art class
- A volunteer Yoga or Tai Chi instructor to conduct a class adapted to seniors with limited mobility. Once or twice a week any day but Sunday.
- Volunteers to assist the Recreation Director taking the residents outside for some fresh air and relaxation. Any day either morning or afternoon.
- 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 elevator.

Club des 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.)

Club des petits déjeuners du Québec – this organization provides a healthy well balance breakfast for elementary school children at their schools.

- They are in great need of volunteers to prepare breakfast at École Harfang-des-neiges in Pierrefonds from 6:30 a.m. to 8:15 a.m.
- Teams of 5 volunteers will be needed daily five days a week.

Contact - This is a telephone service offered by Volunteer West Island to residents of the West Island that feel isolated and could benefit from a friendly call.

- The volunteers make the calls from our center here in Ste. anne de Bellevue three times a week, Mondays, Wednesdays, and Fridays. The calls shouldn't take more that 10-15 minutes each. The majority of clients are seniors who live alone.
- At the moment we are in great need of a volunteer for Friday mornings from 9 a.m. to noon.

Coalition Solidarite Developpement Durable (DSDD) – Is a West Island based non-profit organization committed to help improve conditions of health and education in Quebec as well as in developing countries

- They are in need of volunteers to help with their upcoming fundraising event. The money raised will go to help set up a dental clinic in Kinshasa in the Republic of Congo, Africa.
- Volunteer of all ages are needed to bag groceries at the Super C in Vaudreuil and at the Maxi in Pointe Claire on Sat. Oct 15th and Sun. Oct 16th as well as on Sat Oct 22nd and Sun. Oct. 23rd.

De-Zone drop-in center for teens. Located at the YMCA in Pointe Claire, De-Zone is a non-profit drop-in center for West Island youth between the ages of 12 and 17. The center offers a safe, drug free and non-judgmental space for high school students to come and get some help with their assignments and study skills, or just to hang out with youth workers and volunteers.

- Volunteers are needed Mondays, Tuesdays, and Wednesdays from 5 p.m. to 8 p.m. to help with homework in the following subjects:
- Math, French, Science, and History

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 will be needed to help as Tour Guides during the months of July and August. Minimum age is 18 and must go through 30 hour

training. **Training session starts on January 11, 2012 in French only** there will be an information meeting on Thursday Dec. 15th at 10 a.m.

- Volunteers 14 to 17 years old will also be needed as Camp Counselor's assistants (in the summer). Must volunteer minimum of one week, Monday to Friday from 8:30 a.m. to 4:30 p.m.

Enterprise – This non-profit organization located in Dorval, 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

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 Ville St-Laurent helps 204 agencies that in turn help to feed 107,000 people each month.

- An average of 40-50 volunteers are needed daily.
- Must be able to commit to a full day.

Héma-Québec – is looking for bilingual volunteers to help with various tasks.

- At their offices on Cote Vertu in Ville St. Laurent. Making phone calls to donors to inform them of the next blood clinic.
- At blood clinics to guide and accompany donors during the procedure

Light a Dream this organization, located in Dorval, enables young adults with special needs to experience and learn in a productive business environment. The program involves partnerships between education and industry in an effort to better prepare the students for a successful vocational future.

- They are currently seeking volunteers to assist young adults with intellectual disabilities to operate their artisan boutique located in Dorval. Volunteers must be comfortable working alone or as part of a team and able to guide students assisting customers

Low Vision Self Help Association- This organization assists persons with visual impairment to discover and discuss various coping strategies that will help them achieve a more meaningful and independent life. The Association holds meetings for their members on the 2nd Thursday of the month from September to June. Volunteer drivers pick up members at home and bring them to the meeting.

- They are looking for volunteers to join their Board of Directors, meetings are held once a month.

Maison des Jeunes de Pierrefonds - This is a youth center for 12 to 18 years old teens from the West Island, with the goal of helping teens become active and responsible young adults, through participation and organization of activities and programs.

Maison Valeo Pierrefonds – this is an intermediate resource with 60 residents mostly seniors with various difficulties, from physical to cognitive impairment.

- Looking for friendly visitors

- Help with activities
- Will also be happy to have volunteer that can play piano and lead a sing along.

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 (Weds. 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.
- 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
- A volunteer to help in the dining room serving meals and clearing dishes, once every two weeks
- Animate card games, bingo, listen to music together
- Teaching basic internet to residents

NOVA – this organization offers palliative care at home as well as social activities for those in need in the West Island. They also run a Foot Clinic, provides transportation to hospitals for cancer patients, as well as Day Centers for adults located in Roxboro and Beaconsfield.

- Volunteer Cooks to cook lunch for 20 seniors one Friday a month either from the volunteer’s home, or at their Day Center located at The Briarwood Church in Beaconsfield.
- In great need of Volunteer Drivers to assist seniors from their homes to the Day Center and/or from the Center to their home.
- Drivers to accompany cancer clients to their hospital appointments, at local and downtown hospitals.
- Adult day Center volunteer to share time with a lovely group of adults through music and song, dance, arts & craft, baking, or any other topic that you would like to offer.

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. They make weekly food boxes for 150 families and 60 school lunches per month

- Volunteers needed to help put together food boxes each Monday morning from 10:30a.m. to noon.
- Volunteer drivers that can deliver food boxes.

Perspective Communautaire en Santé Mentale – located in Ste-Genevieve this organization offers support to individuals suffering from mental illness.

- They have been offered free new mattresses by Dormez Vous but they do not have a vehicle to pick these up.
- They are in great need of a volunteer with a pick up truck that can occasionally go to Dormez Vous pick up the mattress and deliver it.

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

- Looking for volunteers to assist elementary school children with their homework, (English, French, and Math) Monday to Thursday from 3pm to 5:45p.m. Sept. to June.
- Help ease integration and adaptation into Quebec society
- Develop confidence in language and educational skills
- Improve and encourage socialization in a warm and caring environment.

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 Sunrise of Beaconsfield – is a long term care facility for seniors.

- Volunteers are needed to help with activities
- Come as friendly visitors.
- Students are welcomed.

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.

Residence Vivendi – this is a senior's residence located in Ile Bizard and they are looking for volunteers to help with activities. Some of the seniors suffer from dementia.

- Artists, musicians and entertainers are most welcomed.

Service West-Nette this organization located in Ste. Geneviève provides low cost cleaning services to low income individuals.

- They are in great need of volunteers to join their Board of Directors, meetings are held once a month.
- Also a volunteer to be part of the recruiting committee

Tel-Aide – is an anonymous and confidential listening service for individuals who are suffering from depression, mental illness, solitude and despair, conjugal or financial difficulties. They are located downtown Montreal

- Looking for English speaking volunteers that can listen respectfully and non-judgmental.
- Training in active listening is provided by Tel-aide
- Next training session will start on January 25th, 2012

The Heart and Stroke Foundation – located in Dorval volunteers 16 and over are needed.

- Volunteers to assist putting together special material for the upcoming events.
- Volunteers can help in shifts, morning, afternoon or evenings

Minimum age 16

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

- French speaking volunteers to phone senior clients to take their weekly grocery orders over the phone and submit the orders to supervisor.
- Bilingual Volunteers to make friendly calls to lonely seniors once a week. The calls can be placed from the center or from the volunteer's home.

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

- Sunday morning 9:30 to 11:30a.m. to accompany patients to religious services 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 (6 to 8:30 p.m.)
- Friendly visiting (playing cards, reading, listening to music)
- Arts & Crafts
- Taking residents for walks

Volunteer-Assisted Services – This organization located in Pointe Claire provides transportation to critically ill West Island residents to medical or treatment appointments at West Island or downtown hospitals.

- Volunteer drivers are needed to transport and accompany clients, drivers will be provided with a car allowance, as well as parking permits for the various hospitals.

- They have also started a program of friendly calls to some of the clients inquire about their well-being, bilingual Volunteers are needed to place the calls. Flexible with time and day.

Volunteer West Island – is in great need of volunteers to deliver frozen meals to seniors in the West Island.

- The meals are picked up in Dorval and delivered once a week on Thursdays or Fridays to different areas in the West Island.
- Volunteers are compensated for gas consumption.

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
- Help distributing food at the store (must be bilingual and over 18)

West Island Association for Intellectually Handicapped, (WIAIH) this organization located in Pointe Claire provides support and social services to intellectually handicapped individuals.

- Looking for a volunteer with good knowledge of Poker to help with their fundraising Poker games. The games take place once a month, on a Friday evening 8 – 10 times a year.

Minimum age 12

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

- They are in great need of volunteers to do friendly visits, accompany clients to their Dr. appointments, also to take clients grocery shopping once a week.

West Island Mission – This is a food bank located in Pointe Claire and they provide non-perishable foods to low income individuals and their families living in the West Island.

- Volunteer drivers are needed to help deliver food boxes to people's homes.
- 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 Saturdays from 10:00 a.m. to 12:00 noon.

West Island Residence for the Intellectually Handicapped – This organization located in Pointe Claire helps support three homes for disabled adults and their caregivers.

- Looking for volunteers to join Board of Directors.