

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

**All volunteers under 16 years of age require parental written permission.**  
**Here is a list of volunteer opportunities for volunteers 16 and under**

**Château Dollard** – Seniors residence committed to improving the quality of life of elderly residents

- Friendly visits
- Reading to seniors
- Playing games
- Assist seniors with their shopping

Minimum Age: 17

**CHSLD Dollard-des-Ormeaux** – Long term care facility for seniors in DDO

- Help bring the residents to and from activities
- Serve snacks and drinks
- Play games and music with seniors

Minimum Age: 15

**Château Pierrefonds** – Is a senior's residence located in Pierrefonds.

- Assist with activities and games for seniors
- Spend some time with a senior, read to him/her

Minimum Age: 15

**CHSLD Manoir de l'Ouest de l'Île** – located in Pierrefonds, they provide quality care of elderly residents

- Animate games and activities
- Read to a resident
- Help senior to and from activities

Minimum Age: 15

**Club des Personnes Handicapées du Lac St Louis** - A place where people with disabilities, their relatives and their friends meet, providing them with a sense of belonging, as well as offering social activities and giving respite to families.

Volunteers are welcomed to help out during their Friday night social:

- Set up tables
- Help prepare meals
- Serve guests and clean up
- Animate games (bingo, cards)

Minimum Age: 13

**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

Minimum Age: 16

**Herron House** – Seniors residence with a variety volunteer opportunities for youth volunteers:

- Friendly visiting

- Playing games (cards, calling Bingo, animating activities)
- Taking residents for walks,
- Music (playing piano, leading sing songs)
- Arts & crafts
- Assisting the recreation therapist.

Minimum Age: 16

**Le Nichoir – Wild Bird Rehabilitation Center** – located in Hudson this is a non-profit organization that cares for hundreds of wild birds and waterfowls in distress, with the goal of releasing them into their natural environment.

- Volunteers 12 years and older are needed to provide bird care at the center in the spring and summer.

**Manoir Pierrefonds** – senior's residence located in Pierrefonds.

- friendly visiting
- playing games (cards, calling Bingo, animating activities)
- taking residents for walks
- playing music and arts & crafts.

Minimum Age: 13

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

- Looking for volunteers to assist elementary school children with their homework during the school year (Sept. to June)

**Residence Evergreen Place** – Improves the quality of life of elderly residents.

- Friendly visits
- Animate games

Minimum Age: 16

**Residence Sainte Anne de Bellevue** –

- Help with activities, like bingo, card games, etc.

Minimum Age: 13

**Residence Sunrise of Beaconsfield** - This is a long term care facility for seniors in Beaconsfield.

- Friendly visiting
- Animate games

Minimum age: 12

**The Heart and Stroke Foundation** – located in Dorval.

- Volunteers are needed to help at their Walk for Heart upcoming fundraising event which will take place on Saturday September 24<sup>th</sup> at the Morgan Arboretum in Ste. Anne de Bellevue. Volunteers 16 and over are welcomed

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

- Volunteers can help assist clients during recreation programs in the summer
- Help with various tasks at their Fundraising Oka National Park Race in November 2011
- Preparing race kits for participants of race starting in October

Minimum age 12

**The West Island Assistance Fund** – located in Roxboro this organization provides food baskets as well as clothing or furniture to people in need.

- Help out in the clothing store
- Fold and separate clothing
- Help organize the store etc

Minimum age 13

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

- 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

Minimum Age: 15