



***Please note:** Drop in volunteering is available during **Couch Crew** hours. All other volunteering must be scheduled ahead of time with your supervising staff. This allows us to book space for you to work in and have materials ready. Volunteers are not scheduled between 12 and 1pm so supervising staff can take their lunch.

I am available between 9&5

& I **can't** commit to a regular shift:

Couch Crew: Mondays and Wednesdays 1-4:30pm. Drop in and help package harm reduction supplies in the community room.

Data Entry: Detail oriented, you enter donations and help us maintain our Income Manager database. Experience with MS Access is an asset.

& I **can** commit to a regular weekly shift:

Reception Coverage: Monday- Friday coverage needed over the lunch period. 10am-? Minimum 3 hrs. Answer phones, direct calls to appropriate person (good phone manner, polite, speak clearly), assist counterpoint exchange by calling for "customer service", deal with public as they come in.

John Gordon Home: Kitchen, gardening, cleaning, Social Engagement support

I am available after 5pm on weekdays and on weekends

& I **can't** commit to a regular shift but like working on a project/event:

PRIDE float committee: Forms in May/June for July parade

A Taste for Life Organizing Committee. Event occurs in the Spring, planning starts in the fall and New Year. Volunteers will be needed as hosts at various participating restaurants.

& I like the excitement and one day commitment of an event:

Special events: like the Client Holiday Dinner in December, AIDS Vigil in December, A Taste For Life in April, staffing booths at summer festivals, AIDS Walk for Life in September.

I don't see anything here I want to do

Skills & knowledge based volunteering: We have journalists, graphic artists, farmers, webpage designers, writers, painters, photographers & more who volunteer their skills on a case by case basis to help us deliver services & communicate more effectively.

Host a fundraising event In place of gifts at a life milestone celebration ask guests to make a donation to Regional HIV/AIDS Connection.

Volunteering with partner organizations: We work closely with Camp Wendake; they may offer a better match for what you are looking for.

Check volunteer listings at charityvillage.org & PILLAR not for profit network.