

Volunteers follow Town House's Code of Conduct and help promote our **Guiding Principles & Values:**

- Respect towards one another and towards property
- Compassion, support, and dignity
- Diversity
- Volunteerism
- Professionalism, honesty, and integrity
- Action-oriented and positive
- Rooted in community



Town House has maintained an active volunteer base of 200-250 volunteers since 1965 that is an integral part of our day-to-day operation.

Our volunteers:

- Help us to operate and extend the reach of our programs.
- Increase our knowledge and skill base.
- Enhance our communications to the public and our clients.
- Contribute their unique talents, skills and knowledge to our community.
- Help us to best achieve our mission and goals through active participation.
- Help others and give back to the community.

For more information, contact:

Mariah MacKay

Volunteer Coordinator

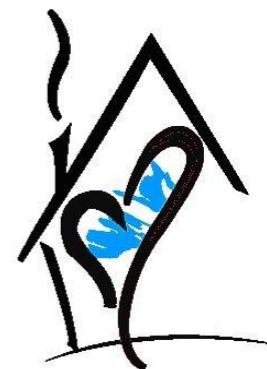
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TOWN HOUSE GLACE BAY CITIZENS SERVICE LEAGUE

Working to improve the lives of
citizens and respond to community
needs for fifty years



**VOLUNTEER PROGRAM
AND VOLUNTEER
RESOURCE CENTRE**

www.townhousegb.ca

150 Commercial Street
Glace Bay, Nova Scotia
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Volunteer Program

Our **Volunteer Coordinator** recruits, screens, orients, trains, supervises, and provides feedback to volunteers. Volunteers are recognized at events, dinners, and through *Volunteer of the Month*.

Volunteer Resource Centre

Established in 2014, the **Volunteer Resource Centre** serves Glace Bay and surrounding communities to find appropriate volunteers for other organizations and groups in the area in need of help. The Centre locates suitable volunteer opportunities for people wishing to volunteer.

Contact our Volunteer Coordinator to be connected to opportunities that match your skills and interests.

Would you like to work with pre-schoolers?

Bring your enthusiasm to our **Nursery School Program** for either a morning or afternoon class and help 4 year old children prepare for school by practicing new skills.

Would you like to brighten someone's day? Come help us with Meals on Wheels.

Our **Meals on Wheels Program** requires volunteers who enjoy cooking and drivers who are available to deliver meals and enjoy meeting people. Each day 3-4 cooks help prepare, cook, and package the meal. Volunteer drivers pick up and deliver the meals to clients and return containers and money collected

Volunteerism Facts:

- 6 in 10 Canadians have done it!
- After volunteering, 64% of people said their interpersonal skills had improved!
- 2 billion hours were contributed from this activity in Canada - the equivalent of more than 1 million full-time jobs.
- People who volunteer feel better about themselves.

Do you have good organizational skills?

Our **Clothing Depot** needs volunteers who can commit a couple of hours a week to keep our depot neat and tidy — sorting, sizing, and helping clients.

Would you enjoy facilitating recreation and leisure (e.g. darts), planning crafts and organizing outings and guest speakers for a group of adults who have emotional and other illnesses?

Our **Community Friends** group meets weekly and requires guidance, organization, and full participation in their events. The Community Friends group meets once per week.

Would you like to volunteer with the Seniors Brunch Program?

Our **Seniors Brunch Program** meets once a month to provide a nutritious meal, entertainment, and activities to seniors. We are looking for outgoing, friendly people to help in all aspects of our monthly Brunch Program – shopping, locating entertainers, greeting, preparing the meal, serving, tidying up, etc.

Would you like to share your training to instruct a class or course?

Perhaps you have a special talent that could be shared by instructing a class in your field of interest. Some examples include painting, crocheting, computer skills, jewelry making, relaxation, writing, etc.

Do you want to volunteer without leaving your home?

You can provide us with desserts for our **Meals on Wheels Program** or you can be part of our **Seniors Contact Program**. The program consists of a weekly phone call to an isolated senior to brighten their day and form new friendships.

Do you want to volunteer for short term projects?

The Backpack Program runs during July and August and we need someone to advertise, collect and distribute school supplies. **March Break Program** is a one week activity camp for school aged children. **Summer Day Camp** runs during July and August. **Publicity:** We also require assistance in hanging up posters about our various events and distributing our monthly newsletter.

Are you good with fundraising?

Fundraising is essential for Town House to maintain its many programs and services. Volunteers are needed to participate in a variety of activities, including yard sales, ticket sales, and promotion.