

OPPORTUNITIES FOR VOLUNTEERS

CANADIAN MENTAL HEALTH ASSOCIATION **VOLUNTEER KOOTENAYS**

Contact the
Volunteer Services Manager
(250) 426-5222 Ext 3034

CHILD MINDING (CM)

Phone Number: (250) 426-5222 Ext 3223
Email Address: bbelkin@cmhakootenays.org
Age Requirements: 19 years or older

Provide on-site child minding for children of various ages, excluding children under 1, with age appropriate activities for the duration of the two hours while their mothers are participating in on-site group session. An honorarium for this volunteer position has been established at \$40 per session.

A typical month would consist of two-2 hour sessions for a total of 4 hours a month. Time and day would be 3:00 pm-5:00 pm on the first Tuesday of the month, and 10:00 am-12:00 pm on the third Thursday of the month. Occasionally the times could shift due to holidays or an extra 2 hour session may occur in months which have five Thursdays, flexibility would be a benefit, but consistency is primary need to the program and its participants. Experience mandatory.

COMMUNITY VOLUNTEER INCOME TAX PROGRAM (CVITP)

Phone Number: (250) 426-5222 Ext 3034
Age Requirements: 19 years or older

Seasonal program which runs late February to mid-April. Volunteer must register with Canada Revenue Agency prior to December 31.

CRISIS LINE (CL)

Phone Number: (250) 426-5222 Ext 3034
Age Requirements: 19 years or older

Help your community with training to answer Crisis Line calls. Improve listening skills, provide referrals to community resources, speak to interesting people, and make a difference.

SENIOR FRIENDLY CHECK IN PROGRAM (CIC)

Phone Number: (250) 426-5222 Ext 3034
Age Requirements: 19 years or older

This program trains volunteers to provide seniors at risk of becoming socially isolated with meaningful one-on-one telephone check-in calls.

SENIOR FRIENDLY VISITOR (SFV)

Phone Number: (250) 426-5222 Ext 3034

Age Requirements: 19 years or older

The Senior Friendly Visitor program is run by Canadian Mental Health Association and allows seniors to have social interactions with a volunteer. This program matches trained volunteers with seniors living in the community based on the needs of the clients, skills of the volunteer and common interests.

SNOW ANGELS (SA)

Phone Number: (250) 426-5222 Ext 3034

Age Requirements: 14 years or older

Help clear snow from pathways for assigned seniors and/or people with physical disabilities.

VOLUNTEER ASSISTED SHOPPING PROGRAM (VASP)

Phone Number: (250) 426-5222 Ext 3034

Age Requirements: none

Volunteers provide one-to-one assistance to seniors who require help with the tasks of grocery shopping. This program runs Fridays at 1 p.m.

VOLUNTEER OPPORTUNITIES IN OUR COMMUNITY

ANKORS (AIDS NETWORK OUTREACH SUPPORT SOCIETY) CRANBROOK

Phone Number: (250) 521-4949 Polly Sutherland
209a 16 Ave N, Cranbrook, BC V1C 5S8

HIV411.ca/HCV411.ca is a website for people looking for HIV or hepatitis C services in Canada. You can search for services by your location or by the type of service you are looking for. <https://hiv411.ca/about-us/>. We are always looking for volunteers to help with harm reduction, office work, raves and events.

BELLIES TO BABIES

Office Phone Number: (250) 489-5011
call/text our cells: (250) 919 2679 (Jenn, HSW, Family Support)
(250) 421 0872 (Becca, RN, Program Coordinator)
209a 16 Ave N, Cranbrook, BC V1C 5S8

Facebook: <https://www.facebook.com/pages/category/Community-Organization/Bellies-to-Babies-Pregnancy-and-Family-Resource-Program-771343076289828/>

There are various volunteer opportunities working with young expectant mothers and their children. Supports women through pregnancy, birth and up to baby's first birthday. Prenatal and post-partum groups available.

BETTER AT HOME

Contact: Lisa Kennedy (Temporary Co-ordinator)
Phone Number: (250) 426-2943
Address: 209A 16 Ave N, Cranbrook, BC V1C 5S8
Email Address: betterathome@ccssebc.com

Better At Home and its non-profit partners offer volunteer opportunities to fit all ages, lifestyles, schedules, skills and preferences. A great way to earn credits, be active, make new friends, gain or share skills and to contribute to the community.

HOME HELPERS: to assist with light housekeeping/home maintenance tasks, such as mop/vac, laundry, windows, changing bed linens and light bulbs.

LIGHT YARD WORK: help with raking, mowing, weeding, gardening, spring/fall cleanup, clearing gutters, low exterior windows, sorting sheds, snow removal.

MINOR HOME REPAIRS: painting (mostly exterior, such as fences), fence repairs, installing trims/hinges/knobs/weather stripping, minor carpentry, simple plumbing (dripping faucets, running toilets, leak identification), checking furnace filters, etc. Simple automotive maintenance.

SHOPPING PROGRAM: assist those who need help getting groceries and other important items. One-on-one or small group. Accompany client or pick up & deliver for shut in clients. Drive, walk or scoot.

SNOW SHOVELING: assist those who need help shoveling snow.

SOCIAL CONNECTIONS PROGRAMS: assistance with coffee groups and lunches. Setting up, serving/clearing, clean up, hosting, assisting with snacks or meals. Assist with summertime outings.

TRANSPORTATION (DRIVE PROGRAM): help local seniors with transportation to critical appointments (ie doctors, hospital). Reliable vehicle required. We reimburse for fuel.

VOLUNTEER TRAINING & APPRECIATION: explore cooperative efforts with other agencies, organize presenters, small group training sessions, online training, compiling and written materials.

CANADIAN CANCER SOCIETY – CRANBROOK, TRAIL & FERNIE

Cranbrook Office is no longer open

Phone Number for donations and volunteering: 1-800-403-8222

There are various volunteer opportunities available for various ages. Sign up online at www.cancervolunteer.ca

CANADIAN RED CROSS

The Canadian Red Cross is part of the largest humanitarian network in the world, the International Red Cross and Red Crescent Movement. Our mission is to improve the lives of vulnerable people by mobilizing the power of humanity in Canada and around the world. Our network is vast, but our approach is simple. All Red Cross programs and activities are guided by the Fundamental Principles of Humanity, Impartiality, Neutrality, Independence, Voluntary service, Unity and Universality.

Are you interested in making a difference? We encourage you to explore the wide variety of volunteering opportunities we have to offer, via the Canadian Red Cross website:

<https://www.redcross.ca/volunteer/apply-now>

To apply to a volunteer position of interest, please apply directly to that position by following the application instructions at the bottom of the volunteer posting.

The core services Canadian Red Cross offers are as follows:

Community Health Services: The Canadian Red Cross is a leader in supporting Canadians to remain living in their homes safely and with dignity through innovative and compassionate community health services. A wide range of community support services are offered by the Red Cross to provide daily supports to older adults, vulnerable people, and their caregivers.

Health Equipment Loan Program (HELP): Works out of 70 depots across the province to loan health equipment on a short-term basis (from crutches and bath chairs to advanced equipment including lifts and beds). We are looking for Client Services Volunteers to support this amazing work.

<https://www.redcross.ca/volunteer/apply-now/health-equipment-loan-program-client-services-volunteer-bc>

Emergency and Disaster Management: The Canadian Red Cross mobilizes its vast network of volunteers to assist when a disaster strikes, working in collaboration with local authorities and other agencies to address the immediate needs of those affected. The Canadian Red Cross also contributes to international disaster responses by raising funds, as well as deploying resources and trained aid workers to support the local Red Cross. Our Emergency Management (EM) teams are also continuing to support individuals, families and communities and we are looking for individuals and groups who can join our Personal Disaster Assistance Team (PDAT) and Emergency Response Team (ERT)

PDAT: <https://www.redcross.ca/volunteer/apply-now/personal-disaster-assistance-pda-responder>

ERT: <https://www.redcross.ca/volunteer/apply-now/emergency-response-team-ert-responder>

Capacity building: The Canadian Red Cross also actively helps communities prepare for and reduce the impact of disasters before they happen by working with both governments and individuals to ensure they're ready when the time comes.

Prevention and Safety: Through first aid training and water safety programming, the Canadian Red Cross helps Canadians be better equipped to prevent and treat injuries at home and in the workplace, as well as how to be safe in and around the water.

Please connect with us via the following:

Website: www.redcross.ca

Twitter:

https://twitter.com/redcrosscanada?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor

Facebook: <https://www.facebook.com/canadianredcross/>

Youtube: <https://www.youtube.com/user/canadianredcross>

LinkedIn: <https://ca.linkedin.com/company/canadian-red-cross>

Any questions may be directed to the Volunteer Support Team:

Phone: 1-844-818-2155 or Email: SharedServices@RedCross.ca

CBAL-COLUMBIA BASIN ALLIANCE FOR LITERACY IN CRANBROOK

Contact: Alison Facey
Phone Number: (250) 420-7596 (call or text)
Email Address: afacey@cbal.org
Website: <http://cbal.org/cranbrook/>

CBAL-COLUMBIA BASIN ALLIANCE FOR LITERACY IN KIMBERLEY

Contact: Carol Fairhurst
Phone Number: (250) 687-4681 (call or text)
Email Address: kimberleycoordinator@cbal.org
Website: <http://cbal.org/kimberley/>

We are looking for English tutors. If you have teaching experience or you are interested in teaching English to newcomers, we have tutor trainings for you. The tutors will spend 2 hours a week with the learners working on not only speaking and listening, but also reading and writing. I will perform a needs assessment and a language benchmark assessment for the learner prior to matching a tutor to a learner. We also have a lot of good resource and teaching material in the CBAL library for your convenience. These will help the tutor plan the lessons.

CRANBROOK FOOD BANK SOCIETY

Phone Number: (250) 426-7664
Address: 1624 Industrial Road 2, Cranbrook, BC V1C 6R2
Email Address: cranbrookfoodbank44@gmail.com
Age Requirements: 16 years and older

Volunteers must be physically healthy and capable for lifting groceries. Call the food bank between 9:30 am and 12:30 pm Monday, Wednesday or Friday. CLICK on our Facebook page for latest news & events. <https://www.facebook.com/cranbrookfoodbank/>

CRANBROOK FOOD RECOVERY

Address: 1624 Industrial Road 2, Cranbrook, BC V1C 6R2
Cranbrook Food Recovery welcomes volunteers. If you have time to give and would like to help. We recover food every day (except Christmas day), turn raw ingredients into delicious meals, or use your unique skills to help our organization. Our volunteers are the people that make that possible. Volunteers help receiving, sorting, and recording donated food; preparing totes; distributing food to local charities and farmers.
Contact us to learn more CranbrookFoodRecovery@gmail.com

CRANBROOK HEALTH CARE AUXILIARY THRIFT STORE

Phone Number: (250) 426-7619
Address: 30 8th Ave S, Cranbrook, BC V1C 2K3
Age Requirements: 19 years or over

The CHCA Thrift Store is looking for Volunteers. If you are interested and are willing to have a Criminal Record Check completed please ask for an application at the Thrift Store, return it completed and we will get in touch with you for an interview. Thrift store is open Thursday to Saturday 10 am-4 pm. Check us out on Facebook
<https://www.facebook.com/pages/category/Thrift---Consignment-Store/CHCA-Thrift-Store-1578555385749488/>

CRANBROOK HISTORY CENTER

Contact: Honor Neve, Chief Curator
Guy Santucci, President of the Board of Directors
Railroad Senior Tour Guide
Phone Number: (250) 489-3918
Address: 57 Van Horne St, Cranbrook, BC V1C 1Y7
Email Address: info@cranbrookhistorycentre.com
Age Requirements: 13 years or older

The successes of our museum's programs and events are due to the wonderful support of our many dedicated volunteers. Are you interested in preserving local history and sharing it with others? Do you want to help create a space for lifelong learning and discovery in Cranbrook? There are many ways that you can help out around the museum including, volunteer with the model train club, in the archives, with our kids' programs and more! Reach out info@cranbrookhistorycentre.com for more information!

CRANBROOK/KIMBERLEY SETTLEMENT

Phone Number: (250) 581-2112 (call or text)
Email Address: cranbrooksettlement@cbal.org
<http://cbal.org/cranbrook/>

We are looking for volunteers who are interested in becoming a mentor to immigrants, refugees, people with work permits and naturalized Canadian Citizens. We provide settlement services to these people, including: free English classes, community connections, free workshops, community service referrals and more. The mentors will spend 2 hours a week with the mentee and mentee's family.

The main purpose is helping the newcomers understand the Canadian community, society and settle-into our community. The newcomers also learn conversational English through the activities they do with you. We have seen great friendships and relationships built through this mentorship. It is rewarding to see the newcomers enjoy their lives in Canada.

CRANBROOK PUBLIC LIBRARY

Contact: Volunteer Kootenays
Phone Number: (250) 426-5222 Ext 3034
Age Requirements: 14 years or older

Able to work independently and follow instructions. Organization skills, some lifting may be required and putting away books. Clear criminal record check is required and two reference checks completed through Volunteer Kootenays.

EAST KOOTENAY ADAPTIVE SNOWSPORTS (EKAS)

Contact: ekas.club@gmail.com

East Kootenay Adaptive Snowsports is a non-profit volunteer based organization. Our instructors are CADS (Canadian Adaptive Snowsports) certified volunteers with a commitment to helping adults and youth with disabilities to learn and enjoy snow sports. Become one of our volunteers. If you are a skilled snowboarder or skier interested in working with our students, please contact us. We need more volunteer instructors and can provide the necessary training. You'll find it very rewarding. <https://ekas.club/join-us>. Check us out on Facebook <https://www.facebook.com/East-Kootenay-Adaptive-Snowsports-744611978971052/>

EAST KOOTENAY INVASIVE SPECIES COUNCIL (EKISC)

Phone Number: 1-888-55-EKISC (35472)

Address: 1902 Theatre Rd, Cranbrook, BC V1C 7G1

We are often looking for volunteers to assist with some weed management activities such as hand-pulling, surveys, lake monitoring, and more. Other tasks could be event planning and education activities. The needs are always changing, so it would be best for potentially interested volunteers to contact me at <https://www.ekisc.com/volunteer>.

FORT STEELE HERITAGE TOWN

Phone Number: (250) 417-6000

Address: 9851 BC-95, Fort Steele, BC V0B 1N0

Website: <https://www.fortsteele.ca/>

Becoming a volunteer is easy - and fun! There is a wide variety of work to be done. You can work with visitors or behind the scenes. You can volunteer as often or as little as you like. For a full list of volunteer positions, or to become a volunteer today, call 250.417.6000 or email info@fortsteele.bc.ca

HEALTHY KIMBERLEY FOOD RECOVERY DEPOT

At the Healthy Kimberley Food Recovery Depot we collect, sort and store perishable foods that would have otherwise become food waste. Food recovered by the depot is available to the Helping Hands food bank, local schools and community organizations to be shared with their clients. The excess after distribution each week to these agencies is offered through our Open to Public. Please contact Shannon, Food Recovery Coordinator with any questions or for more information by calling 250 427 7981 or emailing frdcoordinator@healthykimberley.com

HEART & STROKE FOUNDATION

Contact: Deborah Rusch

Phone Number: 1-888-473-4636 ext. 8012

Email Address: Deborah.Rusch@heartandstroke.ca

Age Requirements: 19 years or over

Live Well after Stroke Program Volunteer Facilitator. LWAS is a volunteer-led interactive program of seven sessions which engages small groups of stroke survivors and their caregivers to consider adapting aspects in their health to recovery better. The program is discussion based, free to participants and fully supported by Heart & Stroke. We encourage stroke survivors themselves to apply. Program Locations: Cranbrook and Fernie.

HOSPICE SOCIETY – CRANBROOK & KIMBERLEY

Phone Number: (250) 417-2019 or 1-855-417-2019

Address: 127 C Kootenay St N, Cranbrook, BC V1C 3T5

Email Address: info@ckhospice.com

We are always looking for more volunteers as our services expand. If this is something that interests you, please call the office or visit our website www.ckhospice.com for further information about our Hospice. Our office is staffed Monday, Tuesday and Wednesday from 10:00 am until 3:00 pm

JUNIOR ACHIEVEMENT BC

Email: community@jabc.org

<https://jabc-community.org/page-with-custom-part/volunteer-opportunities-v2>

Age Requirements: 19 years or older

We are currently welcoming volunteers to deliver JA programs in a virtual learning environment this school year. Now volunteers may facilitate programs in their own communities or even across the province. Please view our Volunteer Opportunities to see where we need volunteers. Once you have your selection, please login to select your volunteer opportunity or email us at community@jabc.org. A member of our Program team will contact you to confirm the details. Be sure to refer to Volunteer Training and Resources to ensure you're all set to go into a virtual classroom. Thank you for helping youth find their path to success!

KEY CITY THEATRE

Contact: Brenda Burley

Phone Number: (250) 426-7006

Email: Brenda@keycitytheatre.com

No Age Requirements

Do you want to have FUN? Make new friends? Learn new skills? Make a difference in your community? Are you friendly and helpful? If you answered Yes to at least one of these questions then we have a wonderful opportunity for you. VOLUNTEER AT KEY CITY THEATRE!! The Arts are the heart and soul of our community. Key City Theatre is an exciting venue that presents over 100 events per year to over 45,000 people. Our volunteers are the life-blood of our organization and many have been with us for over 25 years! We provide full training and are proud of our Service Excellence. Our patrons are our focus and You are the Star! Our commitment is to fun, your commitment can be as little as a few hours per month or as much as you like. We invite you to lend your hands as ushers, door monitors, concession and bar staff (must have Serving It Right), decorating, art gallery and more. Laughter and smiles are included! Getting started is easy! Attend our next Volunteer Orientation Get Together. Just call us at 250-426-7006 or email Brenda@keycitytheatre.com.

KIMBERLEY ARTS COUNCIL – CENTRE 64

Contact: Christine Besold - Administrator

Phone Number: (250) 427-4919

Email: kimberleyarts@gmail.com

<https://kimberleyarts.com/>

If you're passionate about the arts and keen to make an impact on Kimberley's arts scene, volunteering at Centre 64 is for you! We're always looking for more active, enthusiastic artists and arts lovers to help out with events, keep our building and courtyard garden in top shape, and to serve on our programming committees and board of directors.

MISSION THRIFT STORE CRANBROOK

Phone Number: (778) 520-1981

Address: 1114 Baker St, Cranbrook, BC V1C 1A8

Email Address: shopcranbrook@missionthriftstore.com

There are a variety of volunteer positions to choose from. You can volunteer for a few hours each week or be a full-time volunteer. It is up to you to decide how you want to help and how much time you have to offer. Through our joint ministry with Bible League Canada, Mission Thrift Store places the Living Word of God into Bible-based literacy and leadership training programs as well as serving the persecuted Church, transforming the lives of men, women and children in over 40 countries.

MUSIC/MEMORY PROGRAM

Contact: Recreation Manager

Phone Number: (250) 489-0060 Ext 202

Address: Joseph Creek Care Village-1701 Willowbrook Dr, Cranbrook, BC V1C 6L6

No Age Requirement

Joseph Creek is looking for a tech savvy volunteer that is good with electronics, specifically iPods. They will be gathering information from residents and then downloading songs onto 4 different iPods. Approximately 2 hours a week. Must have tuberculosis shot, criminal record check and references completed. There are many other opportunities such as a show and tell to residents or reading to the residents, visiting resident or helping with program activities where volunteers will assist with serving cake and juice.

PARKS AND WILDERNESS SOCIETY (CANADIAN) - BC CHAPTER

Contact: Community Engagement Coordinator

Phone Number: (604) 685-7445

Address: 241-312 Main St, Vancouver, BC V6A 2T2

Email: info@cpawsbc.org

We have various opportunities in local parks.

Visit our website for more information www.cpawsbc.org.

SALVATION ARMY

Contact: Krista Young

Phone Number: (250) 426-3612

Address: 533 Slater Rd, Cranbrook, BC V1C 4Y5

<https://www.facebook.com/salvationarmycranbrook/>

Services including: Community Ministries - assistance with food, clothing, household items, accommodation, and advocacy. FREE Lunch - Monday, Tuesday, Thursday and Friday. FREE Supper - Wednesday at 4:00 pm. Laundry and shower facilities. Mouth Minders Dental Clinic - free dental services for eligible low income persons. Pro Bono Lawyer Referral - for individuals that are unable to afford a lawyer or qualify for legal aid. School Lunches - bag lunches are provided daily to Cranbrook schools. Spiritual & Emotional Care - Pastors/Officers of The Salvation Army are available for support to those experiencing difficulties in life or just need a listening ear. Thrift Store - open Monday - Saturday, 11:00 am-4:00 pm. Volunteer Income Tax Services - Income tax preparation throughout the year for low income individuals. Home Meals, delivery Monday, Wednesday and Friday for seniors & those in need.

SPCA

Phone Number: (250) 426-6751

Address: 3339 Highway 3 & 95, Cranbrook, BC V1C 4H6

Make a difference one animal at a time. Learn more about the steps to become a BC SPCA Branch volunteer as well as the information, orientation and training sessions we provide to help you help animals. <https://spca.bc.ca/ways-to-help/volunteer/>

SPECIAL OLYMPICS BC – KIMBERLEY / CRANBROOK

Contact: Zoe Damant – local Coordinator

Email Address: specialolympics.cklocal@gmail.com

We have been in operation for more than three decades! We offer 5-pin bowling, alpine skiing, cross country, basketball, bocce, curling, golf, softball, swimming, and Club Fit, as well as Active Start for young athletes. We also offer Fit, Family and Friends which starts late spring. We always accept new volunteers and athletes into our programs. Special Olympics BC is dedicated to enriching the lives of individuals with intellectual disabilities through sport. <https://www.specialolympics.ca/british-columbia>

VISION MATE PROGRAM

Contact: Rebekah McCallum, Program Co-ordinator, Volunteer & Community Engagement
CNIB BC - Yukon

Phone Number: (250) 763-1191 or 1-800-563-2642 Ext 6180

Email: rebekah.mccallum@cnib.ca

Virtual Vision Mate: This program gives volunteers an opportunity to engage in friendly conversations with people who are blind or partially sighted. Your support is urgently needed during this unprecedented time. You can schedule your chats on a set day and time every week, or you can schedule week-to-week, whatever works for both of you. To volunteer as a Virtual Vision Mate, complete the online application form <https://www.tfaforms.com/4814171>.

Vision Mate: Make a difference for people who are blind or partially sighted by providing sighted assistance and companionship to a person in your community who is blind or partially sighted. This program provides regular, one-to-one assistance and companionship for a person who is blind or partially sighted. Matches are made with someone who lives close to your home, school or work. You visit once a week for a couple of hours to assist with four main tasks: reading, errands (like groceries and shopping), going for walks, and socializing. To volunteer as a Vision Mate, complete the online application form <https://www.tfaforms.com/4735332/>. If you have any issues with the application form, please call us at 1-800-563-2642.

WESTERN FINANCIAL PLACE - USHERS

Contact: Volunteer Kootenays

Phone Number: (250) 426-5222 Ext 3034

Age Requirements: 19 years or older

Are you available on short notice? We require 10-20 volunteers to act as ushers for events throughout the year at Western Financial Place. The money in lieu of wages is donated to the Cranbrook Public Library. Volunteer hours are approximately 4 hours per event. Requirements: Clear criminal record check is required and two reference checks completed through Volunteer Kootenays. Physically able to stand for 4 hours. Jackets will be provided.

WILDSIGHT KIMBERLEY / CRANBROOK

Phone: (250) 427-9325

Email: info@wildsight.ca

Are you searching for an opportunity to connect with your community safely, while also getting involved in local environmental initiatives? If so, you are in the right place. Wildsight Kimberley Cranbrook is seeking volunteers to support our education, conservation, and regeneration projects in Kimberley and Cranbrook!

Step 1: Please check out our volunteer groups to learn what kind of tasks you might be involved with at <https://wildsight.ca/branches/kimcran/volunteer-with-us/>

Step 2: Apply for current opportunities via the “APPLY NOW!” links

Step 3: Wait to hear back from us for next steps.

In addition to these hands-on opportunities, we are always looking for contributions from the community. This could include editing help, local photography or other artwork to support our communications and outreach.