

OPPORTUNITIES FOR VOLUNTEERS

CANADIAN MENTAL HEALTH ASSOCIATION **VOLUNTEER KOOTENAYS**

Contact the
Volunteer Services Manager
(250) 426-5222 Extension 3034 or
(250) 426-8019

CHILD MINDING

Phone Number: (250) 426-8019
Email Address: lstolson@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.
**Early Childhood Educator certificate required.

CRISIS LINE

Phone Number: (250) 426-8019
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.

DISCLOSING PERSON ADVOCATE VOLUNTEER

Phone Number: (250) 426-8019
Age Requirements: 19 years or older

Volunteers provide emotional support, information and advocacy services for person who disclose that they have experienced a sexualized assault.

SENIOR FRIENDLY CHECK IN PROGRAM

Phone Number: (250) 426-8019
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

Phone Number: (250) 426-8019

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

Phone Number: (250) 426-8019

Age Requirements: 14 years or older

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

VOLUNTEER ASSISTED SHOPPING PROGRAM

Phone Number: (250) 426-8019

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 1p.m.

VOLUNTEER INCOME TAX PROGRAM

Phone Number: (250) 426-5222

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.

VOLUNTEER OPPORTUNITIES IN THE COMMUNITY

BELLIES TO BABIES

Contact: Pat Chisholm

Phone Number: (250) 489-5011

Email Address: b2b.coordinator@ccssebc.com

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. Two locations in Cranbrook and Kimberley. 209A 16th Ave. N., Cranbrook and 1850 Warren Ave., Kimberley (Kimberley Early Learning Center).

www.pop.ccs Cranbrook.ca

BIBLES FOR MISSION THRIFT STORE

Contact: Rosemary

Phone Number: (778) 520-1981

Address: 824 Kootenay St N, Cranbrook, BC V1C 3V3

Volunteers help to convert donated, unwanted goods into cash. The net profits are given to the Bible League of Canada to fund missions in Canada and other 42 countries. The funds are used to distribute bibles, adult and children's literacy, train local leaders to start churches.

BIG BROTHERS BIG SISTERS

Contact: Jordan MacDonald

Phone Number: (250) 489-3111

Email Address: jordan.macdonald@bigbrothersbigsisters.ca

At Big Brothers Big Sisters of Cranbrook our programs provide children in need with positive, caring, adult role models. Being a mentor may sound pretty formal but it is something anyone with a couple of hours a week and a desire to make a difference can do. Eligibility to be a big brother or sister:

- ✦ Are 18 years of age or older.
- ✦ Are available to see their Little Brother or Little Sister 2 -3 hours weekly for one year.
- ✦ Have no recent or anticipated life changes that would interfere with their commitment.
- ✦ Are employed, a student, or financially stable.
- ✦ Have lived in the community for at least 6 months.

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

CBAL-COLUMBIA BASIN ALLIANCE FOR LITERACY IN CRANBROOK

Contact: Alison Facey

Phone Number: (250) 420-7596

Email Address: afacey@cbal.org

<http://www.cbal.org/cranbrook.html>

CBAL-COLUMBIA BASIN ALLIANCE FOR LITERACY IN KIMBERLEY

Contact: Carol Fairhurst

Phone Number: (250) 687-4681

Email Address: kimberleycoordinator@cbal.org
<http://www.cbal.org/kimberley.html>

We are looking for English tutors. If you have teaching experience or you are interested in teach English to the 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 bench mark 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 SETTLEMENT

Contact: Sue Bohan

Phone Number: (250) 581-2112

Email Address: cranbrooksettlement@cbal.org
www.cbal.org/cranbrook.html

We are looking for volunteers who are interested in becoming a mentor to immigrants to Canada, 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-in in 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.

EAST KOOTENAY ADAPTIVE SNOWSPORTS (EKAS)

Contact: Kimberley Ski School: skischool@skikimberley.com

We have a small crew of volunteer ski/snowboard instructors and organizers that assist people with disabilities to go skiing at Kimberley Alpine Resort. We are always looking for volunteers to help with advertising, fundraising, logistics, support with lessons (on-hill and off-hill), and instructors. The provincial website is <https://www.bcadaptive.com/> and the EKAS facebook page is <https://www.facebook.com/East-Kootenay-Adaptive-Snowsports>

EAST KOOTENAYS INVASIVE SPECIES COUNCIL (EKISC)

1902 Theatre Rd. Cranbrook, BC

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

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>.

FOOD BANK

Phone Number: (250) 426-7664

Address: #104 – 8th Ave. S, Cranbrook, BC

Age Requirements: 16 years and older

Volunteers must be physically healthy and capable for lifting groceries. Call the food bank between 9:30am and 2pm Monday, Wednesday or Friday.

FORT STEELE HERITAGE TOWN

Contact: Trudy Larson

Volunteer Organizer/Administration Manager

Phone Number: (250) 417-6000

Email Address: info@FortSteele.bc.ca

Address: 9851 Highway 93/95, Fort Steele, BC V0B 1N0

There are various volunteer opportunities to help out at a tourist heritage site. Open daily, 7 days a week from 10am to 4pm. www.fortsteele.ca

HEALTHCARE AUXILLARY THRIFT STORE

Contact: Bonnie Close, President

Melanie Dodgson, Vice-President

Phone Number: (250) 426-7619

Address: #30 – 8th Ave South, Cranbrook, BC

Age Requirements: 19 years or over

A program where men and women can volunteer to help with the Thrift store, Hospital Gift store or volunteer guide in the hospital. Pick up an application, Criminal check to be filled out, when cleared, applicant will be contacted for an interview. Thrift store is open Tuesday – Saturday.

HEALTHY KIMBERLEY – FOOD RECOVERY DEPOT

Healthy Kimberley is in the process of creating a Food Recovery Program, which will have economic, environmental and health benefits for the community.

Food recovery efforts will begin in November, working closely with current partners including Save on Foods, Healing Hands Food Bank and various other community groups. The goals of the program include increasing access to fresh, healthy food at the food bank, reducing the food-purchasing budget for various community organizations, and decreasing the amount of greenhouse gas producing food waste ending up in the landfill.

We are seeking volunteers to help us with pick-ups, sorting and distribution. We anticipate a time commitment of approximately 2 hours, on a weekly basis between 8am-12pm. The Food Recovery Program is still being developed and more information will be available soon! Please contact Kandice, Food Recovery Coordinator if you are interested in volunteering or would like more information at 250-255-6494 or healthykimberleyfrd@gmail.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

Contact: Dorothy or Linda

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

Email Address: hospice1@telus.net

20, 23rd Ave. S. Cranbrook, BC

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.

INTERIOR HEALTH/CANDY STRIPERS

Contact: Sandy Zeznik, Administration Manager

Phone Number: (250) 417-9376 (text or leave message)

Age Requirements: 19 years or older

This program runs with the school year, September to June. Sell items at the gift shop with a cart in the hospital. Pick up an application at the Hospital Auxiliary Thrift store, #30, 8th Ave. S. Cranbrook, BC. Criminal check to be filled out, when cleared applicant will be contacted for an interview. Membership is \$8.

JUNIOR ACHIEVEMENT BC

Contact: Alanna Tynan, Program Coordinator

Phone Number: (250) 580-0802

Age Requirements: 19 years or older

We are looking for local mentors/ volunteers to deliver programs in our schools. JABC is a global non-profit dedicated to educating youth in business and leadership. We do this through a suite of programs for grades 5-12 focused on financial literacy, job readiness, and entrepreneurship. All of our programs are completely free and tied into the required BC curriculum, and the volunteers are what make it unique and relatable for local youth. Each volunteer becomes a role model by sharing their personal trials and tribulations and what got them to where they are today. While volunteers are each unique in their experiences and delivery style, JABC provides a comprehensive and easy-to-follow lesson template in the form of a powerpoint presentation along with printed workbooks and games for the students.

KEY CITY THEATRE

Contact: Brenda

Email: brenda@keycitytheatre.com

Phone Number: (250) 426-7006

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

Email: kimberleyarts@gmail.com

Phone Number: (250) 427-4919

<http://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.

KIMBERLEY SETTLEMENT

Contact: Pam Baiti

Phone Number: (250) 427-6027

Email Address: cranbrooksettlement@cbal.org

www.cbal.org/cranbrook.html

We are looking for volunteers who are interested in becoming a mentor to immigrants to Canada, 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-in in 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.

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. Pick-up volunteer registration form at the library.

MS SOCIETY OF CANADA

Contact: Rebecca Cooke-Coordinator, Volunteer & Community Engagement | BC & Yukon Div.

Phone Number: 1-800-268-7582 ext. 7262

Email: rebecca.cooke@mssociety.ca

Age Requirements: 19 years or older

The MS Society is currently searching for volunteers who would like to fill committee roles for our 2019 events. We are mainly searching for Walk committee members at the moment. You can find the link to our positions descriptions below for each of the roles that we are looking for.

Cranbrook: <http://bttr.im/hfbbw> (Committee Chairperson, Media Outreach Coordinator, Recruitment and TMZ Coordinator, Route Coordinator, Site Coordinator)

MUSIC/MEMORY PROGRAM

Joseph Creek Village

Contact: Jaime

Phone Number: (250) 489-0060 Ext 202

1901 Willowbrook Dr, Cranbrook, BC

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: Kate MacMillan, B.Sc.

Community Engagement Coordinator

Address: #410-698 Seymour Street, Vancouver BC V6B 3K6

Phone Number: (604) 685-7445 Ext 34

We have various opportunities in local parks. Visit our website for more information www.cpawsbc.org. Volunteer and Outreach Coordinators at volunteer@cpawsbc.org

RAIL MUSEUM – CANADIAN HISTORY CENTER

Contact: Tammy Morgan, Executive Director

Railroad Senior Tour Guide

Phone Number: (250) 489-3918

Email Address: office@cranbrookhistorycentre.com

Address: #57 Van Horn St. Cranbrook BC

Age Requirements: 13 years or older

Museum needs help with landscaping, archives, tour guides, cleaning and event set ups. Pick up an application Tuesday – Saturday, 10 am – 5pm.

RED CROSS

Contact: Coordinator, Volunteer and Customer Support Services

Phone Number: 1-855-995-3529 (Kelowna)

Contact: Sheila Campbell - Coordinator, Volunteer Recruitment & Sourcing (Cranbrook)

Local Phone Number: (250) 491-8443 ext. 216

Email Address: BCYvolunteering@redcross.ca

Online: <http://www.redcross.ca/volunteer/who-is-needed>

Contact: Neil Harrower - Coordinator, Disaster Management (Castlegar)

Local Phone Number: (250) 687-4662

Email Address: neil.harrower@redcross.ca

Recruitment of Disaster Management volunteers in Cranbrook. We are also in great need of volunteers for our Health Equipment Loan Program in Cranbrook, Trail, Fernie and Nelson. Visit our website for more information.

www.redcross.ca/in-your-community/british-columbia-and-yukon/british-columbia-and-yukon-volunteer-opportunities

REFUGEE SUPPORT / VOLUNTEER OPPORTUNITIES

Phone Number: (250) 426-2644

Address: 46-13th Ave. South, Cranbrook BC V1C 2V3

Hub for Refugees. Kootenay Anglican Diocese Refugee. Volunteers meet at the Anglican Church on Wednesdays at 7pm.

SALVATION ARMY

Phone Number: (250) 426-3612

Email Address: sallyannkvcc@shawcable.com

Facebook.com/salvationarmycranbrook

Address: 533 Slater Road, Cranbrook BC

Services including: Community Ministries - assistance with food, clothing, household items, accommodation, and advocacy. Lunch - Monday, Tuesday, Thursday and Friday for a cost of \$0.50. Supper - Wednesday at 5:00 pm FREE! 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, 9:30am - 5:00pm. Volunteer Tax Services - Income tax preparation throughout the year for low income individuals.

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. <http://www.sPCA.bc.ca/branches/east-kootenay.volunteer.html>

SPECIAL OLYMPICS BC – KIMBERLEY / CRANBROOK

Contact: Joanne Thom – local Coordinator

Phone Number: (250) 417-9781

Email Address: joanne@rockymountaindiesel.com

Looking for a life-changing experience? Special Olympics BC – Kimberley/Cranbrook is welcoming an enthusiastic coach to join our 5-pin bowling program. We are always looking for folks to help with coaching as well as taking on a new sport if they have a background in that sport. And we are also looking for new board members to help run Special Olympics BC-Cranbrook/Kimberley. We provide training for our coaches and volunteers.

Join our joyful community!

Special Olympics BC is dedicated to enriching the lives of individuals with intellectual disabilities through sport.

www.specialolympics.bc.ca

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

Shopping. Reading. Taking a stroll down the street; Imagine losing some or all of your vision. How would you tackle daily tasks such as reading your mail, organizing things around your home or buying groceries? Having someone to provide sighted assistance can make all the difference. We invite you to make a difference in the life of someone who is blind or partially sighted by volunteering just a couple hours a week. As a Vision Mate, you'll be matched with someone with vision loss in your area to help them with everyday activities like running errands and going for a walk. Training provided. Apply online at:

<http://cnib.ca/en/form/volunteer-application?region=bc>

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

Website: <https://wildsight.ca/volunteer/>

Email: kimcran@wildsight.ca

Long-Term Opportunities:

- Kimberley Open Gate Garden Development, Maintenance and Harvesting (Spring thru Fall);
- Apple Capture Harvesting & Juice Pressing (Fall);
- Kimberley Farmers' Market Planning, Setup, & Takedown (Spring thru Fall)

One-Time Opportunities:

- Marysville Eco Park Spring & Fall Cleanups.

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.

Updated 24 May 2019; Information subject to change without notice.