

Volunteer Services

Volunteers are vital to the health and well being of a community. Anyone can be a volunteer, even if they only have a few hours available now and then. Volunteering is a great opportunity for all ages to:

- Learn new skills
- Meet new people
- Support a cause
- Develop a sense of accomplishment and self worth
- Contribute to our community
- Share skills and abilities.

FCSS needs volunteers! There are a variety of ways volunteers can help support our community such as:

- The Volunteer Driver Program: Some seniors do not qualify for our SILP but require transportation for out of town medical appointments. If you like to drive and have some spare time, a clean driving record and a reliable, insured vehicle then this may be something you are interested in. Gas and parking expenses will be paid for by the client.
- Yard Work/Heavy Lifting/Handy Person Services/Snow Shoveling – Some seniors who are unable to complete these jobs do not have the income to hire someone and do not have family that can help them. If you have skills in these areas, there are seniors that would greatly appreciate the help!

Please contact the FCSS office at 403-652-8620 if you are interested in any of these opportunities.

Other Volunteer opportunities in High River include:

Abbeyfield House Society

Cathie Johnson
Lee Amlin

403-652-3558
403-652-2791

Abbeyfield House has a variety of opportunities with the following committees: fund raising, public relations and marketing, policies and procedures, house management, maintenance and office duties.

Between Generations – Big Brothers/Big Sisters

Sharla Zidkovich

403-771-4314

Big Brothers/Big Sisters is currently recruiting adults (55+) for their Between Generations program, to visit with elementary school children at their school, one day per week. Each senior will be matched with two children and will visit each child separately, for one hour. A 15 minute social is hosted for the volunteers between child visits. Make a difference in a child's life – be a mentor!

Bob Snodgrass Recreation Complex

Cynthia Farrow

403-652-4042

Volunteers are needed to help with special events throughout the year.

D.A.R.E. (Drug Abuse Resistance Education) Laurie McCreary-Burke 403-601-3406

The D.A.R.E. program provides drug awareness education to Grade 6 and 8 students. D.A.R.E. is in need of board members for meetings and fund raising. Community youth are welcome to sit in on board meetings as non-voting members or to help at fund raising events.

Foothills Community Immigrant Services Myrna Scovoranski 403-652-5325
email: highriver2@ccis-calgary.ab.ca

FCIS recruits volunteers who can assist with language capabilities for interpreting and translating. The office also welcomes volunteers who want to lend a hand with event planning, office duties or helping newcomers integrate into Canadian society. The Host Program requires volunteers who want to support, create friendships with, and provide assistance to new immigrants to help with their adjustment to rural Alberta.

Foothills Fetal Alcohol Society (FAS) Dana Ormstrup 403-652-4776

Foothills Fetal Alcohol Society needs volunteers to be board members, fund raising, special events and clerical help in their Resource Centre.

Foothills School Division Individual Schools
www.fsd38.ab.ca

Schools throughout the Foothills use volunteers for office and classroom support. They are asked to do photocopying, bulletin board displays, reading with children, special events and fund raising.

Foothills Therapeutic Riding Association Karie 403-652-4029

The Foothills Therapeutic Riding Association is always looking for energetic, adult volunteers to be horse leaders and side-walkers. They are also looking for "loaner" horses with quiet dispositions. The program provides physical, psychological and social therapy through the use of horses, for special needs children. Located at the Okotoks' Ag Society Arena, next door to the Hebson Arena.

Heaven Can Wait/Room to Roam Diane/Kim 403-601-2520
www.heavencanwait.ca

Heaven Can Wait has a variety of volunteer opportunities available such as: administrative assistant, animal care assistant and carpenter/handyman/handywoman. Volunteers must be at least 10 years of age and children must be accompanied by an adult.

High River Hospital Grace Ledoux 403-652-0113

The hospital runs a variety of programs that benefit from the efforts of volunteers; some examples are community visitors, home visitors and recreational therapy. There are approximately 26 areas where volunteers are utilized throughout the hospital so the options are endless!

High River Centennial Library Deb Gardiner 403-652-2917

Volunteers are needed in a variety of capacities, from shelving books to creating window displays.

Literacy for Life Virginia Tyler 403-652-5090

Volunteers with Literacy for Life tutor adults and youth in basic literacy skills, sew bags for the "Books for Babies" program, work on computer projects, research, and sit on their board. They also support special events and fund raising.

Meals on Wheels

Ray Johnston
Bill Holmes

403-652-2510
403-652-2925

Meals on Wheels requires volunteer drivers to deliver prepared meals to individuals' homes Monday to Friday.

Medicine Tree Place (Manor)

Bonnie Duffel

403-652-4370

The Manor has many regularly scheduled and special events that allow volunteers to interact with residents and support staff.

Museum of the Highwood

Irene Kerr

403-652-7156

When you volunteer with the Museum of the Highwood you might be asked to help with setting up displays, researching archived items or taking a shift in the souvenir shop. The opportunities are as varied as the volunteers.

Parent Link Centre

Dayna Brentnall

403-652-8633

The Parent Link Centre is looking for volunteers to do child minding, storytelling and help with cleaning toys.

Sheppard Family Park

Mary Ann Dearing
Deb Phillips

403-652-2509
403-652-7920

Sheppard Family Park needs volunteers for landscaping, fund raising, special events, building and machinery maintenance, volunteer recruitment, collecting historical data and facility booking.

Foothills Regional Victim Services

Email: fhvs@rcmp-grc.gc.ca

Recruiting New Volunteers – Daytime availability required, 80 hrs Basic Training and Enhanced Security Clearance required. Volunteer Court Support Workers are available to provide court orientation, information, support and Court Accompaniment to victims/witnesses of a Criminal Offense. For more info please go to www.foothillsvictimservices.com.

If you would like your organization included in this list, or to update your organizations information, please contact the FCSS office at 403-652-8620.