

Volunteering provides excellent chance to meet people and to engage in communities. Volunteers serve many very different roles in many organizations. Finding the right opportunity for you can take patience and time. Below are some options that may help you achieve your volunteer goals:

### **Battered Women's Support Services**

If you are interested in doing something about violence against women, there is an opportunity to do it.

After completing an intensive 12 weeks training program, you will:

- Answer the intake and crisis lines providing information to women and the community
- Facilitate support groups, and
- Deliver workshops to high school students on dating violence

For more information: [www.bwss.org/takeaction/volunteer](http://www.bwss.org/takeaction/volunteer)

### **Parent Support Services Society of BC**

This organization provides resources and support circles for parents and grandparents to:

- share their parenting challenges
- talk about their worries and stress
- receive support and learn parenting skills
- learn new ways to raise and protect their children

Volunteers participate in a number of roles, including support group facilitation.

For more information: [www.parentsupportbc.ca/volunteer](http://www.parentsupportbc.ca/volunteer)

### **Crisis Centre**

Volunteering at the Crisis Centre is a great way to make a contribution to the community and develop your skills as a counsellor. They offer an extensive and well respected training in crisis intervention and suicide prevention. If you are a person with genuine caring, compassion and willingness to learn new skills and help others, you can do it by becoming a volunteer with:

- Distress Services
- Youth Educators

For further details please visit: [www.crisiscentre.bc.ca/volunteer](http://www.crisiscentre.bc.ca/volunteer)

### **Elizabeth Fry Society of Greater Vancouver**

This organization provides support and advocacy for criminalized and marginalized women, children and girls. They have a large volunteer program with roles that include:

- Visitor Volunteers
- Story book readers
- Activity Facilitators for Drop in centres
- Courtroom Attendants
- Mentors and Tutors for youth in custody

For detailed information: [www.elizabethfry.com/humanresources/volunteering.htm](http://www.elizabethfry.com/humanresources/volunteering.htm)

### **Atira's Women Resource Society**

Atira Women's Resource Society provides a variety of services to women including transition homes, emergency housing and parenting programs at many locations throughout Metro Vancouver. Volunteer opportunities are quite varied, including administrative, program assistance and trades.

For more information: [www.atira.bc.ca](http://www.atira.bc.ca)

### **Vancouver Rape Relief Society**

This society has been providing services to end violence against women for over 35 years. They offer a 24 hour crisis phone line, a shelter for women, and education and advocacy related to violence prevention. Volunteer opportunities include working in:

- Crisis Line
- Transition Shelter
- Administration
- Fundraising
- Translation and Interpretation

For more information please call at 604-872-8212, or visit: [www.rapereliefshelter.bc.ca](http://www.rapereliefshelter.bc.ca)