

## HOW YOU CAN REACH US

**Administration  
Counselling Services  
Information & Volunteer Services  
Community Services**

9097 120th Street  
Delta, BC, V4C 6R7

Phone: 604-594-3455  
Fax: 604-594-3496

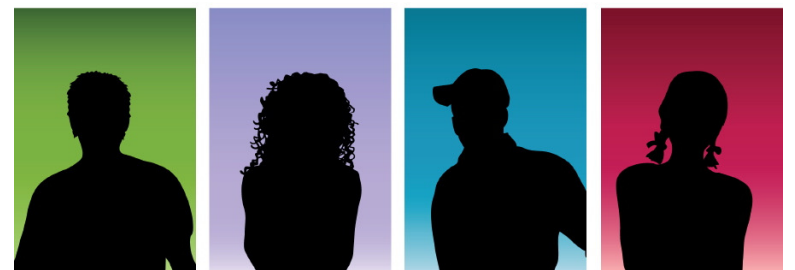
**Seniors Services  
Information & Volunteer Services  
Community Services**

4891 Delta Street  
Harborside Plaza  
Delta, BC, V4K 2T9

Phone: 604-946-9526  
Fax: 604-946-7727



## YOUTH VOLUNTEER DIRECTORY



**Dare to be different!**

**2010 — 2011**

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# YOUTH VOLUNTEER DIRECTORY

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## What is the Youth Volunteer Directory?

Deltassist's Youth Volunteer Directory is a list of agencies and organizations in the lower mainland that provide volunteer opportunities for youth 18 years old and under. It was published to assist youth in Delta find meaningful volunteer opportunities.

## Why Should I Volunteer?

- ▶ Build your resume
- ▶ Explore career options
- ▶ Gain valuable work experience
- ▶ Obtain references
- ▶ Build confidence
- ▶ Learn new skills
- ▶ Make new friends
- ▶ Give back to the community

## What Should I Expect?

- ▶ Be prepared to attend an agency orientation or interview.
- ▶ Be prepared to provide at least two references.
- ▶ Be prepared to submit a criminal records check.

## How Do I Get Started?

Contact any of the agencies listed in this directory for further information or to set up an interview.

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# ABOUT DELTASSIST

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Deltassist Family and Community Services Society was created in 1999 by the amalgamation of two long standing community services organizations – Deltassist Community Services Society and Delta Family Services Society – in an effort to provide integrated and enhanced family and community services to the residents of Delta and the surrounding areas.

## SERVICES WE PROVIDE

### Counselling:

Counselling services are provided by a highly skilled team of professionals, and are free of charge. Programs offered include an alcohol & drug program, alternatives to violence program, family support services, healthy families, nobody's perfect parenting program, young parent outreach (for teens) and a youth suicide prevention program.

### Community:

We offer a number of programs and services for clients living in the Delta area. Services include information and referral, emergency food assistance, Christmas hampers and toy depot, income tax assistance, pro bono law clinics, and volunteer services.

### Seniors:

Deltassist provides services for Delta seniors that help to combat loneliness, enhance seniors' independence and assist in making a healthier community for both seniors and volunteers. Volunteers provide shopping, phone support, driving (to and from medical appointments) and visiting services to support seniors who want to remain living independently.

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## YOUTH NET DELTA (CMHA)

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#14 - 1835 - 56th Street, Delta, BC, V4L 2L8  
Phone: 604-943-1878, Fax: 604-948-1479  
Website: [www.delta.cmha.bc.ca](http://www.delta.cmha.bc.ca)  
E-mail: [youthnetdelta@dccnet.com](mailto:youthnetdelta@dccnet.com)

**Age Requirement:** 18+

**Agency Profile:**

An interactive mental health/illness education program for high school students, aimed at reducing the stigma of mental illness and creating a supportive culture for youth to access help.

**Volunteer Position:**

Youth Net Facilitators deliver presentations to high school students and connect youth to appropriate mental health agencies.

**Volunteer Requirements:**

Experience and knowledge of mental health issues, leadership experience, creativity and enthusiasm.

**Time Commitment:** Flexible.

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## VOLUNTEER RESOURCES

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For volunteer opportunities in the Lower Mainland:

[www.volweb.ca](http://www.volweb.ca) or [www.govolunteer.ca](http://www.govolunteer.ca)

For information about volunteering:

Volunteer BC: [www.volunteerbc.bc.ca](http://www.volunteerbc.bc.ca)  
Volunteer Canada: [www.nvw-sab.ca/en/volunteer-canada](http://www.nvw-sab.ca/en/volunteer-canada)

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**"To be a volunteer means to be a person who makes a choice to reach out to others for their good without demands for rewards.**

**The volunteer's satisfaction comes from within. A true volunteer receives much more than she/he has given."**

- Herbert Brandt  
Deltassist Volunteer since 1993

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## WESTSHORE LAYLUM

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4900 Central Avenue, Delta, BC, V4K 2G7  
Phone: 604-946-2822, Fax: 604-946-2217

**Age Requirement:** 15+

**Agency Profile:**

Westshore Laylum is a seniors' care facility that looks after the physical and social needs of the seniors residing there.

**Volunteer Position:**

Volunteers assist seniors in crafts, recreational programs, bingo, and accompany them on outings and walks. Music and piano players are also required. One-to-one volunteers are placed to assist seniors in writing letters and providing weekly visits for companionship.

**Volunteer Requirements:**

Must have empathy and understanding towards seniors' issues, be a good listener and have patience.

**Time Commitment:**

3 - 4 hours per week.

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**"A pessimist, they say, sees a glass of water as being half empty; an optimist sees the same glass as half full. But a giving person sees a glass of water and starts looking for someone who might be thirsty."**

- G. Donald Gale

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# VARIETY THE CHILDREN'S CHARITY

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4300 Still Creek Drive, Burnaby, BC, V5C 6C6  
Phone: 604-268-3885, Fax: 604-320-0535  
Website: [www.variety.bc.ca](http://www.variety.bc.ca)  
E-mail: [volunteer@variety.bc.ca](mailto:volunteer@variety.bc.ca)

**Age Requirement:**

16+ (exception in office or accompanied by adult)

**Agency Profile:**

Variety is a charitable organization raising money to support BC's children who have special needs.

**Volunteer Position:**

This position is working in special events or at the Burnaby office accepting donations and answering questions about the charity, decorating, or other tasks.

**Volunteer Requirements:**

Must enjoy working with the public.

**Time Commitment:**

Depending on event.

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"How wonderful it is that nobody need wait a single moment before starting to improve the world."

- Anne Frank

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# BC CHILDREN'S HOSPITAL

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4480 Oak Street, Vancouver, BC, V6H 3V4  
Phone: 604-875-2143, Fax: 604-875-3448  
Website: [www.bcchildrens.ca](http://www.bcchildrens.ca)  
E-mail: [volunteer@cw.bc.ca](mailto:volunteer@cw.bc.ca)

**Age Requirement:** 18+

**Agency Profile:**

BC Children's Hospital provides expert care for the Province's most seriously ill or injured children, including newborns and adolescents. They provide vital specialized health services that may not be available anywhere else in the province.

**Volunteer Position:**

Thrift Shop and Gift Shop volunteers manage the processing of shop sales, inventory control and assisting children, families and staff with their purchases in our shops.

**Time Commitment:**

Shifts available Monday to Friday: 9am—1pm, 1pm—4pm, 4pm—7pm. Saturday and Sunday: 9am—1pm, 1pm—4pm.

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"Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of which we can all be proud."

- Helen Dyer

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## BC FAMILY HEARING RESOURCE CENTRE

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15220 - 92nd Avenue, Surrey, BC, V3R 2T8  
Phone: 604-584-2827, Fax: 604-584-2800  
Website: [www.bcfamilyhearing.com](http://www.bcfamilyhearing.com)  
E-mail: [info@bcfamilyhearing.com](mailto:info@bcfamilyhearing.com)

**Age Requirement:** 18+

**Agency Profile:**

The BC Family Hearing Resource Centre is a provincial program that provides comprehensive services to families with young deaf and hard of hearing children throughout BC. They also provide consultation and training to other professionals working with deaf and hard of hearing children.

**Volunteer Position:**

Volunteers assist ESL families with deaf or hard of hearing children. They also assist with teaching children in the classroom or help in the office with administration and clerical tasks.

**Volunteer Requirements:**

Must enjoy public speaking to groups and enjoy working with young people. Group assistants must speak fluent English.

**Time Commitment:**

Group assistants must be available for 12 hours training and a 6 month commitment.

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## VANCOUVER AQUARIUM

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845 Avison Way, Vancouver, BC, V6G 3E2  
Phone: 604-659-3478, Fax: 604-659-3515  
Website: [www.vanaqua.org](http://www.vanaqua.org)  
E-mail: [volunteer@vanaqua.org](mailto:volunteer@vanaqua.org)

**Age Requirement:** 14+

**Agency Profile:**

The Vancouver Aquarium is a self-supporting, non-profit association dedicated to effecting the conservation of aquatic life through display and interpretation, education, research, and direct action.

**Volunteer Position:**

Meet and greet guests and members, answer questions related to the Aquarium, Stanley Park and tourism in the Vancouver area, as well as distribute information regarding Aquarium programs. There is a special youth volunteer program.

**Volunteer Requirements:**

General enthusiasm for aquatic animals and conservation. 7 mandatory training modules.

**Time Commitment:**

4 hours per week for 6 months.

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*"To ease another's heartache  
is to forget one's own."*

*- Abraham Lincoln*

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## SURREY PUBLIC LIBRARY

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Guilford, Fleetwood, Newton and Strawberry Hill Branches  
Phone: 604-598-7354  
Website: [www.spl.surrey.bc.ca](http://www.spl.surrey.bc.ca)

**Age Requirement:** 14 - 18

**Agency Profile:**

Surrey Public Library's Coast Capital Reading Buddies program is a practice reading session for kids in Grades 2 – 4 wanting to improve their reading skills in a safe, non-threatening environment.

**Volunteer Position:**

As a Coast Capital Reading Buddies volunteer, you are a role model to a young reader, practicing reading with your buddy and engaging in fun literacy activities.

**Volunteer Requirements:**

Must complete an application, agree to an interview and criminal records check and attend a training session.

**Time Commitment:**

1.5 hours per week for six weeks.

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*"Destiny is not necessarily  
what we get out of life,  
but rather, what we give."*

*- Cary Grant*

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## BC LIONS SOCIETY FOR CHILDREN WITH DISABILITIES

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3981 Oak Street, Vancouver, BC, V6H 4H5  
Phone: 604-873-1865, Toll Free: 1-800-818-4483  
Fax: 604-873-0166  
Website: [www.lionsbc.ca](http://www.lionsbc.ca)  
E-mail: [info@lionsbc.ca](mailto:info@lionsbc.ca)

**Age Requirement:** 17+

**Agency Profile:**

The Society provides services for people with disabilities in the province, including the Easter Seals Camping Program. Children attend one of the three camps for a week in the summer, free of charge.

**Volunteer Position:**

Volunteers work with camp counsellors and programmers to provide assistance and supervision at week long camps for children with disabilities.

**Volunteer Requirements:**

Must enjoy working with children.

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*"The heart of a volunteer is not measured in size,  
but by the depth of the commitment to make a  
difference in the lives of others."*

*- DeAnn Hollis*

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## BC PARAPLEGIC ASSOCIATION

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780 South West Marine Drive, Vancouver, BC, V6P 5Y7  
Phone: 604-324-3611, Fax: 604-326-1229  
Website: [www.bcpara.org](http://www.bcpara.org)  
E-mail: [volunteers@bcpara.org](mailto:volunteers@bcpara.org)

**Age Requirement:** 17+

**Agency Profile:**

Since 1957, the BC Paraplegic Association (BCPA) has been a vital link to the community and successful independent living for thousands of people with spinal cord injuries and other physical disabilities.

**Volunteer Position:**

Volunteers support special events and provide office clerical assistance. Volunteers do not provide any 1-1 with clients with physical disabilities. Please visit website or phone office for details.

**Volunteer Requirements:**

Dependent upon volunteer position.

**Time Commitment:**

Varied—dependent on volunteer position.

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*"We have to do what we can to help wherever and whenever it is possible for us to help."*

- Jackie Chan

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## SURREY MEMORIAL HOSPITAL

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13750 - 96th Avenue, Surrey, BC, V3V 1Z2  
Phone: 604-588-3381, Fax: 604-585-5669  
Website: [www.fraserhealth.ca](http://www.fraserhealth.ca)  
E-mail: [volunteer.smh@fraserhealth.ca](mailto:volunteer.smh@fraserhealth.ca)

**Age Requirement:** 16+

**Agency Profile:**

Offers outpatient care and specialist clinics and services.

**Volunteer Position:**

Youth Volunteer Program - places volunteers between the ages of 16 - 19 with various programs in the hospital. Volunteers assist in the gift shop, help in extended and long term care, accompany the mobile notions cart to hospital wards and various other volunteer hospital duties.

**Volunteer Requirements:**

Enjoy working with the public and patients in a hospital setting.

**Time Commitment:**

Flexible days and hours.

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*"Help one another;  
there's no time like the present  
and no present like the time."*

- James Durst

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## SURREY ARTS CENTRE

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13750 - 88th Avenue, Surrey, BC, V3W 3L1  
Phone: 604-501-5198, Fax: 604-501-5581  
Website: [www.surrey.ca](http://www.surrey.ca)  
E-mail: [artsvolunteer@surrey.ca](mailto:artsvolunteer@surrey.ca)

**Age Requirement:** 16+

**Agency Profile:**

Through exhibitions, educational programming and public events the gallery aims to encourage community involvement in the arts. Volunteers create connections that sponsor continued growth and renewal ensuring the long-term health of our vibrant arts community in Surrey.

**Volunteer Position:**

Children's art program assistants work with instructors working with students, preparing art materials, and cleaning the art studio. Classes are offered in a wide range of media and meet once a week for ten evening or weekend sessions. Special event volunteers participate by greeting the public, facilitating activities, and assisting at receptions. These lively events may be exhibition openings, family days, or festivals which take place on weekends.

**Volunteer Requirements:**

Volunteers need to be comfortable working with the public, speaking to groups and should enjoy art!

**Time Commitment:**

3 - 4 hours per week, flexible days and hours.

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## BC PETS AND FRIENDS

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#411 – 411 Dunsmuir Street, Vancouver, BC, V6B 1X4  
Phone: 604-688-1766, Fax: 604-688-1767  
Website: [www.petsandfriends.org](http://www.petsandfriends.org)  
E-mail: [info@petsandfriends.org](mailto:info@petsandfriends.org)

**Age Requirement:** 14+

**Agency Profile:**

BC Pets and Friends is a highly effective visitation program that uses volunteer dogs, cats and birds that are trained to interact with people who require facility care such as long-term hospitalization patients, institution residents and mental health boarders.

**Volunteer Position:**

Program oversees volunteers and their pets who are screened and trained to visit seniors and shut-ins in hospitals and care facilities.

**Volunteer Requirements:**

Must have well behaved pet (i.e. rabbit, bird, cat, dog) and be able to attend pet screening and orientation sessions.

**Time Commitment:**

One year, 1 - 2 hours weekly.

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"Those who can, do.  
Those who can do more, volunteer."

- Author Unknown

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## BC SPECIAL OLYMPICS—DELTA BRANCH

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350 - 53A Street, Delta, BC, V4M 3C6  
Phone: 604-943-9353 (Susan Wieczorek)  
Websites: [www.specialolympics.bc.ca](http://www.specialolympics.bc.ca)  
[www.sobcdelta.blogspot.com](http://www.sobcdelta.blogspot.com)

**Age Requirement:** 16+

**Agency Profile:**

Special Olympics BC, a registered charitable organization, provides high-quality sports programs and competitions to meet the needs and interests of individuals with intellectual disabilities, enriching lives and celebrating personal achievement through positive sports experiences.

**Volunteer Position:**

Sports program volunteers coach individuals with intellectual disabilities in bowling, swimming, curling, fitness training, floor hockey, soccer, track & field, downhill skiing and rhythmic gymnastics.

**Volunteer Requirements:**

Must enjoy working with others and as team members. Be empathetic to others with disabilities. Knowledge/experience of sport is preferred.

**Time Commitment:**

2 hours weekly for 13 to 15 weeks.

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## S.A.R.A. SOCIETY

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12866 - 114A Avenue, Surrey BC, V3R 2M9  
Phone: 604-580-8254, Fax: 604-530-8237  
Website: [www.sarasociety.com](http://www.sarasociety.com)  
E-mail: [sarasociety@gmail.com](mailto:sarasociety@gmail.com)

**Age Requirement:** 16+ (unless accompanied by an adult)

**Agency Profile:**

S.A.R.A. Society (Save Animals Through Rescue and Adoption) is an animal rescue and shelter.

**Volunteer Position:**

Animal care volunteers help at the Petsmart (Strawberry Hill location) in the Luv a Pet room and clean cages, refill water and food dishes, help with the paper work of adoption of pets and do general housekeeping chores such as sweeping floors.

**Volunteer Requirements:**

Enjoy working with animals.

**Time Commitment:**

One day per week for 2 hours.

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*"Volunteers don't get paid,  
not because they're worthless,  
but because they're priceless."*

*- Sherry Anderson*

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## RICHMOND NATURE PARK

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11851 Westminster Hwy, Richmond, BC, V6X 1B4  
Phone: 604-718-6188, Fax: 604-718-6189  
Website: [www.richmond.ca](http://www.richmond.ca)  
E-mail: [nature@richmond.ca](mailto:nature@richmond.ca)

**Age Requirement:** 16+ and 18+ (depending on the program)

### **Agency Profile:**

The Richmond Nature Park consists of 200 acres of the raised peat bog habitat that once covered large portions of Lulu Island.

### **Volunteer Position:**

Youth volunteers assist with the delivery of nature programs for children during July and August. Volunteers may apply for these positions in June and must be available for several days of orientation and training prior to the start of programs. Volunteers are crucial to the effective delivery of programs so must be prepared to commit to a schedule.

### **Volunteer Requirements:**

Must be available weekdays during the summer, interested in working with children and nature, speak fluent English and be comfortable outdoors to assist with games, hikes and hands-on activities.

### **Time Commitment:**

3 hours per week for a minimum of 3 months.

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"If you want to change the world, be that change."

- Gandhi

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## BC WHEELCHAIR SPORTS ASSOCIATION

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210 – 3820 Cessna Drive, Richmond, BC, V7B 0A2  
Phone: 604-333-3520, Fax: 604-333-3450  
Website: [www.bcwheelchairsports.com](http://www.bcwheelchairsports.com)  
E-mail: [info@bcwheelchairsports.com](mailto:info@bcwheelchairsports.com)

**Age Requirement:** 17+

### **Agency Profile:**

BC Wheelchair Sports is a not-for-profit organization devoted to providing opportunities for athletes with physical disabilities.

### **Volunteer Position:**

Volunteer coaches and assistant coaches needed for hockey and soccer.

### **Volunteer Requirements:**

Must have excellent communication skills.

### **Time Commitment:**

2 - 4 hours per week on weekends.

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"If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers more than ever."

- Kofi Annan

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## BOYS & GIRLS CLUB

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Website: [www.bgccs.bc.ca](http://www.bgccs.bc.ca), E-mail: [info@bgccs.bc.ca](mailto:info@bgccs.bc.ca)  
Volunteer Coordinator: 604-591-9262, ext 131

### **Wintemute Boys and Girls Club**

4727 Arthur Drive, Ladner, BC, V4L 2A6  
Phone: 604-946-2027, Fax: 604-948-1912

### **Hillside Boys and Girls Club**

11339 - 84th Avenue, Delta, BC, V4C 2L9  
Phone: 604-596-9595, Fax: 604-596-9539

### **Winskill Boys and Girls Club**

5555 - 9th Avenue, Tsawwassen, BC, V4M 1W1  
Phone: 604-943-9873, Fax: 604-943-9873 (phone before)

**Age Requirement:** 14+

#### **Agency Profile:**

Provides structured social/recreational activities for children and youth in Delta. Programs open to children and youth ages 6 to 18.

#### **Volunteer Position:**

To assist with cooking, recreation, crafts and various programs that benefit children and youth.

#### **Volunteer Requirements:**

Must enjoy working with children and youth, be dependable, reliable and trustworthy. Criminal records check, two references and a volunteer orientation required.

**Time Commitment:** 2 - 4 hours per week.

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## PROGRESSIVE INTERCULTURAL SOCIETY

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12725 - 80<sup>th</sup> Avenue, Surrey, BC, V3W 3A6  
Phone: 604-596-7722 Fax: 604-596-7721  
Website: [www.pics.bc.ca](http://www.pics.bc.ca)

**Age Requirement:** 18+

#### **Agency Profile:**

PICS is a strong advocate for the multicultural and immigrant community, particularly the south Asian community. They promote harmony and intercultural understanding to build a more inclusive and mutually respectful society, to ensure equal access to jobs and services and to work with other agencies.

#### **Volunteer Position:**

Administrative Assistants are responsible for filing, faxing, photocopying, and answering phone calls as required.

#### **Volunteer Requirements:**

Ability to work in a diverse cultural environment. Hindi and Punjabi an asset, but not required.

#### **Time Commitment:**

Minimum of one 4 hour shift per week.

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*"Our deeds determine us,  
as much as we determine our deeds."*

*- George Eliot*

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## PONY PALS THERAPEUTIC RIDING ASSOCIATION

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6003 – 104<sup>th</sup> Street, Delta, BC  
Phone: 604-590-0097  
Website: [www.ponypalsstables.com](http://www.ponypalsstables.com)  
E-mail: [info@ponypalsstables.com](mailto:info@ponypalsstables.com)

**Age Requirement:** 13+

**Agency Profile:**

Provides therapeutic riding lessons for mentally and physically disabled individuals of all ages.

**Volunteer Position:**

Volunteers lead and care for the horses, walk with our clients, help around the farm and assist with office work and fundraising. All of our volunteers receive a full orientation on the safety and responsibility protocols of helping at PPTRA.

**Volunteer Requirements:**

No experience necessary. Full training provided.

**Time Commitment:**

2 hours per week.

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*"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop."*

- Mother Teresa

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## BURNS BOG CONSERVATION SOCIETY

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#4 - 7953 - 120th Street, Delta, BC, V4C 6P6  
Phone: 604-572-0373, Fax: 604-572-0374  
Website: [www.burnsbog.org](http://www.burnsbog.org)  
E-mail: [info@burnsbog.org](mailto:info@burnsbog.org)

**Age Requirement:** 14+

**Agency Profile:**

Promotes conservation in Burns Bog. Provides the community and public with information and also has a 150 acre Delta nature reserve in Burns Bog.

**Volunteer Position:**

Assisting with office duties, event planning, boardwalk maintenance, tour guiding and fundraising. Please e-mail for more information.

**Volunteer Requirements:**

Must enjoy working with the public and respect the environment. Must undergo a criminal records check.

**Time Commitment:**

Short term (one day) and long term volunteers needed.

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*"It's easy to make a buck.  
It's a lot tougher to make a difference."*

- Tom Brokaw

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## CANADIAN BLOOD SERVICES

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4750 Oak Street, Vancouver, BC, V6H 2N9  
Phone: 604-707-3513, Fax: 604-875-8004  
Website: [www.bloodservices.ca](http://www.bloodservices.ca)  
E-mail: [onematch@blood.ca](mailto:onematch@blood.ca)

**Age Requirement:** 13+

**Agency Profile:**

Canadian Blood Services is a not-for-profit charitable organization whose mission is to manage the blood and blood products supply for Canadians.

**Volunteer Position:**

Volunteers assist at the blood donor clinic serving refreshments, distributing pamphlets and printed material to donors.

**Volunteer Requirements:**

Must like working with people, be outgoing, sociable and attentive.

**Time Commitment:**

6 months, 4 hours per week.

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"I am only one, but I am one.  
I cannot do everything, but I can do something.  
And I will not let what I cannot do  
interfere with what I can do."

- Edward Everett Hale

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## ORPHANED WILDLIFE (OWL)

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3800 - 72nd Street, Delta, BC, V4K 3N2  
Phone: 604-946-3171, Fax: 604-946-3172  
Website: [www.owlcanada.ca](http://www.owlcanada.ca)  
E-mail: [owlrehab@dccnet.com](mailto:owlrehab@dccnet.com)

**Age Requirement:** 13+

**Agency Profile:**

The Orphaned Wildlife Rehabilitation Society is a non-profit organization whose volunteers are dedicated to public education and the rehabilitation and release of injured and orphaned birds.

**Volunteer Position:**

Volunteers assist birds of prey, helping with maintenance, building cages, assisting in the gift shop and providing educational tours.

**Volunteer Requirements:**

Must enjoy working with others in a wildlife setting.

**Time Commitment:** 3 - 4 hours per week.

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"I shall pass through this world but once.  
Any good therefore that I can do or any kindness  
that I can show to any human being,  
let me do it now. Let me not defer or neglect it,  
for I shall not pass this way again."

- Mahatma Gandhi

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## OAK AVENUE NEIGHBOURHOOD HUB

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12740 - 102nd Avenue, Surrey, BC, V3V 3E5  
Phone: 604-582-7088, Fax: 778-395-0323  
Website: [www.oanh.ca](http://www.oanh.ca)  
E-mail: [info@oanh.ca](mailto:info@oanh.ca)

**Age Requirement:** 15+ (with parental consent) or 18+

**Agency Profile:**

The Hub provides a range of services for people in the community as part of a continuum of support for all ages. The Hub serves as a place for other organizations and agencies to offer programs and fosters a unified vision of promoting healthy community development.

**Volunteer Position:**

Volunteers are needed for serving and running various Hub weekday programs and weekend special events.

**Volunteer Requirements:**

Must enjoy helping others, have good public speaking skills, interact well with others and speak English.

**Time Commitment:** flexible.

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"People who say it cannot be done  
should not interrupt those who are doing it."

- Author Unknown

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## CANADIAN DIABETES ASSOCIATION

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#408 - 7337 - 137<sup>th</sup> Street, Surrey, BC, V3W 1A4  
Phone: 604-596-5630, ext 224, Fax: 604-596-5041  
Website: [www.diabetes.ca](http://www.diabetes.ca)  
E-mail: [infobc@diabetes.ca](mailto:infobc@diabetes.ca)

**Age Requirement:** 16+

**Agency Profile:**

The Canadian Diabetes Association's mission is to lead the fight against diabetes by helping people with diabetes live healthy lives while we work to find a cure.

**Volunteer Position:**

Volunteers assist with general office work, data entry, filing, sorting, internet research, helping at special educational or fundraising events and at displays at health fairs.

**Volunteer Requirements:**

Good communication and office skills.

**Time Commitment:** 3 hours per week.

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"I've learned that you shouldn't go through life  
with a catchers mitt on both hands.  
You need to be able to throw something back."

- Maya Angelou

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## CHILD CARE OPTIONS

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6878 King George Boulevard, Surrey, BC, V3W 4Z9  
Phone: 604-572-8032, Fax: 604-572-8185  
Website: [www.childcareoptions.ca](http://www.childcareoptions.ca)

**Age Requirement:** 18+

**Agency Profile:**

Resource and referral program providing child care information, services and support to families and child care providers in Delta, Surrey and White Rock.

**Volunteer Position:**

Provide administrative support for all areas of CCRR including reception, outreach, subsidy and referral library. Job duties include filing, recording stats, updating brochures and community lists.

**Volunteer Requirements:**

Must have excellent office and computer skills and enjoy working with the public.

**Time Commitment:** A few hours weekly.

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"Each time someone stands up for an ideal,  
or acts to improve the lot of others,  
or strikes out against injustice,  
he sends forth a tiny ripple of hope."

- Robert F. Kennedy

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## NORTHCREST CARE CENTRE

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6771 - 120th Street, Delta, BC, V4E 2A7  
Phone: 604-597-7878, ext 25, Fax: 604-597-7805  
Website: [www.northcrestcare.ca](http://www.northcrestcare.ca)  
E-mail: [general@northcrestcare.ca](mailto:general@northcrestcare.ca)

**Age Requirement:** 16+

**Agency Profile:**

Northcrest Care Centre provides a comfortable and active lifestyle for the residents, while giving them the very best in daily assistance and nursing care.

**Volunteer Position:**

A variety of positions are available that meet the needs and interests of NCC residents and volunteers.

**Volunteer Requirements:**

Must enjoy working with seniors, be proficient in the English language and complete an orientation.

**Time Commitment:**

Minimum 6 month commitment, 2 hours per week.

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"No one is more cherished in this world than  
someone who lightens the burden of another.  
Thank you."

- Author Unknown

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## MULTIPLE SCLEROSIS SOCIETY

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1510 - 4330 Kingsway, Burnaby, BC, V5H 4G7  
Phone: 604-689-3144, Fax: 604-689-0377  
Website: [www.mssociety.ca/bc](http://www.mssociety.ca/bc)  
E-mail: [info@mssociety.ca](mailto:info@mssociety.ca)

**Age Requirement:** all ages

**Agency Profile:**

The BC Division of the MS Society of Canada has supported research into multiple sclerosis and provided services and programs to the 8,000 British Columbians and Yukoners affected by MS and their families since 1975.

**Volunteer Position:**

There are a variety of volunteer positions available suited to different individuals time and talents. Volunteer positions include but are not limited to event day volunteer roles, office positions, client services, skilled volunteer professionals and leadership opportunities.

**Volunteer Requirements:**

Varies, based on the volunteer position.

**Time Commitment:**

Varies, based on the volunteer position.

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"Even if you are on the right track,  
you'll get run over if you just sit there."

- Will Rogers

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## COME SHARE SENIOR SUPPORT SERVICES

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15008 - 26th Avenue, Surrey, BC, V4P 3H5  
Phone: 604-531-9400, Fax: 604-531-9498  
Website: [www.comeshare.ca](http://www.comeshare.ca)  
E-mail: [smcintosh@comeshare.ca](mailto:smcintosh@comeshare.ca)

**Age Requirement:** 15+

**Agency Profile:**

The agency serves the Surrey and White Rock communities, reducing seniors' isolation and helping them to achieve a more satisfying lifestyle. The meal program provides isolated seniors a nutritious meal and a chance to socialize.

**Volunteer Position:**

Meal program volunteers help welcome the seniors, set up for dinner, serve meals and clean up.

**Volunteer Requirements:**

Good communication and listening skills. Criminal records clearance. Must work well with others and enjoy working with seniors.

**Time Commitment:**

Long term commitment required, 2 - 3 hours per week.

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"Kindness, like a boomerang, always returns."

- Author Unknown

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## DELTA ARTS COUNCIL NORTH DELTA

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11489 - 84th Avenue, Delta, BC, V4C 2L9  
Phone: 604-596-1025, Fax: 604-596-1025  
Website: [www.deltaartscouncil.ca](http://www.deltaartscouncil.ca)  
E-mail: [deltaarts.fh@eastlink.ca](mailto:deltaarts.fh@eastlink.ca)

**Age Requirement:** 13+

**Agency Profile:**

Delta Arts Council promotes culture and arts in Delta. Provides store front location for local artists to exhibit their work in painting, pottery, crafts and other various art forms

**Volunteer Position:**

To assist in maintaining the Firehall Centre for the Arts. Duties include greeting and directing visitors, ushering and ticket sales at the box office and staffing the Gallery Shop located at artSpace Studios on 84th Avenue.

**Volunteer Requirements:**

Experience in dealing with the public an asset.

**Time Commitment:** Flexible days and hours.

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*"When the story of these times gets written,  
we want it to say that we did all we could,  
and it was more than anyone could have imagined."*

- Bono

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## KINVILLAGE

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5410 - 10th Avenue, Delta, BC V4M 3X8  
Phone: 604-943-0155 Fax: 604-943-0947  
Website: [www.kinsmencentre.org](http://www.kinsmencentre.org)

**Age Requirement:** 15+

**Agency Profile:**

KinVillage is a non-profit society providing both personal and intermediate care for seniors.

**Volunteer Position:**

Volunteers assist at the retirement center with crafts, games, playing crib, visiting and providing social stimulation for seniors. May work one on one with the seniors.

**Volunteer Requirements:**

Must enjoy the company of seniors, be empathetic and like working in a group setting.

**Time Commitment:** Flexible.

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*"Volunteering can be an exciting, growing,  
enjoyable experience. It is truly gratifying to  
serve a cause, practice one's ideals,  
work with people, solve problems, see benefits,  
and know one had a hand in them."*

- Harriet Naylor

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## KINSMEN PLACE LODGE FOR SENIORS

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13333 Old Yale Road, Surrey, BC, V3T 5A2  
Phone: 604-588-0445, Fax: 604-588-7211  
Website: [www.kinsmenplace.org](http://www.kinsmenplace.org)  
E-mail: [info@kinsmenplace.org](mailto:info@kinsmenplace.org)

**Age Requirement:** 15+

**Agency Profile:**

Kinsmen Place Lodge provides quality, holistic care to individuals, in a complex care home setting for seniors.

**Volunteer Position:**

Volunteers assist recreation staff in the daycare programs with crafts, outings, recreational activities, and special events. Volunteers can also work one-to-one with the seniors.

**Volunteer Requirements:**

Must enjoy working with seniors. Enjoy indoor and outdoor activities.

**Time Commitment:**

1 - 2 hours per week for a minimum of six months.

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*"We cannot always build the future for our youth,  
but we can build our youth for the future."*

- Franklin D. Roosevelt

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## DELTA ARTS COUNCIL SOUTH DELTA

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1172 - 56th Street, Delta, BC, V4L 2A3  
Phone: 604-943-9787 Fax: 604-943-9787  
Website: [www.deltaartscouncil.ca](http://www.deltaartscouncil.ca)  
E-mail: [deltaarts.tac@eastlink.ca](mailto:deltaarts.tac@eastlink.ca)

**Age Requirement:** 13+

**Agency Profile:**

Delta Arts Council promotes culture and arts in Delta. Provides store front location for local artists to exhibit their work in painting, pottery, crafts and other various art forms.

**Volunteer Position:**

To assist in maintaining the Tsawwassen Arts Center. Duties include greeting and directing visitors, ushering and ticket sales at the box office and staffing the Gallery Shop located at the Ladner Pioneer Library.

**Volunteer Requirements:**

Experience in dealing with the public an asset.

**Time Commitment:** Flexible days and hours.

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*"Do all the good you can, by all the means you can,  
in all the ways you can, in all the places you can,  
at all the times you can, to all the people you can,  
as long as you ever can."*

- John Wesley

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## DELTA CABLE TELEVISION

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5381 - 48th Avenue, Delta, BC, V4K 1W7  
Phone: 604-946-1144, Fax: 604-946-5627  
Website: [www.deltacable.com](http://www.deltacable.com)  
E-mail: [dctv4@deltacable.com](mailto:dctv4@deltacable.com)

**Age Requirement:** 16+

**Agency Profile:**

Delta Cable is a community based television station that promotes local productions and programs of interest.

**Volunteer Position:**

Volunteers are trained to operate cameras, video and sound equipment and to assist with local community programs.

**Volunteer Requirements:**

No experience necessary, but some background knowledge of cameras, videos and sound systems is preferred.

**Time Commitment:** minimum 4 hours per month.

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*"I believe that individuals can make a difference in society. Since periods of change such as the present one come so rarely in human history, it is up to each of us to make the best use of our time to help create a happier world."*

- The Dalai Lama

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## KIDS HELP PHONE

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1100 – 1200 West 73rd Avenue, Vancouver, BC, V6P 6G5  
Phone: 604-267-7057 Fax: 604-267-7058  
Website: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)  
E-mail: [bc@kidshelpphone.ca](mailto:bc@kidshelpphone.ca)

**Age Requirement:** Student Ambassadors 13 - 18

**Agency Profile:**

Kids Help Phone is Canada's only free, 24 hour, bilingual and anonymous phone and online counselling, referral and information service for children and youth. Everyday, professional counsellors provide immediate, confidential and caring support to young people living in urban, rural and remote locations right across the country. Children and youth contact Kids Help Phone about every issue imaginable – from school, dating and family problems, to bullying/cyber-bullying, addiction and abuse.

**Volunteer Position:**

Kids Help Phone's Student Ambassador Program encourages high school student volunteers to contribute to the well-being of their own generation while learning important skills and earning volunteer hours. In addition to new skills, you'll gain confidence, self-esteem and a whole new network of friends in your community.

**Volunteer Requirements:**

Planning, fundraising, communications or public speaking are assets, but must have time and dedication to seeing the continuation of this service for youth.

**Time Commitment:** 20 hours per month.

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## HEART & STROKE FOUNDATION BC

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260 – 7000 Minoru Boulevard, Richmond, BC, V6Y 3Z5  
Phone: 604-279-7130, Fax: 604-279-7134  
Website: [www.heartandstroke.bc.ca](http://www.heartandstroke.bc.ca)

**Age Requirement:** 16+

**Agency Profile:**

Community based organization dedicated to the prevention and relief of heart disease and strokes. Carries out research and education programs in all communities.

**Volunteer Position:**

Volunteers assist with clerical and office work. Duties include filing, computer data entry, helping with special events and mall displays. Leadership volunteers and canvassers help with the February Person to Person Campaign.

**Volunteer Requirements:**

Must have the ability to work independently and with a team.

**Time Commitment:**

2 - 4 hours weekly or at special events.

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*"If you ever need a helping hand, it is at the end of your arm. As you get older you must remember you have a second hand. The first one is to help yourself. The second hand is to help others."*

- Audrey Hepburn

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## DELTA CHAMBER OF COMMERCE

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6201 - 60th Avenue, Delta, BC, V4K 4E2  
Phone: 604-946-4232, Fax: 604-946-5285  
Website: [www.deltachamber.com](http://www.deltachamber.com)  
E-mail: [admin@deltachamber.com](mailto:admin@deltachamber.com)

**Age Requirement:** 16+

**Agency Profile:**

The Delta Chamber of Commerce is a non-profit organization whose purpose is to create and maintain a prosperous environment for business, industry and commerce in Delta.

**Volunteer Position:**

Volunteer office and tourism assistants help at the tourist information centre, answering phones and assisting with special events.

**Volunteer Requirements:**

Must enjoy working with the public and have excellent communication skills.

**Time Commitment:**

4 hours per week, 6 month commitment.

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*"Unless someone like you cares a whole awful lot,  
nothing is going to get better.  
It's not."*

- Dr. Seuss

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## DELTA COMMUNITY ANIMAL SHELTER

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7450 - 80th Avenue, Delta, BC, V4G 1C1  
Phone: 604-940-7111, Fax: 604- 940-7799  
Website: [www.deltacommunityanimalshelter.ca](http://www.deltacommunityanimalshelter.ca)  
E-mail: [dcas@corp.delta.bc.ca](mailto:dcas@corp.delta.bc.ca)

**Age Requirement:** 16+ (for dog care)  
14+ (for cat/rabbit care)

### **Agency Profile:**

The Delta Community Animal Shelter is a non-profit organization dedicated to rehabilitating and re-homing unwanted, stray and abandoned animals. They also promote humane treatment of animals through educational programs in the community.

### **Volunteer Position:**

Pet care volunteers assist with the feeding and care of the pets.

### **Volunteer Requirements:**

Must enjoy working with animals and the public.

### **Time Commitment:**

Various (minimum 4 hours each month). Schedule applies.

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*"Volunteers do not necessarily have the time;  
they just have the heart."*

*- Elizabeth Andrew*

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## FRASER HEALTH CRISIS LINE

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9815 - 140th Street, Surrey, BC, V3T 4M4  
Phone: 604-584-5811, Fax: 604-584-7628  
Website: [www.scss.ca](http://www.scss.ca) / [www.options.bc.ca](http://www.options.bc.ca)

**Age Requirement:** 18+

### **Agency Profile:**

The Fraser Health Crisis Line is a program of Options Community Services. The crisis line provides immediate, free, confidential 24 hour telephone support to people of all ages who reflect the diversity of the community.

### **Volunteer Positions:**

Crisis line volunteers are screened and provided with on-going training and support. They provide emotional support, intervention and resource information to anyone in emotional distress.

### **Volunteer Requirements:**

Must be non-judgmental and fluent in English. Criminal records clearance required.

### **Time Commitment:**

4 hours per week, 8 hours bi-weekly, or 12 hours once per month.

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*"The best way to find yourself,  
is to lose yourself in the service of others."*

*- Gandhi*

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## FOOD BANK—NORTH DELTA & SURREY

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10732 - 135th Street, Surrey, BC, V3T 4C7  
Phone: 604-581-5443, Fax: 604-588-8697

Distributes food from the Hillside Boys & Girls Club in North Delta on alternate Tuesdays from 10:00 - 12:00 Noon

**Age Requirement:** 16+ (unless accompanied by an adult)

**Agency Profile:**

The Surrey/North Delta Food Bank is a non-profit charitable organization distributing food to low income families and people in need.

**Volunteer Position:**

Warehouse volunteers assist with the sorting, packaging and distribution of donated food at the food bank. Clerical volunteers assist with general clerical duties such as working on the computer, answering phones, filing, helping with the registration of new clients and special events.

**Volunteer Requirements:**

Must be non-judgmental, and be willing to keep all information confidential.

**Time Commitment:** Flexible hours.

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*"Act as if what you do makes a difference.  
It does."*

*- William James*

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## DELTA HOSPICE COTTAGE THRIFT STORE

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1521 - 56th Street, Delta, BC, V4L 2A9  
Phone: 604-948-0660, Fax: 604-948-0651  
Website: [www.deltahospice.org](http://www.deltahospice.org)  
E-mail: [info@deltahospice.org](mailto:info@deltahospice.org)

**Age Requirement:** 15+

**Agency Profile:**

Delta Hospice, which is committed to meeting the needs of terminally ill patients and their families in Delta, operates the Hospice Cottage thrift store.

**Volunteer Position:**

Thrift store clerk duties include sorting, pricing, serving the public and working on cash. Training is provided.

**Volunteer Requirements:**

Must enjoy working in a store environment and working with the public. Criminal record check for cashiers.

**Time Commitment:**

4 hrs per week. Shifts available 7 days a week, including some evening shifts.

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*"We make a living by what we get,  
but we make a life by what we give."*

*- Winston Churchill*

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## DELTA HOSPITAL VOLUNTEER RESOURCES

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5800 Mountain View Blvd, Delta, BC, V4K 3V6  
Phone: 604-952-7344, Fax: 604-952-7352  
Website: [www.fraserhealth.ca](http://www.fraserhealth.ca)  
E-mail: [dh.volunteerresources@fraserhealth.ca](mailto:dh.volunteerresources@fraserhealth.ca)

**Age Requirement:** 15+

**Agency Profile:**

Delta Hospital is an acute and residential care hospital. The Auxiliary operates an off-site thrift store selling donated goods as well as a boutique gift shop, and the proceeds made from these businesses are donated back to the hospital.

**Volunteer Position:**

Junior volunteers assist the recreation staff in the extended care unit by assisting with various activities such as reading, playing cards and visiting the residents. Student volunteers can also assist in the hospital's thrift store or gift shop. Duties include selling, sorting, maintaining the store's appearance, cashiering and assisting the public.

**Volunteer Requirements:**

Enjoy working in a hospital setting, ability to work well with patients, staff and the public, reliable, mature and independent.

**Time Commitment:**

A minimum of 6 months or 75 volunteer hours.

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## EARTHWISE SOCIETY

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6400 - 3<sup>rd</sup> Avenue, Delta, BC, V4L 1B1  
Phone: 604-946-9828, Fax: 604-946-3823  
Website: [www.earthwisesociety.bc.ca](http://www.earthwisesociety.bc.ca)  
E-mail: [info@earthwisesociety.bc.ca](mailto:info@earthwisesociety.bc.ca)

**Age Requirement:** 14+

**Agency Profile:**

Earthwise Society promotes environmental awareness through its popular eco-tour program for school children and ecological gardening workshops for adults. At the same time, Earthwise Society is introducing new initiatives such as water and energy conservation, eco-industrial networking and habitat enhancement.

**Volunteer Position:**

Volunteers help with the promotion of Earthwise Gardens and assist at promotional events. Garden volunteers assist with plant propagation, garden maintenance and children's programs. Weekend workshops and 20 hours free training in ecological approach to gardening provided. Volunteers can also help plan, prepare for and run contests and tours at the annual "Grow Local Fair".

**Volunteer Requirements:**

Must have a keen interest in protecting the environment, gardening and working with people.

**Time Commitment:**

40 hours per year commitment to be eligible for free workshops, flexible hours.

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## DYSL WEARHOUSE

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1308 - 56th Street, Delta, BC, V4L 2A4  
Phone: 604-948-0108 or 604-943-8286  
Website: [www.dyslsociety.com](http://www.dyslsociety.com)  
E-mail: [info@dyslsociety.com](mailto:info@dyslsociety.com)

**Age Requirement:** 12+

**Agency Profile:**

The society was formed to help youth take responsibility and ownership in their community to benefit social and recreation activities.

**Volunteer Position:**

Volunteers assist in all aspects of running a thrift store such as sorting, packing, restocking, selling goods and providing customer service.

**Volunteer Requirements:**

Must enjoy working with the public. Personal reference and criminal records check required.

**Time Commitment:**

4 hours per week, Monday – Saturday.

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*"Until you **do** what you believe in,  
you don't know whether you believe it or not."*

*- Leo Tolstoy*

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## DELTA MUSEUM & ARCHIVES

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4858 Delta Street, Delta, BC, V4K 2T8  
Phone: 604-946-9322, Fax: 604-946-5791  
Website: [www.deltamuseum.ca](http://www.deltamuseum.ca)  
E-mail: [info@deltamuseum.ca](mailto:info@deltamuseum.ca)

**Age Requirement:** 12+

**Agency Profile:**

The Delta Museum & Archives captures, researches and preserves stories, records and objects of Delta; promotes community identity; and facilitates access to history through education, exhibits and reference services for all people and future generations.

**Volunteer Position:**

Collections volunteers assist with cleaning, sorting collections, taking photos of collections, and data entry. Docent volunteers work in teams, leading school education programs which involve slide show presentations, hands on activities, and museum tours. Clerical volunteers help at the museum in the office with general clerical and office tasks. Other volunteers assist in the Archives or with special events.

**Volunteer Requirements:**

Varies according to position applied for.

**Time Commitment:** One half day per week.

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*"Those who bring sunshine to the lives of others  
cannot keep it from themselves."*

*- James Matthew Barrie*

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## DELTA PARKS, RECREATION & CULTURE

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4600 Clarence Taylor Crescent, Delta, BC, V4K 3X3  
Phone: 604-946-3288, Fax: 604-943-6324  
Website: [www.corp.delta.bc.ca](http://www.corp.delta.bc.ca)  
E-mail: [volunteers@corp.delta.bc.ca](mailto:volunteers@corp.delta.bc.ca)

**Age Requirement:** 14+

### **Agency Profile:**

Delta Parks, Recreation and Culture encourages being active in many different ways, one of which is through volunteering. Volunteers play an important role in community recreation programs, the Leisure Friend Program, aquatics, skating, ivy pulling, park cleanups, tree planting (seasonal), special events and summer day camps.

### **Volunteer Position:**

Volunteers are placed in opportunities depending on interests and availability of the programs. For aquatics and skating, preference will be given to those training to become instructors. Leisure Friend volunteers are matched as one-to-one volunteers with people with disabilities to help them participate in recreational programs in Delta. Tree planting occurs in the spring and fall, park cleanups on a casual basis and ivy pulls the second Saturday of each month. Special events are throughout the year.

### **Volunteer Requirements:**

Must be reliable and be able to take direction. A criminal records check is required.

**Time Commitment:** Varies, depending on the position.

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## DELTA VIEW LIFE ENRICHMENT CENTRE

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9321 Burns Drive, Delta, BC, V4K 3N3  
Phone: 604-501-6700, Fax: 604-596-7613

**Age Requirement:** 16+

### **Agency Profile:**

Delta View practices a “gentlecare” philosophy combined with person-centred care and living. An interdisciplinary team of professionals including nursing, direct care, enrichment activities, spiritual care, physiotherapy, rehabilitation, music therapy, dietary and nutrition work collaboratively with families and volunteers towards the goal of improving quality of life for every resident, every day.

### **Volunteer Position:**

Orientation and training will be given. Some activities which volunteers will be asked to co-lead or lead include providing one-on-one companionship, reminiscing exercises, reading to residents, writing letters for residents, helping residents participate in music therapy, physical activity programs and accompanying residents on strolls around the building.

### **Volunteer Requirements:**

Must possess a passion for working with older adults and be patient, open-minded, creative, empathetic, independent and flexible. A criminal records clearance and current personal references must be provided before any volunteer hours will be authorized.

**Time Commitment:** 20 hours per month.

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