



Information & Volunteer Centre FOR STRATHCONA COUNTY

YOUTH Volunteer Opportunities

March – April 2017

The **Youth Volunteer Program** encourages, celebrates, supports and promotes youth volunteerism in Strathcona County. Residents can contact the program coordinator (le-ann@ivcstrathcona.org) for further details about the programs offered and the many other opportunities in which youth can get involved.

INFORMATION & VOLUNTEER CENTRE (IVC)

Where	Various locations throughout Strathcona County depending on selection		
Address	100 Ordze Avenue, Sherwood Park		
Website	www.ivcstrathcona.org		
Contact	Le-Ann Ewaskiw	780.464.4242	le-ann@ivcstrathcona.org

IVC #1 YOUTH Rock Committee

Ages **Grade 7-12 students**



Planning Committee

IVC along with other local organizations are looking to recruit youth to participate in the planning process of the annual "Youth Rock" event series that takes place during the whole month of May in recognition of National Youth Week. We need your assistance, enthusiasm, creativity and energy regarding what events would appeal to the youth of Strathcona County.

It's a great opportunity to meet new people who live within the community, assist with volunteer hours needed for school, gain experience that can be added to your resume, receive personal references and recommendation letters that will be useful in the coming years.

We welcome your involvement at any time throughout the year and encourage you to give it a try. You just might surprise yourself with what you're able to accomplish. The commitment level starts with one meeting per month and then increases as you get closer to the event date that you are involved with. Meetings start in September and run through to the end May.

All meetings are hosted in the Community Centre and always include a light snack and beverage in addition to a door prize.

Previous events:

1. MAY MUSIC FEST
2. SMASHCONA Video Gaming Tournament
3. BIG BROTHERS SHERWOOD PARK STRATEGY STYLE GAME
4. LOCKED IN THE LIBRARY
5. SPRING FLING
6. WILDERNESS WEEKEND
7. YOUTH ROCK – BIKES ROLL
8. MUSIC MONDAY SHOWCASE
9. DODGEBALL CHALLENGE

2017 Events

1. May Music Fest
2. Smashcona
3. Big Brothers Sh Pk
4. Locked in the Library
5. Youth Rock DIVE In Movie
6. Pressure Cooker (chopped jr)

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IVC #2 **TEENS In Action**

Ages **12+ (Depending on monthly project)*Transportation Provided WHEN OUTSIDE OF Strathcona County**

Join us for monthly Community Service Projects both in Strathcona County & Surrounding areas:

IVC is excited to be able to offer unique "one off" volunteer opportunities for youth, as an alternative for those who are unable to commit on a regular basis. These projects provide a wide range of experiences which adds appeal for those youth who struggle with their interests & availability.

Because of the wide range of dates and times each planned project offers, you have the freedom to pick and choose what best suits your availability in addition to the appeal and type of experience you wish to gain. Keep in mind that there will always be a limited number of spots available for each project so the sooner you sign up the better chance you will have of being guaranteed a spot.

Immediate benefits gained

- giving back to your community & self-satisfaction
- the ability to complete required volunteer hours needed for school
- work experience that can be added to your resume
- a potential reference and referral from IVC
- meet new people in and around your community

Become a youth member today and sign up for one or more of the following projects.

Upcoming TEENS in Action Projects

March

Ronald McDonald House – Mar. 30 (9am-12 noon)

Elks Dinner Theatre – Mar. 18 (5-8pm) > min age 12

April

National Volunteer Week-Kick Off Breakfast – April 24 (7-8:30am) *free Breakfast incld > min age 12

IVC's Volunteer Fair – April 26th (4-8pm)

May

Big Brother (Youth Rock Event for Sr High students) – May 5 (5-10:30pm) > *min age 15*

Big Brother (Youth Rock Event for Jr High students) – May 12 (5-10:30pm) > *min age 12*

DIVE IN Movie (Youth Rock Event) – May 13 (7-9pm) > *min age 14*

Pressure Cooker Event (Chopped Jr-Youth Rock Event)-May 13 (10am-5:30pm) > *min age 12*

Smashcona (Youth Rock Event) – May 20 (12-5pm) > *min age 12*

May Music Fest (Youth Rock Event) – May 27 (1-4pm) > *min age 12*

June

Operation Friendship Senior Society (Inner City seniors drop in centre) – Date is not confirmed yet but the project will include prepping and painting the outdoor deck at the "drop in centre".

*Check in often as opportunities will change on a regular basis. Contact Le-Ann for more details.

IVC will provide transportation to and from the projects not taking place within Strathcona County to ensure each youth has an opportunity to participate. Students will be asked to fill out forms with their parents/guardians to ensure the terms of agreement are in place prior to getting involved.

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IVC #3 **THANK YOU Card & Art Gallery PROJECT**

Ages 6+

Volunteers Needed

IVC will supply youth with card stock templates of "Thank You" cards and pre-printed blank "Picture Frame" templates. The youth are asked to create a colored picture for either of these projects. Once completed, return to our office so we may pass the cards to community organizations to utilize throughout the year and the picture frame artwork will be donated to the Strathcona Care Centre and will be showcased in frames in the Art Gallery Hallway for an undetermined length of time until they are replenished with new pictures.

This is a great way to involve younger youth in the process of giving back in addition to the flexibility of doing this at home. For more information or to make arrangements to pick up your card stock templates email or call Le-Ann today.

IVC #4 **Pebbles Program (Pilot Project)**

Ages (Grade 6 & 7 youth)

What is the Pebbles Program?

The Pebbles Program is a project created by Brittany Jeske, a local grade 12 youth who wishes to give grade 6 and 7 students a head start in the wonderful world of volunteering. IVC (Information & Volunteer Centre) is excited to be partnering with such an enthusiastic young lady who wants nothing more than to encourage and share her love of volunteering with the pre-teens in our community.

The Concept

Meetings will be set once to twice a month and be held most times in one of the meeting rooms at the Strathcona County Community Centre. The goal of the program is to teach everyone that no one is too small to make a difference in their community! As a team, we will be brainstorming projects to better our community, and working together to make the project a success! This program will teach the students important values such as selflessness, generosity, and compassion.

Youth Role

The students role will be to collaborate and think of their own idea's, from coloring with seniors to collecting nonperishable foods for our local food bank. The sky's the limit when it comes to ways to give back to the community.

Parent Role

Parents are responsible for transportation to and from the meetings as well as any excursions you allow your child to participate in. From time to time we'll need help supervising some of the planned projects and your help would be greatly appreciated.

Funding

This program has no income and is solely based on the efforts of the team.

The Pilot Project will be monitored over the next 8 months at which time we will re-evaluate the continuation and growth to ensure we have met the needs of the community youth.

For further information and to get involved contact Le-Ann Ewaskiw, Youth Coordinator at 780.464.4242 or le-ann@ivcstrathcona.org

STRATHCONA COUNTY SPECIAL OLYMPICS

Age 12-17 yrs
Where Strathcona County/Sherwood Park
Contact Sara Johnson 780.803.4778 smj4319@yahoo.ca

Volunteer positions available

Public relations coordinator, and 5-pin bowling volunteers. Volunteers and coaches with Special Olympics Strathcona County help athletes with an intellectual disability improve their sport specific skills and keep them focused on their sport. Volunteering can be as little as 2 hours per week. In addition to weekly practices, most sports have a couple of competitions each season.

YOUTH EMPOWERMENT & SUPPORT SERVICES (YESS)

Ages 15 +
Where Edmonton and region
Contact Violet Malbeuf 780.468.7070 volunteer@yess.org

SPECIAL EVENT VOLUNTEERS NEEDED

YESS has numerous events that run throughout the year, please contact Violet for further information on current events.

STRATHCONA COUNTY FAMILY AND COMMUNITY SERVICES

Ages 14 yrs +
Where Various locations throughout Strathcona County
Contact Family Community Services 780.464.4044 (ask for the volunteer coordinator for Snow Busters)

Snow Buster Volunteers needed

Snow Busters matches eligible seniors with volunteers to assist them with snow removal by means of shoveling. This is an ideal volunteer opportunity for individuals, families, teams or groups, who enjoy working outside, want to make a difference in their community and prefer a flexible schedule.

COMMON GROUND community café

Age 14yrs with the permission of your guardians (Adults are welcome to join the youth in a shift)
Where Brentwood blvd Sherwood Park
Contact Ian Edwards 587.269.4808 OR 780.566.0694 e-mail ianedwards42@gmail.com

*11-13yrs with an adult working by their side can be discussed.

VOLUNTEER BARISTAS

The Baristas will work as part of a team of volunteers to prepare and serve coffee and other hot beverages and act as a host at the community Ground Cafe on Brentwood Blvd in Sherwood Park.

Common Ground is a volunteer driven café that cultivates community by providing a collaborative, creative, engaging space for neighbours that offers quality, sustainable coffee selections. They also provide Sherwood Park with a café for the purpose of community engagement to develop relationships, advance local arts and encourage life-long learning.

LITTLE BITS THERAPEUTIC RIDING ASSOCIATION

Ages 15+
Where Whitemud Equine Centre
Website www.littlebits.ca
Contact Marielle Lam – info@littlebits.ca Ph# 780.476.1233

Volunteers needed: Help out in a horseback riding program for people with disabilities. You can serve as side-walkers, horse-leaders and grooms.

FESTIVAL PLACE CULTURAL ARTS FOUNDATION

Age 12-17 yrs
Where Strathcona County/Sherwood Park
Contact Karen deniskare@gmail.com 780.464.2852

The Festival Place Cultural Arts Foundation is engaging residents willing to help at their fundraising events that provide to youth programs. Many positions open for a variety of events such as Black & White Gala, Festival of Trees, spring events and more.

STRATHCONA COUNTY RECREATION PARKS AND CULTURE

Ages 12 yrs +
Times Morning, Afternoon, Evening-Flexible
Where Community Centre, Festival Place, Broadmoor Lake Park and Sherwood Park Arena
Address Varies for each position
Contact Melanie Allan 780.464.8013 volunteer@strathcona.ca or melanie.allan@strathcona.ca

Variety of Events **Volunteers are needed for various events and positions throughout the year such as photographers, registrations, inflatable attractions, security, mascots and much more. Events include; Pitch In, Canada Day Festival, Celebration of Lights, New Year's Eve & New Year's Day.

STRATHCONA COUNTY CLOTHES LINE

Ages 16+
Where Strathcona County
Address 201 Athabasca Avenue
Website www.countyclothes-line.com
Contact Freda Badry 780.464.7786 clothes1@telusplanet.net

Volunteer Store Helpers **Volunteers needed to steam clothing and take items into the store and straighten shelves.

STRATHCONA COUNTY FAMILY & COMMUNITY SERVICES

Ages Grade 7-12
Where Strathcona County
Contact Heather Teghtmeyer 780.464.4044 Heather.Teghtmeyer@strathcona.ca

Youth Council Members

Strathcona County Youth Council is looking for Youth Council Members. If you are in Grade 7-12 join today! Bi-weekly meetings begin on Sept 14/15 from 7-8:30 pm at the Community Centre. Projects and activities include charitable fundraising, community building, advisory, volunteer opportunities and awesome activities. For an application visit www.strathcona.ca/youth.

HOPE MISSION

Ages 16+
Where Edmonton, AB
Contact Reception 780.422.2018 reception@hopemission.com

Reception

Hope Mission is looking for volunteers to help with a variety of tasks – at special events and holiday meals

CAPITAL CARE STRATHCONA

Ages 12+ (see specific opportunities for min age)
Where Strathcona County
Address 12 Brower Drive Sherwood Park
Website www.capitalcare.net
Contact 780.417.4329 Terry deVisser terry.devisser@capitalcare.net

Music Therapy

Youth 16 to adult welcome to play music instruments and sing along with residents at CapitalCare Strathcona in small groups or on one on one visits. With assistance from the corporate music therapist you will encourage residents to play musical instruments which may include singing along. Weekday, early evening. Independent volunteers could come in based on your availability.

Friendly VISITOR

Be a friendly visitor at Capital Care Strathcona. If you enjoy reading books, playing games, chatting about current events or just being present and going for casual strolls, the our seniors in care would love to visit with you. Welcome youth over **16 yrs to Adult** (12-15 yrs with an adult.)

Recreation Assistant Volunteer (Adult /Youth 15yrs+) younger if accompanied by adult.

Volunteers are welcome to assist residents participate in activities such as bingo's, exercise, crafts, out trips, music, special events and much more. Weekday, some evening and weekends.

Mealtime Companion Volunteer 17 yrs+

Mealtime Volunteers are appreciated by assisting residents to and from the dining room, reading the menu, gathering their selection and assisting the resident with their meal, allowing residents to be as independent as they are able. Some residents require total assistance. Special "Loving Spoonful training is provided. Volunteers may assist with any of the three mealtimes; Breakfast 9am, Lunch 12:30pm and Supper 5:30pm. You may choose to come assist with any of the meal times depending on your availability. Regular commitments are appreciated.

Adult Day Program Volunteer

Suitable for anyone over the age of **15 yrs**, the Adult-Day program is open from 9am - 3pm, Monday - Thursday (four days a week) Volunteers may choose to assist a full day, in the morning or afternoon. Commitment could be one volunteer shift a week or as many as you would like. Volunteers assist participants with morning and afternoon leisure program. Assist in motivating participants during the program. Help porter participants to dining room assisting to serve a breakfast snack and lunch meal. Assist in clean-up at the end of the program, and promote a sense of well-being and contribute to the morale of the residents.

PET VISITOR

Youth 16+ and adults with people friendly pets welcome to be a Pet Visitor. If you have a dog, cat or other pet who is people friendly and would be a good visitor for residents, consider making this commitment based on your availability.

ENTERTAINERS / Music

Capital Care Strathcona is recruiting Volunteer singers, dancers, magicians, musicians, bands and any other performers for short sessions with seniors in care. Make an evening or weekend enjoyable by sharing your talents for short periods of time. **Youth 10+** Contact Heather Rozak, 780.417.4330 to discuss in further detail.

FESTIVAL PLACE

Ages **13+**
Where Strathcona County
Address 100 Festival Way Sherwood Park
Website www.strathcona.ca/recreation
Contact Susan 780.410-8566 susan.mullen@strathcona.ca

Performing Arts Instructor Assistant

Be a part of the performing arts programs. Volunteers will help the main performing arts instructor with numerous drama, dance, musical theatre, and other performing arts programs. Volunteers should have some experience in the performing arts and enjoy working with children of all ages. Times and dates will vary.

AND

Ages **15+**
Where Strathcona County
Address 100 Festival Way Sherwood Park
Website www.festivalplace.ab.ca
Contact Gavin 780.410-8565 gavin.farmer@strathcona.ca

Special Events

*Volunteer at the theatre and special events at a local art centre. Usher, take tickets, and merchandise sellers.

SHERWOOD CARE

Ages **16+**
Where Strathcona County
Contact Harley Hempel 780.467.2281

Bird Caretaker

Sherwood Care is looking for a dedicated individual to be involved in cleaning and basic maintenance of a bird cage and refilling food and water dishes.

Meal Assistant

Sherwood Care is looking for a dedicated individuals interested in assisting residents to eat at mealtimes. Training will be provided.

Special Events Assistant

Sherwood Care is looking for a dedicated individuals who want to be involved in assisting in the setup of special events, assisting Resident Therapies staff in carrying out the special events, interacting with residents and assisting in the clean-up of special events.

CENTRE FOR AUTISM SERVICES ALBERTA

Age **15-21**
Where Variety of locations (own transportation required)
When Thursdays from 4:30-7:00pm Work Experience activities at various community organizations
Contact Catherine Buhr 780.488.6600 cbuhr@centreforautism.ab.ca

Peer Mentorship volunteers needed for youth with autism

CommunityWorks Canada[®] is an after-school program for teens with autism to make new friends and gain valuable work experience while building communication and social skills. * Make a difference in someone's life * Build leadership skills * Gain valuable volunteer experience * Make new friends * Training provided

CANADIAN ASSOCIATION FOR THE DISABLED SKIING-EDMONTON ZONE

Ages 14+
Contact Sharon Veeneman 780.721.7071 coordinator@cadsedmonton.ca

Volunteer Ski & Snowboard Instructors

Intermediate skiers and snowboarders are needed to volunteer to assist individuals with disabilities to enjoy the great outdoors sport. Student lessons take place at Rabbit Hill.

ARDROSSAN DREAMCATCHER NATURE-ASSISTED THERAPY ASSOCIATION

Ages 14+
Where Strathcona County
Address 53044 RRD 213, Ardrossan
Website www.dreamcatchernatureassistedtherapy.ca
Contact 780.809.1047 info@dreamcatcherassociation.com

Awesome Volunteers - Dreamcatcher has positions available for a variety of skillsets. You can help out with our variety of animals including horses, join our mobile animal program and take our critters to visit people in need, do maintenance jobs on our 40 acre property, assist our board members with fundraising for our charity or connect with our community in special events. Dreamcatcher has something for everyone. We are looking for positive, enthusiastic people with a passion for helping animals and people, healing, and "hoofing" around.

UKRAINIAN CULTURAL HERITAGE VILLAGE

Ages 14+
Where Strathcona County
Address Highway 16, Tofield
Website www.history.alberta.ca/ukrainianvillage/
Contact Karen Johnsrud 780.662.3885 karen.johnsrud@gov.ab.ca

Event Volunteers Needed

The Ukrainian Cultural Heritage Village is always looking for volunteers for the events they run. For more information on upcoming opportunities please contact Karen directly.

SkirtsAfire Festival

Ages 16+
Where Edmonton & Region
Website <http://skirtsafire.com/>
Contact Alison Besecker 780.953.8974 skirtsafire@gmail.com

SkirtsAfire Festival Volunteers Needed (Mar 2-12)

SkirtsAfire is a Festival that empowers, supports and celebrates women in the arts. Festival runs from March 2-12th, 2017. Positions available are; Box Office and ushers.

STRATHCONA COUNTY MUSEUM & ARCHIVES

Ages 16+
Where Sherwood Park
Website <http://www.strathconacountymuseum.ca/>
Contact Cindy 780.467.8189 assist.scm@shaw.ca

Event Volunteers Needed

We are looking for people to help plan, set up and assist with our Canada 150/Museum's 20th Anniversary Block Party, being held on Saturday, July 15th, 2017. Volunteers are needed to fill various positions prior to and during the event including Event Coordinator, Food Preparation, Event set-up, Art Projects, Entertainment and marketing.

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NORTHLANDS

Ages 13+

Where Edmonton

Website www.northlands.com/volunteer/

Contact Virginia Pegg 780.471.7156 ypegg@northlands.co volunteer@northlands.com

Event Volunteers Needed

Northlands Volunteers play an important part at many of the events our city loves, including K-Days, K-Days Parade, Canadian Derby, Canadian Finals Rodeo, Farmfair International and the upcoming K-Days Rodeo!

To learn more about our volunteer program and how you can participate, join us on one of the dates below.

Northlands Volunteer Recruitment Fairs: Feb. 23 – 2 to 7 p.m. | Feb. 24 – 10 a.m. to 4 p.m. | Feb. 25 – Noon to 4 p.m. Location: Northlands Park Racetrack & Casino 7410 Borden Park Rd. NW

FAMILY OPPORTUNITIES

Hope Mission

Website <http://hopemission.com/get-involved/> 780.422-2018

Email reception@hopemission.com

Address 9908 106 Ave, Edmonton, Alberta

Who Can Volunteer?

Youth must be 12 years old to volunteer at Hope Mission, and require a parent or guardian to be with them if they are between 12 and 15 years old. Youth 16 years old and up can volunteer alone, with parent/guardian permission.

Special Events and Holiday Meals are the one exception, when we allow a limited number of children aged 5 and up to volunteer. If you are interested in volunteering for a holiday meal, we suggest calling or sending an email 3-4 months prior, as the positions do fill up quickly.

NASAP – Northern Alberta Society for Protection of Animals

Phone 780.922.0250

Website www.nasap.ca/

Email volunteers@nasap.ca

Who Can Volunteer?

Adults and families foster small pets in your home while they are waiting for forever homes. You must love animals and having them in your home. Pocket expenses are covered.

Clover Bar Lodge

Phone 780.467.7360

Contact Elaine Handley

Email ehandley@heartlandhousing.ca

Who Can Volunteer?

Clover Bar Lodge is looking for easy-going and friendly volunteers to act as activity assistants. You may be helping with games, sing-a-longs, cards and any other activities you and the seniors think of.

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Edmonton & Surrounding Area's

Animal Interests

Edmonton Humaine society

http://www.edmontonhumainesociety.com/index.php?option=com_content&view=article&id=24&Itemid=17

Dogs with Wings

(see the puppy cuddling page. 16yr and over can be with an adult but 1nder 16yrs you must have an adult with you).

For more specific details you will have to call the organization and speak with Kerri Davis kerri@dogswithwings.ca

(Phone: (780) 944. 8011

<http://dogswithwings.ca/helping-us/volunteering-edmonton-calgary/>

PROJECTS Abroad

<http://www.projects-abroad.ca/projects/2-week-high-school-specials/?gclid=CKeVlKrDuroCFa1aMgod-EYA7g> If you are **16 to 19 years old** and enrolled in full-time education you can join us on a High School Special. Each project follows a schedule of taught sessions, hands-on and observational work, as well as evening activities and weekend excursions. Lasting two to four weeks, these programs are designed to make the most of your short time abroad while contributing to your [community service credit](#) requirements or college applications. Read more about the [structure](#) of High School Specials, how [travel arrangements](#) work, or explore below the variety of High School Specials projects available. Please also attend one of our upcoming [webinars](#) about the High School Specials. These are interactive online presentations given by US and Canadian staff.

YOUTH Resources

SOS Children's Safety Magazine (<https://www.yumpu.com/en/embed/view/S5bhM4Eo0IKAFYTX>)