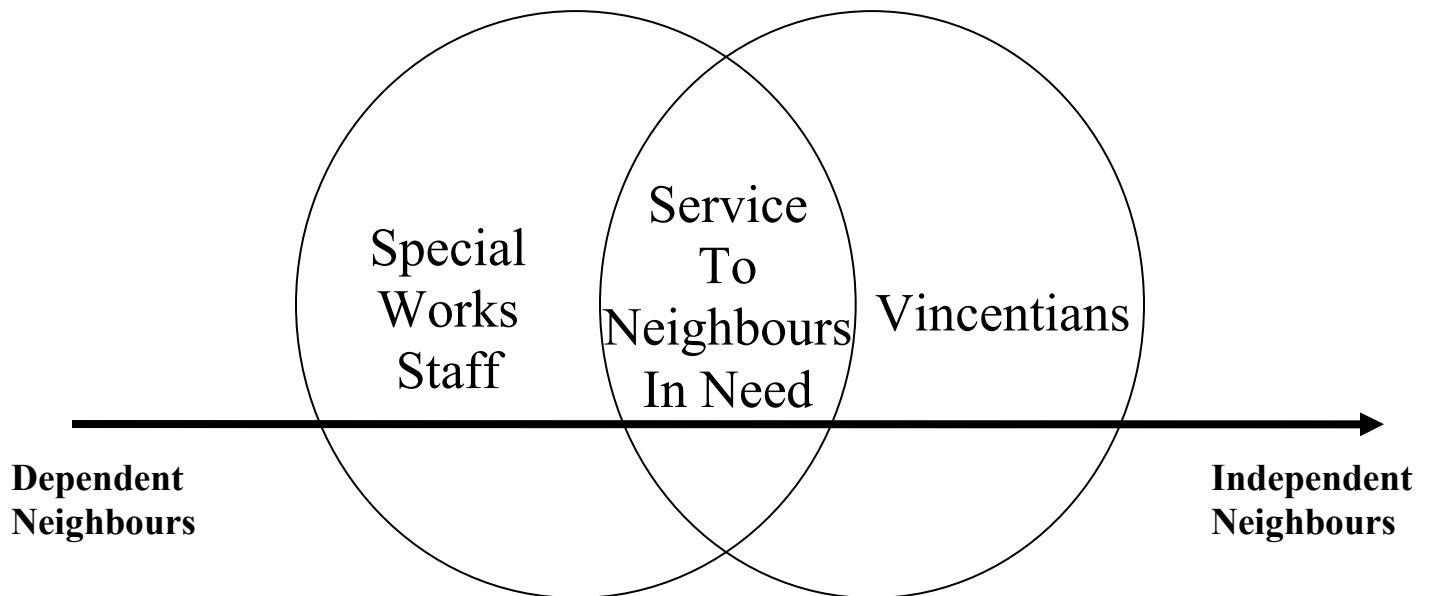
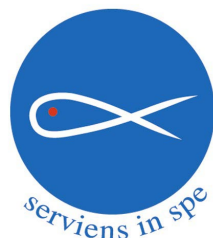


**Service/Volunteer
Opportunities
within our
Society of St. Vincent de Paul**

Special Works



...more opportunities within your Society to
Turn Concern into Action



**Society of St. Vincent de Paul
Toronto Central Council
September, 2007**

Volunteer Opportunities

You may be a member of conference that gets few calls for assistance. You may be looking for a different way to serve those in need through the Society. You may have an interest in serving a particular type of neighbour in need (e.g. those with mental or developmental disabilities, the homeless, those struggling with addictions, etc.).

This booklet briefly describes the various ways that you can choose to support and assist those receiving assistance through our Special Works.

The opportunities are grouped in different ways for your convenience.

1. Each of our Special Works homes/programs has a section that outlines its volunteer opportunities
2. The index at the back allows you to locate an opportunity on the basis of the type of activity you would be doing or the type of individuals you would be serving.

If an opportunity interests you and you want more information, get in touch with the contact person, as indicated.

Our Special Works programs and services are a continuation of the work you do through home visitations. At times, you serve people who are coping with mental health challenges, addictions, those at risk of being homeless, etc. The key difference is that those in our Special Works programs are not currently able to live independently. With the help of our excellent staff and volunteers, like you, many will be helped to return to a fuller, more independent life or to live a fuller life within one of the Society's homes.

One more way to **turn concern into action**.

Note: As a Vincentian, no further screening is necessary, other than an interview with the director. Those who have not been fully screened as a Vincentian must complete the full screening process, including a police check and references.

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Amélie House

(Queen St. & Pape St. area)

Amélie House provides 20 bed, long-term, transitional housing for homeless women from age 18 and older who have experienced difficulty in obtaining and maintaining adequate and affordable permanent housing. We work with and accept women from all cultures, nationalities and diverse backgrounds. We serve all homeless women, including women fleeing abusive situations, immigrants and /or refugee claimants and women who are generally transient.

Our goal is to assist women to live to independently in the community by providing longer-term, self-directed services in a supportive home-like atmosphere, governed by safety, respect, and dignity.

For information on the following volunteer opportunities for *Amélie House*, please contact Eyitayo Dada, Director at 416-465-0475

1. Organizing Donations

Brief description: *To sort through and organize donations*

How much time: *2-3 hrs per week* For how long: *Ongoing* Time: *Flexible but days preferred*

Benefit to residents/clients: *We receive many generous donations but until they are processed and organized they cannot be used by the residents. This position would help the residents gain better access to much needed clothes and needed supplies for when they move out to their own housing.*

2. Light Maintenance

Brief description: *Helping with light maintenance such as changing light bulbs, changing batteries, and general repairs around the house .*

How much time: *2 hrs per week or every other week.* For how long: *ongoing* Time: *flexible*

Benefit to residents/clients: *Help with maintaining a safe and home-like atmosphere in the house.*

3. Cooking/Baking Classes

Brief description: *If you have knowledge about baking or cooking special foods, please come and share your knowledge with the women staying at Amélie House.*

How much time: *3 hrs per week or every other week.* For how long: *2-3 months/flexible.*
Time: *evenings preferred, but flexible.*

Benefit to residents/clients: **Women gain valuable life skills, build self-esteem, self sufficiency, obtain skills they could use for employment, learn nutritional information and spend time socializing and having fun!**

4. **Moving Assistance**

Brief description: *When women move out of Amélie House into their own accommodation they need assistance picking up and moving furniture to their new homes*

How much time: *4-5 hrs* How often: *On an as-needed basis* For how long: *Ongoing*
Time: *flexible*

Benefit to residents/clients: *Many of the women have access to some furniture but lack any means of picking it up and delivering it to their homes and so this service would be greatly appreciated. This is something that could really help stabilize women in their new homes and make a big difference in their quality of life.*

5. **Sewing/Art Classes**

Brief description: *Come share your skills and love for art or sewing or knitting with the women*

How much time: *3 hrs per week or every other week* For how long: *2-3 months/flexible*
Time: *evenings preferred but flexible*

Benefit to residents/clients: *Women gain valuable life skills, build self-esteem, self sufficiency, gain skills they could use for employment, and spend time socializing and having fun!*

6. **Basic computer skills training**

Brief description: *Share your knowledge of basic computer skills*

How much time: *3 hrs per week or every other week* For how long: *2-3 months/flexible*
Time: *evenings preferred, but flexible*

Benefit to residents/clients: *Women gain valuable employment skills, build self-esteem, self sufficiency, improve skills they could implement for staying connected to family and friends.*

7. **Gardening**

Brief description: *Share your skills in the garden with women living at Amélie House*

How much time: *3 hrs per week or every other week* For how long: *3-6 months/flexible – seasonal* Time: *evenings preferred, but flexible*

Benefit to residents/clients: *Women gain valuable life skills, build self-esteem, self sufficiency, obtain skills they could use to increase access to health/food, and spend time socializing and having fun!*

We can do no great things -- only small things
with great love. --Mother Teresa

De Paul House
(Lawrence Ave. & Brimley Rd. area, Scarborough)

DePaul House provides permanent housing for men with developmental and physical disabilities. Seven men, ranging in age from 50 to 85 years, live at DePaul House.

For information on the following volunteer opportunities for *DePaul House*, please contact Andrew Wells, Supervisor, at (416) 265-2605

8. Parks and Recreation Program

Brief description: *Accompany a 50 year old man with Downs Syndrome to a parks and recreation program.*

How much time: *2 hrs* How often: *Once a week* For how long: *Approx. 12 weeks*
Time: *evening*

Benefit to residents/clients: *To expand his social circle and learn a new skill.*

9. Christmas Stockings

Brief description: *Volunteer would purchase and fill a Christmas stocking with treats and small gifts for one or more of the residents.*

How much time: *NA* How often: *Seasonal* For how long: *NA* Time: *NA*

Benefit to residents/clients: *Most of the residents do not have contact with any family. To have a gift from someone would make Christmas more special.*

10. Cooking

Brief Description: *The Volunteer would cook a meal from their own home for 10 people*

How much time: *One or two meals per month. Time, day and length of volunteer commitment to be mutually agreed upon.*

Benefit to residents/clients: *Free up staff time. Expose residents to a variety of meals.*

11. Coffee and Dessert

Brief description: *Volunteer would take a 50 year old, high-functioning man out for coffee.*

How much time: *Two hours, twice a month. A six month commitment would be appreciated. Day and time to be agreed upon*

Benefit to residents/clients: *To build a friendship; time away from the house.*

12 **Gardening**

Brief description: *Volunteer/s would create a front garden and vegetable garden at the house.*

How much time: *Spring time. More time at the beginning of spring with less time to maintain. A commitment of the summer would be appreciated*

Benefit to residents/clients: *Help create a more colorful yard and home. The residents could water the garden and pick the vegetables.*

13. **Christmas Baking**

Brief description: *Volunteer/s would bake a couple of platters of Christmas treats for the house.*

How much time: *Before Christmas in the month of December*

Benefit to residents/clients: *The staff has little experience baking, and very little time to do it. Give the residents some nice home baked treats for the holidays.*

- ***34"Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. 35For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, 36I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.'***
- ***37"Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? 38When did we see you a stranger and invite you in, or needing clothes and clothe you? 39When did we see you sick or in prison and go to visit you?'***
- ***40"The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.'***

Distribution Centre

(Located at 60 Newcastle Street - Royal York & Evans, near Go Station)

The Distribution Centre (as part of the Stores Division) is responsible for picking up, sorting, storing, and re-distributing to our stores donated goods (mainly through Bundle Up weekends). It also is responsible for processing and delivering furniture at the request of the conferences.

For information on the following volunteer opportunities for Distribution Centre, please contact William Barlow at 416-503-2472

14. Helper/sorter

Brief description: *Sorting donated items*

How much time: *4 hrs per day* How often: *twice/wk* For how long: *March to June & Sept to December or as agreed* Time: *Days*

Benefit to residents/clients: *You will be helping in a very concrete way by helping to free up the manager to better serve the customers.*

15. Volunteer driver

Brief description: *Use our truck to pick up and deliver Bundle Up goods to the warehouse. Volunteer must have G licence minimum. AZ is needed for large truck. Must provide abstract. Note: volunteers will be fully insured through the Society.*

How much time: *Approx. 4 hrs on Friday and Monday* How often: *As indicated below* For how long: *As agreed* Time: *Deliver vehicle to a church on Friday and pick it up on Monday to return it to the warehouse in Etobicoke.*

Benefit to residents/clients: *You will be helping in a very concrete way by assisting in the distribution of materials to the various retail locations.*

We ought to deal kindly with all, and to manifest those qualities which spring naturally from a heart tender and full of Christian charity - such as affability, love and humility. These virtues serve wonderfully to gain the hearts of men, and to encourage them to embrace things that are more repugnant to nature.

Saint Vincent de Paul

Elisa House

(Royal York Rd. & Gardiner Expressway area, Etobicoke)

Elisa House can accommodate 38 women, and we welcome women 18 years of age and older from all cultures and religions. Our mandate includes providing short and long-term accommodation to women who experience difficulty accessing and/or maintaining permanent housing. We provide a safe environment and meet the basic needs of the women in the residence. Residents are offered client-centered case planning, supportive counselling, referrals, advocacy and life-skills training.

For information on the following volunteer opportunities for *Elisa House*, please contact *Judith Kerr, Director, at 416-259-2528*

16. Career/Employment Counsellor

Brief description: *Elisa House is seeking a Career/Employment Counsellor to assist in the development and implementation of an employment action plan for residents seeking employment. The volunteer counsellor will assist in this process by providing career counselling, planning and referral to appropriate services. You would run group Information /Individuals sessions, assess employment opportunities/suitability; skills assessment; resume writing; job search techniques; interview skills; employment readiness, etc.*

How much time: *2hrs* How often: *Once per week* For how long: *As agreed* Time: *Flexible*

Benefit to residents/clients: *information sharing; new skills, learning about job market, availability of employment; career choices; productivity; build self esteem; self sufficiency, job readiness, etc*

17. Computer Tutor

Brief description: *To assist residents in the facilitation of computer skills. To provide basic computer knowledge and to build the confidence of residents in computer usage in order to enhance their resources. The Computer Tutor will be facilitating group and individual information session on various hardware parts (monitor, keyboard, mouse, printer and CPU); and their functions and the difference between in-put and out-put devices. Major responsibility is to teach residents basic computer programming and software usages, etc.*

How much time: *5hr* How often: *Once a week* For how long: *Ongoing* Time: *Flexible*

Benefit to residents/clients: *Computer knowledge; search engine skills, software applications; basic computer skills, Microsoft word, etc; managing email accounts; job searches, information search etc.*

18. Game Night Volunteer

Brief description: *The volunteer will play a variety of games with our women on games night (scrabble, card games, checkers, etc.): planning and implementing game night as part of regular programming. Volunteer will arrange for a variety of games to be played, entertainment, snacks and prizes.*

How much time: *2hrs* How often: *Once per week* For how long: *Ongoing* Time: *Evenings/Flexible*

Benefit to residents/clients: *learn social skills, provide supports, build self esteem; provide companionship, entertainment*

Mary's Home Emergency Shelter

(downtown Toronto, near Ryerson University, the Eaton Centre and College Park)

Mary's Home is located in the heart of downtown Toronto. It is a 38 bed emergency shelter for single women, age 16 and over. Women come to Mary's Home from a variety of situations including leaving abusive relationships, newcomers to Canada, family breakdown, eviction, job loss, addictions and/or mental health issues and poverty. Women are usually in crisis, facing many obstacles and not knowing where else to turn. Part of our mandate is to provide safe and secure accommodation, support and accompaniment, informal counselling, nutritious meals, and basic necessities to the women who stay at Mary's Home.

For information on the following volunteer opportunities for *Mary's Home*, please contact Bola Oluwole-Rotimi, Director, or Tammy Hookway, Assistant Director - 416-595-1071

19. Arts and Crafts

Brief description: *To develop and run an informal arts and crafts program for the residents of Mary's Home*

How much time: *2 hrs* How often: *once a week or every 2 weeks* For how long: *on.going*
Time: *day*

Benefit to residents: *provide a valuable leisure-time activity; stress reduction; build self esteem*

20. Kitchen help

Brief description: *To assist the cook and staff at Mary's Home with food preparations and serving meals*

How much time: *2 - 3hrs* How often: *Once a week* For how long: *Ongoing* Time: *Day*

Benefit to residents/clients: *Allows staff time to look after resident issues; embellish and celebrate meal times.*

21. Gardening

Brief description: *to develop and run an informal gardening program that will improve and maintain the aesthetics of the house*

How much time: *1+ hour* How often: *Once a week* For how long: *Spring/summer and early fall*
Time: *day or as available*

Benefit to residents/clients: *provide a valuable leisure activity, stress reduction, build self esteem, enhance their sense of belonging and connectedness*

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

Ozanam House

(St. Clair Ave. & Keele St. in the junction area)

Ozanam House provides transitional accommodation and support for men recently discharged from a detoxification unit and awaiting entry into an addiction treatment program (such as one of our 13 VincenPaul Community Homes). This home provides a caring and supportive program for 12 men.

For information on the following volunteer opportunities for Ozanam House please contact Kim Caragianakos or Joe Paonessa, Directors - 416-762-4195

22. Art Therapy

Brief description: *The volunteer will offer on-site group sessions designed to teach specialized areas of arts and/or crafts. The volunteer will be skilled in one or more areas, and be able to teach technique, procedure and process. Areas could include drawing and painting, wood carving, leather and bead work, pottery (and others geared towards male interests).*

How much time? 2hrs per session How often? once/wk For how long? one year (or as agreed)
Time: weekend days (flexible)

Benefit to residents/clients: *Art therapy, in any form, is a creative and therapeutic form of expression, and helps countless people in and out of a therapeutic setting increase self-awareness, self esteem, coping strategies, and gain a calmer sense of well being. The residents of Ozanam House focus primarily on their recovery from substance abuse and through the learning and creating that comes with art therapy expression they will gain a sense of accomplishment, pride, and confidence.*

23. Yoga / Tai Chi (or physical meditation)

Brief description: *The volunteer will offer off-site group sessions designed to facilitate a specialized area and/or form of physical meditation. The volunteer will be skilled and trained in one or more areas, and be able to safely teach and facilitate technique, procedure and process.*

How much time? 2hrs per session How often? once/wk For how long? one year (or as agreed)
Time: week days (flexible)

Benefit to residents/clients: *Most traditions address meditation as the integration of mind, body, and soul; or that of spiritual practice with family life, work, and so on, and it occurs in many different forms. Often, meditation is said to be incomplete if it doesn't lead to positive changes in one's daily life and attitudes ^(Wikipedia). As these are the guiding principles and focus of the Ozanam House program, our residents will enhance their personal ability to achieve a physical form of relaxing their mind, body and soul, and through learning this physical form of calmness, add to their personal repertoire of coping strategies, assisting them in their recovery and in their everyday lives.*

"It is in giving oneself that one receives." Saint Francis of Assisi

Prison Apostolate & Court Services

For information on the following volunteer opportunities for Prison Apostolate & Court Services, please contact Frank Boscariol, Chairman, Prison Apostolate and Court Services at 416-364-5577 ext. 225.

24. Prison Apostolate & Court Services

Brief description: **The general mandate of the Prison Apostolate is to visit and befriend inmates in the various jails and detention centres in the Toronto area.**

The main function of Court Services is to relay messages on behalf of the accused awaiting trial while temporarily held in the holding cells located at the Toronto Old City Hall.

Training is provided and a minimum one-year commitment is required.

How much time: **3 hours, one day per week** For how long: **Minimum one year** Time: **day - weekdays or weekends**

Benefit to clients: **see above**

The word "*poor*" designates men, women and children who, either as individuals or as families, are encountering difficulties in their lives. The *poor* may include (although the list is not exhaustive):

- the homeless,
- immigrants and refugees,
- inmates and their families,
- those with no source of income,
- those searching for employment,
- those living alone with few resources,
- those suffering physically or mentally,
- those who are going through a strike or a lockout,
- those abused physically, sexually or psychologically,
- the working poor who have problems making ends meet,
- those enrolled in governmental financial assistance programs,
- those who have a problem of dependency on drugs, gambling, alcohol, etc.¹

(From New Rule of Society of St. Vincent de Paul)

St. Clare's Residence

(Bayview and Steeles Ave. area)

St. Clare's Residence is a transitional crisis-care facility for 30 women, aged 25 years or older, who have experienced difficulty maintaining permanent housing. Our goal is to assist the residents to live independently in the community by providing long-term, self-directed services in a supportive, home-like atmosphere, governed by safety, respect and dignity

For information on the following volunteer opportunities for St. Clare's Residence please contact Carolyn Young, Director, at 416-225-3466

25. Yard work

Brief description: *Vegetable/flower gardening – raking –cleaning lawn for cutting*

How much time: *2 hours* How often: *Once a week* For how long: *May to Sept.*
Time: *between 8am-4pm weekdays, or 1pm-4pm weekends*

Benefit to residents/clients: *Residents who are interested in outdoor work benefit from having someone else there to provide motivation and direction; also makes the grounds look more hospitable and inviting*

26. Board/card games

Brief description: *Teaching and/or playing games and interacting with the residents*

How much time: *1-2hours* How often: *Once a week* For how long: *As long as residents show interest or as agreed* Time: *between 1:30pm-9pm preferably weekends*

Benefit to residents/clients *social benefit: gives residents an avenue to relax and have fun and build self esteem*

27. Computer

Brief description: *Teaching computer programs, internet literacy*

How much time: *2 hours* How often: *Once a week* For how long: *As long as residents show interest or as agreed* Time: *between 8am-4pm weekdays*

Benefit to residents/clients: *provides life skills and some job readiness*

28. Knitting or crocheting

Brief description: *teaching, interacting, socializing; perhaps providing some of the materials or design prints*

How much time: *2 hours* How often: *once per week or once every 2 weeks* For how long: *winter months* Time: *between 10am-4pm weekdays or 1pm-9pm weekends*

Benefit to residents/clients: *residents learn a new skill; facilitates socializing and relaxing; initiates a positive hobby or constructive pastime.*

29. Craft or artwork

Brief description: *sparkling interest in therapeutic artwork, craft work, painting, provides a sense of achievement*

How much time: *1-2 hours* How often: *1-2 times a week* For how long: *as long as residents show interest or as agreed* Time: *between 1:00pm-9:00pm preferably weekends*

Benefit to residents/clients: *provides a new skill and can be therapeutic as well as help residents with creativity and imagination*

30. **Fitness/dance**
 Brief description: *participating along with the residents and providing tips on health and fitness and the moves*
 How much time: *½ to 1 hour* How often: *2 -3 times a week* For how long: *as long as residents show interest or as agreed* Time: *between 8am-8pm weekdays*
 Benefit to residents/clients: *physical and emotional health; provides a sense of accomplishment*
31. **12 Step program**
 Brief description: *facilitating the program, providing support, lending a compassionate ear*
 How much time: *as agreed* How often: *as agreed* For how long: *as agreed*
 Time: *between 7:30pm-9:30pm weekdays*
 Benefit to residents/clients: *provides support with recovery and coping skills; rebuilds self-esteem and connects with others who can be a supportive influence*
32. **Spirituality group**
 Brief description: *facilitating a discussion group or presenting material relating to spirituality or self-growth process*
 How much time: *1 hour* How often: *once per week* For how long: *As long as residents show interest or as agreed* Time: *between 7:30pm-9:30pm*
 Benefit to residents/clients: *helps with personal growth and provides mentoring and intellectual stimulation*
33. **Make-up/cosmetics/hair care**
 Brief description: *providing hair care or help with application of make-up and tips for self enhancement and skin care*
 How much time: *1- 2 hours* How often: *Once a month or every 6 weeks* For how long: *As long as residents show interest or as agreed* Time: *between 11am-4pm*
 Benefit to residents/clients: *helps with self-esteem and self care*
34. **Kitchen help**
 Brief description: *helping the cook with preparation and clean-up, serving or presenting life-skills around food with the residents; interacting with the residents*
 How much time: *2 hours* How often: *1-2 times a week* For how long: *As long as residents show interest or as agreed* Time: *between 9am-3pm*
 Benefit to residents/clients: *enables staff to spend more time with residents other needs and the volunteer can also help support residents who are completing kitchen or dinette chores*
35. **Pet visit**
 Brief description: *bringing their pet to socialize with interested residents and for a visit*
 How much time: *1/2 to 1 hour* How often: *1-4 times a month* For how long: *As long as residents show interest or as agreed* Time: *between 10am-4pm*
 Benefit to residents/clients: *lifts residents spirits and provides another avenue for connection; provides a different relationship that can also be therapeutic*

St. Francis Residence

(Dundas St. W. & Bathurst St. area)

St. Francis Residence is a home for 24 men and women who have experienced mental illness and are dependent on others for support. Our aim is to help them increase the quality of their lives and to contribute to their greater self-sufficiency.

For information on the following volunteer opportunities for St. Francis Residence please contact Eytayo Dada, Director, at 416-465-0475

36. Visiting with people

Brief description: *Coming in regularly to meet with either individuals or small groups*

How much time: *1-2 hrs per week or 2 weeks* For how long: *Ongoing* Time: *Flexible*

Benefit to residents/clients: *Many of the people who live at St. Francis are quite lonely and really enjoy meeting new people and going out for coffee or chatting about a variety of subjects. This would decrease isolation and really improve their quality of life*

37. Bible Study

Brief Description: *coming in to share spiritual and biblical reflection time with the residents.*

How Much Time: *1-2 hrs per week.* For how long: *Ongoing* Time: *Days or evenings*

Benefit to Residents/Clients: *Many of the people living at St. Francis are interested in exploring and deepening their faith and this program could greatly help them improve their quality of life. It gives them a chance to interact with others and share their beliefs and learn more about spiritual growth.*

38. Cooking/Baking Classes

Brief description: *If you have knowledge about baking or cooking special foods, please come and share your knowledge with the people living at Saint Francis Residence*

How much time: *3 hrs per week or every other week* For how long: *2-3 months/flexible*
Time: *evenings preferred but flexible*

Benefit to residents/clients: *People gain valuable life skills, build self-esteem, self sufficiency; gain skills they could use for employment; learn nutritional information and spend time socializing and having fun!*

I don't know what your destiny will be, but one thing I do know: The only ones among you who will be really happy are those who have sought and found how to serve.

Albert Schweitzer

39. Going for walks

Brief description: *Coming in regularly to accompany individuals or groups for walks around the neighbourhood*

How much time: *1-2 hrs per week or 2 weeks* For how long: *Ongoing* Time: *Flexible*

Benefit to residents/clients: *Many of the people who live at St. Francis are quite lonely and isolated and this is a great way to interact with new people, to get physical exercise and to get to know their neighbourhood and areas around Toronto.*

40. Sewing/Art Classes

Brief description: *Come share your skills and love for art or sewing or knitting with the women*

How much time: *3 hrs per week or every other week* For how long: *2-3 months/flexible*
Time: *evenings preferred but flexible*

Benefit to residents/clients: *People gain valuable life skills, build self-esteem and self sufficiency; obtain skills they could use for employment, and spend time socializing and having fun!*

41. Basic computer skills training

Brief description: *share your knowledge of basic computer skills*

How much time: *3 hrs per week or every other week* For how long: *2-3 months/flexible*
Time: *evenings preferred but flexible*

Benefit to residents/clients: *Residents gain valuable employment skills, build self-esteem and self sufficiency; obtain skills they could use for staying connected to family and friends.*

42. Games Night

Brief description: *come to the house and play games or do fun activities with the folks living at St. Francis Residence.*

How much time: *1-2 hrs per week or every other week* For how long: *ongoing*
Time: *evenings preferred but flexible*

Benefit to residents/clients: *People have a chance for social interactions with others, decrease isolation and loneliness and have FUN!*

Being unwanted, unloved, uncared for, forgotten by everybody, I think that is a much greater hunger, a much greater poverty than the person who has nothing to eat. We must find each other.

Mother Theresa

Vincent House

(located at Kingston Rd. and Galloway Rd., Scarborough)

Vincent House provides permanent housing for women with developmental and physical disabilities. Seven women, ranging in age from 50 to 70 years, live at Vincent House. Part of our mandate is to provide an environment that supports the residents with their spiritual, physical and emotional needs and to provide an atmosphere which respects the uniqueness of each individual.

For information on the following volunteer opportunities for Vincent House please contact Jackie Carlos, Supervisor, at 416-724-2455

43. Sewing

Brief description: *The Volunteer would be repairing and hemming clothing for our residents.*

How much time: *as agreed* How often: *as agreed* For how long: *as agreed* Time: *as agreed*

Benefit to residents/clients: *To help reduce the cost of clothing repair, thus freeing up funds for other needs of the residents.*

44. Take a resident to church

Brief description: *Volunteer would take a 60 year old resident with Downs Syndrome to church.*

How much time: *one hour per week.* How long: *as agreed* Time: *on Saturday or Sunday.*

Benefit to residents/clients: *Allows this resident to practice and celebrate her faith in community.*

45. Gardening

Brief description: *Volunteer/s would create a front garden and vegetable garden at the house.*

How much time: *Spring time. More time at the beginning of spring with less time to maintain. A commitment of the summer would be appreciated*

Benefit to residents/clients: *Help create a more colorful yard and home. The residents could water the garden and pick the vegetables.*

46. Christmas Baking

Brief description: *Volunteer/s would bake a couple of platters of Christmas treats for the house.*

How much time: *Before Christmas in the month of December*

Benefit to residents/clients: *The staff has little experience baking, and very little time to do it. Give the residents some nice home baked treats for the holidays.*

47. **Arts and Crafts**

Brief description: *Volunteer/s would be doing craft projects with the residents to decorate the home (e.g. wreaths, ornaments, etc)*

How much time: *Two hours per week. Time, day and length of volunteer commitment to be mutually agreed upon.*

Benefit to residents/clients: *Social interaction with Volunteer; doing and completing a project builds self-esteem.*

48. **Literacy**

Brief description: *Volunteer/s would come to the home and teach a 60 year old woman reading skills and language development*

How much time: *One hour per week. On a weekday. Time, day and length of volunteer commitment to be mutually agreed upon.*

Benefit to residents/clients: *Development of skills; build self-confidence; one on one relationship.*

49. **Cooking**

Brief Description: *The Volunteer/s would cook a meal from their own home for 10 people*

How much time: *One or two meals per month. Time, day and length of volunteer commitment to be mutually agreed upon.*

Benefit to residents/clients: *Free up staff time; expose residents to a variety of meals.*

50. **Scrapbooking**

Brief Description: *The Volunteer/s help one of the residents create a memory scrap book*

How much time: *One hour per week or month. Time, day and length of volunteer commitment to be mutually agreed upon.*

Benefit to residents/clients: *Help the residents create a visual reminder of the things they have done.*

"It is not how much you do, but how much love you put in the doing."

Mother Teresa

Love cannot remain by itself -- it has no meaning.
Love has to be put into action, and that action is service.

Mother Teresa

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Committee Involvement

In addition to service/volunteer opportunities in our Special Works, our Standing Committees provide additional opportunities for members to share their experience, knowledge and gifts in our efforts to improve programs and services.

Some committees meet monthly while others meet only a few times each year. If you would like to know more about any of the following committees, please call Louise Coutu, Executive Director, at 416-364-5577 or contact her at lcoutu@ssvptoronto.ca. She will be glad to tell you more about a committee, including its mandate, how often it meets and when, etc. and to answer any other questions you may have about committee membership.

Much of the excellent work of Toronto Central Council is done by our committees. We need them and we need you.

Committees of Toronto Central Council are:

- Addition Recovery Committee
 - Recovery Housing

- Community Living and Resident Housing Committee
 - Developmentally disabled and supportive housing

- Shelters Committee
 - Women's Housing

- Camp Committee
 - Marygrove Camp

- Stores Committee

- Advocacy Committee

- Finance Committee

- Governance Committee

- Health and Safety Committee

- Prison Apostolate/Court Services Committee

- Resource Committee

- Twinning Committee