



What You Can Do

Every day, thousands of people voluntarily give their time and talent to thousands of organizations across Canada. They give their time freely and with no expectation of monetary reward. Their hours of service ensure that many activities are accomplished and many people are helped.

They build houses for the homeless, care for the elderly, and provide counseling and support services. They are youth group leaders, program coordinators, coaches and fundraisers. They represent every walk of life – professional, homemaker, student, retirees – as well as every age and cultural group.

Canadians volunteer for over 161,000 voluntary organizations in areas as diverse as health care, social services, sport and recreation, faith communities, arts and culture, and education. Some of these voluntary organizations are large, structured organizations with staff and Volunteers who work collaboratively. Some are smaller grassroots organizations or community groups that are run solely by Volunteers or with very limited paid staff support.

For specific ideas on how you might get involved, consider the following suggestions or investigate the organizations listed for more information on local opportunities. The organizations list is not inclusive, but rather a starting point for more inquiry.

Seniors

- Deliver hot meals to seniors who need home care services to help them maintain their independence. [Meals on Wheels](#)
- Host community meal services or lunch clubs that bring more mobile seniors together for communal dining and social activities.
- Transport and accompany seniors to appointments or running errands for them; telephone reassurance calls and friendly visits.
- Conduct activities in seniors' centers and nursing homes such as fitness sessions, arts and crafts workshops, bingo, Internet, social activities, recreational and cultural outings.
- Record life histories for seniors in nursing homes.
- Make warm accessories like mittens and scarves, blankets and shawls for donation.

Women

- Assist at clinics; [Community Health Clinic](#).
- Join Human Rights and Civil Liberties Associations.
- Assist at transition housing, [shelters](#), youth homes
- Provide crisis intervention; [Fredericton Sexual Assault Crisis Center](#)
- Lead Sport clubs, professional associations.

Youth

- Become a mentor, group leader, or educator [Big Brothers Big Sisters](#), [Partners for Youth](#), [Junior Achievement](#)
- Lead programs at Community [recreation centers](#).
- Coach or organize sporting teams; coordinate team volunteers.
- Provide active listening, counseling, and mentoring for youth.



Children

- Be a counselor at day cares, camps, schools, museums or community centers.
- Coach and organize teams.
- Babysit to provide respite for families in need.
- Read stories to children at the library.
- Entertain at community and cultural events. [fredkids](#)
- Be a mentor and team leader; [Big Brothers Big Sisters](#), [Partners for Youth](#), [Boys and Girls Club](#)

Animals

- Provide foster care to abandoned animals, [Society for the Prevention of Cruelty to Animals \(SPCA\)](#)
- Provide office support, walk dogs, cat care; [SPCA](#)
- Visit the elderly or sick in hospitals with your dog [Saint John Ambulance Therapy Dogs](#)
- Assist in horseback riding therapy as a side walker, leader or coach with disabled children [Fredericton Therapeutic Riding Association](#)

Hospitals

- Visit elderly residents in extended care facilities.
- Escort patients to appointments.
- Staff snack bars, cafeterias and gift shops; escort patients to appointments; provide greetings at entries and respond to general inquiries.
- Accompany terminally ill patients in palliative care, comforting and offering moral support to family members. Volunteers usually undergo an initial training period. [Hospice Fredericton](#)
- Support fund raising events and campaigns.

Office work

- Conduct general office work such as filing, photocopying, and handling phone calls.
- Assist in desktop publishing and graphic design work, word processing, Web site development, and monitoring or inputting to social media.
- Complete book-keeping entries or provide accounting expertise.
- Translate letters or documents.

Management

- Join a Board.
- Offer expertise to agencies in accounting, marketing, promotions, business planning, fund raising, facilities management, and writing grant applications.

Special events (ideal for people seeking a short-term commitment)

- Support fundraising campaigns on event day or by raising funds and participating in events. Run for the Cure
- Support Cultural or sporting events. Harvest Jazz and Blues Festival, Youth Ringette Tournaments
- Staff the registration desk at conferences or be a workshop leader, trainer or guest speaker.



Education

- Mentor young people or adults, individually or in a group.
- Promote adult literacy. [Adult Literacy Fredericton](#)
- Help young people who are falling behind in their schoolwork.

Accompaniment/transportation

- Transport and accompany people with reduced autonomy, to reduce their isolation by taking them to medical appointments, or cultural and social events.
- Deliver meals to shut-ins and seniors [Meals on Wheels](#).
- Collect donations of food, clothing, furniture and building materials to deliver to agencies. [Habitat for Humanity](#)

Organization, coordination, communications

- Organize activities.
- Coordinate the work of other Volunteers.
- Write up press releases, support public relations, develop promotional material, organize press conferences, recruit members, or compile resource directories.
- Conduct research, focus groups and surveys.

Art & culture

- Museums: reception, guides, gift shop, checkroom.
- Escort ticket holders to their seats The Playhouse
- Orchestras, dance troupes, theatre companies, film companies; [Film Cooperative NB](#)
- Musicians and entertainers for centers for the elderly, for community events, fund raisers.
- Conducting arts and crafts workshops.
- Instructors for groups

Information, referral, active listening

- Consultation and reference centers, day centers, telephone listening
- Active listening with a positive attitude. Canadian Red Cross

Cultural communities

- Assist newly-arrived immigrants or refugees; [Multi-Cultural Association of Fredericton](#).
- Act as an interpreter, helping newly-arrived immigrants deal with public services.
- Teach official languages to newcomers.
- Support intercultural activities.
- Provide entertainment at multi-cultural events.

Food services

- Deliver lunchtime meals to seniors with reduced autonomy; [Meals on Wheels](#)
- Assist in fund raising meals with community organizations, for example church dinners.
- Organize food supplies and pack boxes. [Fredericton Food Bank](#)
- Prepare and serve communal meals. [Fredericton Community Kitchen](#)

Environment / Ecology



- Organizing or joining workdays for nature preserves. Nature Trust of NB
- Monitoring nature preserves, maintaining trails.
- Conducting biological inventories, bird counts.
- Assist in fundraising and promotion efforts.
- Respond to information requests.
- Research land protection issues.
- Adopt a park, street, neighbourhood or stream and organize clean-ups;
- Provide support for office work like graphic design, desktop publishing, stuffing envelopes, answering phone lines or calling members.
- Write articles or start a blog to raise awareness of issues.
- Lead science-related recreational activities.
- Promote awareness by leading workshops to teach skills and inform.
- Start a nature club or community garden; [NB Community Harvest Gardens](#); Landless Gardeners, Plant a Row Grow a Row

Physical disabilities

- Provide aid to individuals suffering from muscular dystrophy, cerebral palsy, paraplegia, vision or hearing loss, etc.
- Side Walk with disabled children and youth riding horses for therapy, [Fredericton Therapeutic Riding Association](#)
- Design and build custom assistive devices, Tetra Society of North America
- Provide services to communities. VoicePrint
- Recreation and therapy, Therapeutic Horseback Riding, NB Community Harvest Gardens, Camp Rotary
- Conduct occupational or arts and crafts activities.
- Provide physical support during meetings or leisure activities.

Mental health (volunteers usually work under professional supervision)

- Help former psychiatric patients or other individuals suffering from isolation, emotional dependence or other psychological problems to become integrated into their environment.
- Provide active listening for people with mental health or substance abuse problems.
- Conduct sports activities, arts and crafts workshops and collective creation and personal growth sessions.

Fundraising campaigns

- Assist annual campaigns in support of various foundations, research institutes and other organizations by soliciting donations.
- Organize mail-outs, staff information booths, support fundraising activities, and complete door to door campaigns. [Heart and Stroke Foundation](#)

Manual labour

- Complete repairs or renovations for community organizations.
- Load and unload food bank supply trucks.
- Build and maintain community gardens, walking trails. [The Nature Trust of NB](#)
- Conduct area clean-up activities.