

## Seniors

### Income Tax Preparation

This program provides income tax return services as well as assistance with government applications for individuals on a limited income.

**Job Description:** Volunteers are responsible for filing income tax, government applications, and other related forms.

**Volunteer Qualifications:** Accounting experience, patient, understanding, detail oriented, & good communication skills.

**Hours:** office 9:00am – 4:30pm **Time Commitment:** 4 months

### Lunch with the Bunch

This Program provides an enjoyable nutritious meal for seniors every Monday. Fun, food and friends! Transportation is provided for seniors.

**Job Description:** Volunteers pick-up & drop-off 2-3 clients. During lunch volunteers help serve food, clear tables & interact with clients.

**Volunteer Qualifications:** patient, understanding, cheerful, compassionate individuals that enjoy seniors and are in good health.

**Hours:** 9:00am – 1:30pm Mondays **Time Commitment:** 3 months

### Meals on Wheels

This program delivers hot, nutritious meals five days a week, to those who qualify, at a nominal cost.

**Job Description:** Volunteers are responsible for picking up meals from ACS and delivering the meals to clients. All used or unused containers are returned to ACS.

**Volunteer Qualifications:** Volunteers must have their own vehicle. A driver's abstract is required. Successful volunteers are patient, understanding, cheerful, non-judgmental and have a good sense of humor.

**Hours:** 11:00am – 1:00pm **Time Commitment:** 3 months

### Medical Transportation

This program provides transportation for medical appointments for a fee within the Lower Fraser Valley and Vancouver.

**Job Description:** Volunteers are responsible for picking up individuals and taking them to their medical appointments.

**Volunteer Qualifications:** Volunteers must have their own vehicle. A driver's abstract is required. Successful volunteers are patient, understanding, cheerful, non-judgmental and have a good sense of humor.

**Hours:** Flexible **Time Commitment:** 3 months

## To make an appointment ...

Please contact the Volunteer Coordinator to discuss these volunteer opportunities further.

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VOLUNTEER  
OPPORTUNITIES



People Helping People



# OPPORTUNITIES AT ACS

## Community

### Community Kitchen

Community kitchens allow people to save money, eat a more varied diet, connect socially and actively improve their health and wellbeing.

**Job Description:** Leading or assisting groups of teens, adults and newcomers in a cooking lesson, shopping for groceries, loading and unloading groceries, menu planning, and food preparation.

**Qualifications:** Kitchen experience. Knowledge of food safe practices.

**Hours:** Mon 5:30 to 9:30 - Intergenerational Cooking, Thurs 2:30 to 5:30 -

Learn to Cook and Share, Thurs 6:30 to 9:30 - Abbotsford Youth Society

**Time Commitment:** 3 months

### Custodial/Maintenance

**Job Description:** Volunteers are needed to assist with janitorial duties, maintenance duties, landscaping, yard maintenance, and painting. Practical work experience certificates are available.

**Qualifications:** Volunteers must be reliable, hard working, in good physical condition and able to work independently.

### Food Bank and Christmas Bureau

The Food Bank's mission is "to strive to ensure that all the people of Abbotsford have the basic necessities of food, clothing and shelter on a daily basis."

**Job Description:** Sorting food, packing hampers, receiving clients at the front door, distributing hampers, general clean up and receiving donations. Families and groups can be accommodated.

**Qualifications:** Empathetic, helpful, caring, energetic individuals.

**Hours:** Flexible **Time Commitment:** 6 months for some, seasonal for others.

### Fraser Valley Human Dignity Coalition

A group of community stakeholders & concerned citizens working together to respond to incidents of discrimination and hate in Abbotsford.

**Job Description:** Attend weekly coalition meetings and assist in community promotions as well as the development of human rights initiatives.

**Qualifications:** Volunteers must be 19 years of age or older. They must have experience working with youth, a genuine interest in promoting human dignity and an understanding of diversity and discrimination.

**Hours:** Flexible **Time Commitment:** No

## Developmental Disabilities

### Employing People in the Community (EPIC)

This program provides vocational options for developmentally disabled adults.

**Job Description:** Volunteers will assist clients with community access skills and tutor them in areas needing support.

**Qualifications:** Experience with developmental disabilities, energetic, enthusiastic, knowledge of the community, effective communication skills, and a positive attitude.

**Hours:** Flexible. Program hours 9am – 2pm **Time Commitment:** No

## Focus on Friends

This program offers recreational activity choices designed to improve the social and daily living skills of adults with developmental disabilities.

**Job Description:** Assist with chair set up, crafts, games, coffee and clean-up.

**Qualifications:** friendly, energetic and good people skills.

**Hours:** Afternoons **Time Commitment:** No

### Special Training & Recreation Club (STAR)

This program provides recreational and skill building programs for children and teens with developmental disabilities.

**Job Description:** Assist clients in recreational and social environments.

**Qualifications:** Knowledge of behavioral challenges, experience working with children, energetic, self motivated, level headed, and patient.

**Hours:** Fri & Sat **Time Commitment:** Sept- June and July - Aug

## Environment

### Abbotsford Mission Recycling

This program provides recycling services for Abbotsford and Mission

**Job Description:** Production line volunteers are needed to sort recyclables.

Office volunteers look after filing, photocopying, shipping and receiving.

Event volunteers promote compost programs. Educational volunteers are needed to help teach kids about the environment and assist with crafts.

**Qualifications:** Dependable, trustworthy, good physical condition, good work ethic, and must have reliable transportation (no bus routes).

**Hours:** Flexible **Time Commitment:** No

## Families

### Best for Babies

This program provides support during pregnancy and 6 months post-partum.

**Job Description:** Volunteers assist with food prep, childcare, & office duties.

**Qualifications:** Volunteers must have office experience, computer skills, and experience with children, as well as be cheerful and pleasant.

**Hours:** Flexible - 2-3 hrs a week **Time Commitment:** Flexible

## Immigrant and Multicultural

### Community Access to Literacy and Language (CALL)

This program pairs trained volunteers with adults who want to improve their reading, writing, or math skills, but are unable to attend literacy/ ESL classes.

**Job Description:** Tutoring . Monitoring & reporting student progress.

**Qualifications:** Experience working in an ESL classroom or currently enrolled in the TESL program. Must have excellent communication skills, computer and word processing skills, and be culturally sensitive and patient.

**Hours:** Flexible, 2 - 4 hrs a week **Time Commitment:** 9 months

### Employment Mentoring

This program connects Canadian professionals with professional newcomers allowing them to share valuable work experience and cultural knowledge.

**Job Description:** Build a strong mentor relationship through listening, guidance, advice, teaching, and professional support.

**Qualifications:** Knowledge of current Canadian workplace conditions.

**Hours:** Flexible **Time Commitment:** 4 - 6 months

### English Language Services for Adults (ESLA)

This program provides free ESL classes to new immigrants.

**Job Description:** Tutor students. Assist teachers in class and on field trips.

**Qualifications:** Experience working in an ESL classroom or currently enrolled in the TESL program. Must have excellent communication skills, computer and word processing skills, and be culturally sensitive and patient.

**Hours:** Mornings / Evenings **Time Commitment:** 3 - 6 months

## Friendships Across Cultures

This program matches newcomer youth with volunteer youth in Secondary Schools. Students are matched based on age and interests.

**Job Description:** Support and encourage youth as they socialize and learn about Canada during their weekly Culture Club. Set-up & clean-up.

**Qualifications:** Must be friendly, personable, energetic, and possess excellent communication skills. Criminal Record Check required.

**Hours:** 1-2 per week **Time Commitment:** Minimum 3 months

### Host Program

This is a friendship-based matching program designed to help newcomers link to diverse social networks in our community.

**Job Description:** Meet with a newcomer once a week for friendship development and English practice.

**Qualifications:** Volunteers must be 18 years or older, a Canadian citizen, and fluent in English.

**Hours:** Flexible, 1-2 per week **Time Commitment:** 6-12 month

### Immigrant Family Connections

This program matches the interests and needs of learners with ideas and skills of volunteers to enhance the language learning & settlement process for local families.

**Job Description:** Volunteers are needed to tutor English to children, youth and adults in small group settings and one on one. Many of our learners are recently arrived immigrants and refugees.

**Qualifications:** Enthusiastic about language, literacy and culture!

**Hours:** Flexible, 1-2 per week **Time Commitment:** 6-12 month

### South Asian Community Resource Office (SACRO)

This program's goal is to prevent and reduce criminal and/or gang involvement of South Asian youth in the Abbotsford community by providing outreach, mentorship, and individualized Wraparound programming.

**Job Description:** Mentors are needed to work with immigrant youth in the school district and encourage involvement in community programs.

**Qualifications:** Volunteers must be patient, non-judgmental and good listeners. Criminal Record Check required.

**Hours:** Flexible **Time Commitment:** 3-6 months

### Youthemes

This program connects at risk youth with education, recreation, family support and employment services to prevent gang involvement.

**Job Description:** Volunteers supervise sports events & activities.

**Qualifications:** Experience working with youth. Criminal Record Check required.

**Hours:** Flexible **Time Commitment:** 3-6 months

## Youth

### Youth Resource Center Mentoring

Volunteer mentors are matched with at risk youth. The program's goal is to build positive relationships that empower youth.

**Job Description:** Mentors will strive to be a positive role model that the teen can relate to. Volunteers will meet with their Mentees once a week in order to build a positive relationship. Mentors must take as much time as is needed to get to know the youth and create a trust relationship.

**Qualifications:** Mentors must be patient, dependable, trustworthy, non-judgmental and good listeners. Criminal Record Check required.

**Hours:** 2 scheduled hours once a week **Time Commitment:** 1 year