

AREAS OF INTERESTS

Volunteer Role Examples

1. **Accessibility:** support people with various types of disabilities or mental health needs for improved inclusion and quality of life.
2. **Accounting / Finance:** bookkeeping, accounting related tasks (see Boards /Committees).
3. **Animals / Pets:** care for animals, visit others with your animal, fostering options.
4. **Arts / Culture:** gallery tours, usher, box office support, maker or craft instructors, woodworking, face painting, etc.
5. **Boards / Committees:** human resources, legal, accounting, planning, fundraising and marketing expertise.
6. **Caring Support:** friendly visitor, one on one support, listener, shopper, porter, reading to others, hairdressing and manicures.
7. **Children / Youth:** Support or mentor with children or youth, with or without special needs, in a variety of settings.
8. **Communication / Public Relations:** flyer delivery, information booth helper, event marketing and social media support.
9. **Conflict / Facilitation:** telephone crisis line, mediation, group/individual support and spiritual education.
10. **Driver / Transportation:** drive program clients to programs and appointments, deliver food or other items.
11. **Environment:** community gardens, conservation areas; weed, plant, water, landscape, preservation and environmental programs and research.
12. **Fund Development:** research grant and funding options, provide stewardship and program support.
13. **Food / Hospitality:** food preparation, service or distribution. Retail sales, (handle cash, serve customers, price items, arrange displays, stock shelves).
14. **Health Care / Wellness:** volunteer in hospital or senior residences, Emergency Response, health related education.
15. **Heritage / Museum:** assist with theatrical production (director, actor, stage support, puppeteer or usher), interpreter at a museum or historic location, support roles at gallery or museum, and historical research.
16. **Leadership/ Management:** guiding volunteers, events, programs, policy or procedures.
17. **Library / Research:** deliver books to isolated clients, catalogue, archive and digitize resources.
18. **Maintenance:** basic maintenance, painting, building, restoring and cleaning.
19. **Mentoring / Tutoring:** tutor English language, literacy or other academic topics such as STEAM (science, tech, Engineering and math) and French.
20. **Newcomer Support:** Language learning (one on one or group), family hosting, mentoring and program support.
21. **Office Work:** reception, greeting clients and/or visitors, data entry, preparing mailings or other administrative duties
22. **Recreation/ Sports:** supporting various recreation and leisure activities, community outings or athletic training programs.
23. **Retail Sales/ Donation:** gift wrapping, bingos, flower sales, concessions, donation distribution and food hamper assistance.
24. **Senior Services:** supporting programs serving persons over the age of 65, in care, community or in their own homes.
25. **Special Events:** festivals, garage sales, gift wrapping, car washes, runs, food drives, golf tournaments, and other annual events.
26. **Technology:** data entry, website design, graphic design, and computer training.