

# How You Can Help: Volunteering



We value the contribution our volunteers make to enhance the quality of life to those we serve.

## **We thank all our volunteers for their donation of time and skills.**

To volunteer at the Alex Community Health Centre, please contact Dagmara Boryszczyk at 403 513 7405 or [volunteer@thealex.ca](mailto:volunteer@thealex.ca)

Current Volunteer opportunities:

### **NEW Family Clinic Christmas Event:**

Location: 101, 1318 Centre St NE

Position: organize, sponsor and host a Christmas event for clients at the family clinic.

Availability: weekday between 8.30am and 4.30pm

### **NEW Casino 2012:**

Location: 4040 Blackfoot Tr SE

Positions:

Availability: Monday February 20<sup>th</sup> and Tuesday February 21<sup>st</sup>

Requirements: police check

### **Breastfeeding Clinic Support:**

Location: 101, 1318 Centre St NE

Position: to register and welcome mothers and babies to the clinic; and to assist the physicians.

Availability: weekdays between 8.30am and 4.30pm

### **Driving Companion:**

Location: different areas of Calgary

Position: to drive clients to medical and other appointments.

Availability: weekdays between 8.30am and 4.30pm

Requirements: valid class 4 driving license, valid insurance, police check

### **Friendly Visitor:**

Location: East Village, Calgary

Position: to provide companionship to seniors who may be at risk of isolation.

Availability: weekdays between 8-30am and 4.30pm

Requirements: police check

### **Community Mentor:**

Location: different areas of Calgary

Position: to provide moral support and mentorship to men and women leaving homelessness.

Availability: weekdays between 8.30am and 4.30pm

Requirements: police check

### **Handyman:**

Location: different areas of Calgary

Position: assist HomeBase clients with small repairs around their homes.

Availability: weekdays between 8.30am and 6.00pm.

Requirements: police check

**Special Events:**

Location: different areas of Calgary

Position: assist with and host special events for clients at HomeBase.

Availability: various

**Spinz Food Program:**

Position1: to sort, bag, and distribute food hampers to low income and homeless clients on Thursday mornings.

Location: 610 8 Ave SE

Availability: Thursdays 8.30am – 11.30am

Requirements: police check

Position2: to pick up and deliver food from Food Bank and Community Kitchen to the Spinz program.

Location: Food Bank, Community Kitchen, Golden Age Club

Availability: Food Bank – Monday and Wednesday 9.00am – 11.00am, Community Kitchen – Tuesday 9.00am – 11.00am

Requirements: police check

**Walking Partner:**

Location: 630 - 9th Ave SE

Position: to accompany senior clients on weekly walks and introduce them to basic fitness exercises.

Availability: depending on weather conditions, Fridays 10am

Requirements: police check

**Pathways to Housing Receptionist:**

Location: 7245 - 12th St SE

Position: to work at the front desk, answer phones, file client inquiries and assist staff in various tasks.

Availability: weekdays between 8.30am and 4.30pm

Requirements: police check

**Family Clinic Support:**

Location: 1318 Centre St NE

Position: to support front desk staff in various administrative duties.

Availability: weekdays between 8.30am and 4.30pm

Requirements: police check