

The following information has been provided by community agencies that have submitted a profile. This is not meant to be an exhaustive list of all agencies and groups in the Niagara Region.

Adult Literacy Council of Greater Fort Erie

	136 Gilmore Road, Fort Erie, Ontario, L2A 2M1		info@literacyforerie.ca		905-871-6626
	www.literacyforerie.ca		facebook.com/literacyforerie		

The Adult Literacy Council of Greater Fort Erie (ALC) was founded in November 1978 to provide help in basic reading, writing and math as well as provide English instruction for English language learners for adult members of the community. The first tutor training workshop was held in January 1979. Our volunteer tutors have been working one-to-one with adult learners ever since.

In addition to tutoring, the ALC promotes literacy in the community through family literacy and math programs, computer classes, General Education Development (GED) preparation and other valuable workshops and community events.

How can you help?

- Tutor an adult one-to-one for an hour or two a week at a time of your choosing.
- If you have a special skill, teach a small group class or a community workshop.
- Volunteer your time to help us run a community event.
- Donate to our cause. Support literacy in your community!

If you require more information, please contact: **Maria Salvati** at maria@literacyforerie.ca or call 905-871-6626

Albright Centre

	5050 Hillside Dr., Beamsville, ON, L2V 3S2		volunteer@albrightcentre.ca		905-563-8252
	niagara.cioc.ca/record/NIA1571				

Mission - Albright Manor, a charitable, not for profit, long term care home is dedicated to supporting our residents to live in comfort and dignity through the provision of services that are based on excellence, innovation, integrity and teamwork.

Vision - Albright Manor's vision it to be a recognized leader and community partner in providing an innovative continuum of exemplary care and services, by advancing Best Practices of compassionate professional long term care and being a site for research and education.

Albright Manor is a 231 bed long term care home consisting of 5 different floors. Albright is composed of a hardworking and passionate staff that do their best to provide only the highest quality of programs and care services for our residents. Albright Manor offers 24 hour care and recreational programs and services seven days a week. Some of our programs include but are not limited to: Art therapy, Pottery workshops, Drum Circle, Exercise Programs, Sing Along, Musical Entertainment, Reminiscing and Memory Work, Montessori programming and Special Luncheons just to name a few. Each resident's care and interventions used are based on a thorough and resident specific care plan outlining the focus's, needs and goals for each individual.

The Albright Manor interdisciplinary team work cohesively to attain an excellent level of care for each client. Networking with the community is so important for us in building partnerships and lasting connections for various services within the home. Some external partners we host include: Highschool/College/University placement students in nursing, recreation etc., Hair dressing Salon, Physiotherapy, Parkinson's Exercise Group, Various churches for a variety of services, elementary schools for musical entertainment, community retailers for vendor sales and so much more.

If you like more information, please contact volunteer@albrightcentre.ca

Arthritis Society

	11 - 460 Brant Street, Burlington, Ontario, L7R 4B6		lanstruther@arthritis.ca		1-800-321-1433
	www.arthritis.ca		facebook.com/ArthritisSocietyON		twitter.com/arthritisocON

The Arthritis Society offers different programs for people living with arthritis: Arthritis Rehabilitation and Education Program (AREP)(Ontario only) – with a confirmed diagnosis of arthritis and a valid Ontario Health Card a person can be seen at no charge by our physiotherapist, occupational therapist and or social worker. This program is education-oriented. The Stay Active program is geared to people with osteoarthritis. Chronic Pain Management Workshop (CPMW) – this free 2-hour workshop introduces different methods to counter pain and encourages the participant to take an active role in reducing its impact on their life. A person living with chronic pain not associated with arthritis will also find this workshop beneficial. In the fall of 2013 we are introducing a Chronic Pain Management Workshop for Children. We are also developing a pain management workshop for teens. Arthritis Self-Management Program (ASMP) is based on the Stanford Model of Chronic Disease Self-Management but with the focus on arthritis and fibromyalgia. ASMP gives people the confidence to fight back against arthritis and a chance to acquire new skills, discuss new ideas and share experiences. All these programs are offered in the Niagara Region.

For more information on arthritis and our programs, please visit our website at www.arthritis.ca or call 1-800-321-1433.

To support research into the cause, treatment and cures for arthritis and support our programs we host several fundraisers: Nationally - Walk to Fight Arthritis in locations across Canada www.walktofightarthritis.ca Locally: Gift Wrap at the Fairview Mall in St. Catharines starts mid November until Christmas Eve. To become a volunteer gift wrapper, please call Lorna at 1-800-321-1433 Ext 1310.

Autism Ontario - Niagara Region Chapter

	36 Page Street, Suite 401, St. Catharines, Ontario, L2R 4A7		volunteer.niagara@autismontario.com		905-682-2776
	www.autismontario.com/niagara		facebook.com/AONiagara		twitter.com/AONiagara

At Autism Ontario - Niagara Region Chapter, we work tirelessly to support individuals with ASD and their families. Through parent support groups, individual support meeting, educational information session, and a wide variety of programs for children, youth and adults on the autism spectrum, we aim to support those in our community touched by autism and ensure that everyone has the opportunity to realize their full potential.

Bethlehem Housing & Support Services

	166 James St., St. Catharines, ON, L2R5C5		www.bethlehemhousing.ca/site/contact		905-684-1660
	www.bethlehemhousing.ca		facebook.com/BethlehemHousingandSupportServices		twitter.com/BethlehmNiagara

Since 1985 Bethlehem Housing and Support Services has been helping the diversified needs of people across the Niagara Region with affordable housing along with in-house and community support services and programs. Bethlehem is a non-denominational organization that originated from the efforts of a Christian Service group called Outreach Niagara, local churches and the Social Planning and Research Council of St. Catharines and Thorold.

Concerned about issues of homelessness, they wanted to provide affordable housing with support services that would help people who were at risk to turn their lives around.

Bible League Canada

	399 Main St West, Grimsby, ON, L3M 1T1		ministry@bibleleague.ca		905-319-9500
	www.bibleleague.ca		facebook.com/BibleLeagueCanada		twitter.com/BibleLeagueCan

Bible League Canada is a Christian charitable organization providing Scripture placement and training worldwide to champions of local communities in over 40 countries so that people prepared by the Holy Spirit will be brought into relationship with Christ and His church. Our work is based on Matthew 6:33 “Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.” (NLT). Our big holy audacious goal is to see all peoples, everywhere, transformed by the Living Word of God.

We are in need of an enthusiastic and qualified volunteer. This assignment is ideal for individuals considering careers in administration, especially within a charitable organization, and who have a passion for volunteer service. The successful applicant will be an individual who recognizes and has faithfully responded to God’s call to utilize God-given technical and interpersonal skills and personal attributes for His glory.

Big Brothers Big Sisters of South Niagara

	800 Niagara Street, Seaway Mall Upper level, Welland, ON, L3C 5Z4		www.bbbsinniagara.ca		facebook.com/bigbrothersbigisterssn		twitter.com/bbbs_sniagara
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Big Brothers Big Sisters, St. Catharines - Thorold & District

	428 Niagara Street, St. Catharines, ON, L2M 4W3		www.bbbsmentors.ca		facebook.com/bbbsstcatharines		twitter.com/BBBSMentors
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Big Brothers Big Sisters of Niagara Falls

	7150 Montrose Rd, Unit 7, Niagara Falls, ON, L2H 3N3		www.niagarafallsmentors.org		facebook.com/BBBSNF		twitter.com/BBBSNF
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We are always looking for dedicated, fun, caring, and energetic volunteers to join our team! We have a variety of programs to suit almost any schedule. Please take a look at our website to learn more!

In-School Mentoring

Volunteer just one hour a week! Once matched, you will meet with your mentee for one hour each week in his or her elementary school. You will engage in a variety of fun activities, such as colouring, crafts, board games, sports, cooking/baking, computers, and more! All visits occur on the school property during the school day. Minimum commitment is one school year.

Go Girls!

This is a group program for girls in grades 6-8 with a focus on learning about self-esteem, healthy eating, and living an active lifestyle - all while having FUN! Go Girls! is run by female mentors ages 18-25 years. Go Girls! runs for seven sessions (one session per week) lasting about 1.5-2 hours in length. Go Girls! is run out of our local elementary schools as well as with other community partners from time to time. Mentors are provided with all of the necessary resources and training is also provided.

Game On!

This is a group program for boys in grades 6-8 with a focus on nutrition, living an active lifestyle, having a positive self-image and becoming a wise consumer of the media - all while having FUN! Game On! is run by male mentors ages 18-35 years. Game On! runs for seven sessions (one session per week) lasting about 1.5-2 hours in length. Game On! is run out of our local elementary schools as well as with other community partners from time to time. Mentors are provided with all of the necessary resources and training is also provided.

Big Brother/Big Sister

Mentor a child in the community. Have fun engaging in a wide variety of activities while mentoring a young person. We will match you with your Little Brother or Little Sister based on your interests to help ensure a compatible match. A car is required for this program. Minimum commitment is one outing per week for one year.

Camp Quality

	1444 Queen Street East, Toronto, ON, M4L 1E1		info@campquality.org		1-866-738-8011
	www.campquality.org		facebook.com/CampQualityCanada		twitter.com/CampQualityCan

Camp Quality is a volunteer-driven, non-profit organization empowering kids with cancer across Canada. We offer free week-long camps and year-round fun days to give kids living with cancer the power to turn life’s challenges into adventures. At CQ, they have the freedom to explore new activities, make friends and gain memories that will last a lifetime! We’re looking for fun volunteers to act as camp companions (counselors) and support staff. At CQ Southern Ontario, each child has a one-to-one “buddy” relationship with their companion. Oftentimes, companions and campers remain friends for years after camp!

This year to mark out 30th anniversary, we are upgrading to a new camp facility that will allow us to support up to 50% more campers! Therefore, we are actively recruiting volunteers for CQ Southern Ontario’s upcoming camp week. Not from Southern Ontario? No problem! Check out our website for volunteer opportunities throughout Canada. All volunteers must be at least 18 years old and be able provide a Vulnerable Police Check.

Canadian Blood Services

	395 Ontario St., St. Catharines, ON, L2N 7N6				905-646-1420
	www.blood.ca		facebook.com/SouthernOntarioBlood		twitter.com/itsinyoutogive

Canadian Blood Services is a national, not-for-profit charitable organization that manages the supply of blood and blood products in all provinces and territories outside of Quebec. Canadian Blood Services also oversees the OneMatch Stem Cell and Marrow Network, and provides national leadership for organ and tissue donation and transplantation. Canadian Blood Services operates 43 permanent collection sites and more than 20,000 donor clinics annually. The provincial and territorial Ministries of Health provide operational funding to Canadian Blood Services. The federal government, through Health Canada, is responsible for regulating the blood system.

To book an appointment to donate blood, download the GiveBlood App, visit www.blood.ca or call 1-888-2-DONATE (1-888-236-6283).

There are blood drives on campus at Brock University at least twice per year. Check experiencebu.brocku.ca for upcoming events!

Canadian Mental Health Association, Niagara Branch

	36 Page Street, St. Catharines, ON, L2R 4A7		info@cmhaniagara.ca		905-641-5222
	www.cmhaniagara.ca		facebook.com/CMHANIagara		twitter.com/cmhaniagara

The Canadian Mental Health Association is a national organization that promotes the mental health of all and supports the recovery of individuals experiencing mental illness. CMHA Niagara Branch is one of a network of over 135 branches that offer mental health services in communities across Canada.

CMHA Niagara is a catalyst for an innovative, inclusive and recovery-based community. CMHA Niagara furthers its vision by serving individuals holistically to develop and strengthen their place in the community. We believe that HEALTHY INDIVIDUALS = STRONG COMMUNITIES, and HEALTHY COMMUNITIES = STRONG INDIVIDUALS.

Canadian Red Cross (Transportation)

 	11 Export Ave., St. Catharines, ON, L2M5V8 www.redcross.ca	 	antonio.degiorgio@redcross.ca facebook.com/canadianredcross
		905-680-4099 twitter.com/redcrosscanada	

Join the largest humanitarian organization in the world!

The Canadian Red Cross mission is to improve the lives of vulnerable people by mobilizing the power of humanity in Canada and around the world.

The volunteer transportation program allows seniors and those with disabilities who are unable to use public transportation a means of accessing medical appointments.

- Volunteers drive seniors to and from appointments within the Niagara Region
- Volunteers are reimbursed \$0.36 per km driven when using own vehicle
- Volunteers determine their own availability
- Volunteers receive free Emergency First Aid/CPR training

Reap the benefits of helping someone in need! Apply now! Visit: www.redcross.ca/volunteer/apply-now

Canal Bank Shuffle Blues Festival

 	PO Box 295, Thorold, ON, L2V3Y9 www.canalbankshuffle.com	 	blues@canalbankshuffle.com facebook.com/CanalBankShuffleBluesFestival
		905-246-3615 twitter.com/canalshuffle	

The Canal Bank Shuffle is a non-profit organization that runs a music festival and donates proceeds to local charities. Volunteers are needed Friday October 16 and Saturday October 17. This year money will go to Community Care.

There is a complete list of positions available and application on our website: www.canalbankshuffle.com/volunteer-application-form

Centre de sante communautaire Hamilton Niagara

 	810 East Main St, Welland, ON, L3B 3Y4 www.cschn.ca	 	cschn@cschn.ca facebook.com/cschn.ca
		905-734-1141	

Our Welland site serves the Niagara region, and the Hamilton site serves Hamilton and Burlington.

The Centre de santé communautaire Hamilton/Niagara has adopted a holistic approach to the delivery of its programs; thus French-speaking people of all ages in the Hamilton and Niagara regions have access to a wide array of services.

Our programs and services have an emphasis on disease prevention and health promotion achieved through the provision of information and education. Services vary slightly between Hamilton and Welland according to the needs and resources in each community.

City of Niagara Falls

	7150 Montrose Road, Unit 1, Niagara Falls, ON, L2H 3N3		jalbanese@niagarafalls.ca		905-356-7521
	www.niagarafalls.ca		facebook.com/CityOfNiagaraFallsCanada		twitter.com/NiagaraFalls

The City of Niagara Falls is located on the western bank of the Niagara River in the Golden Horseshoe region of Southern Ontario. Niagara Falls has 11 communities and 67 neighbourhoods defined by Planning Neighbourhoods and Communities for the City of Niagara Falls. The department of Recreation and Culture maintains community centres that are host to cultural activities and include the City of Niagara Falls Museums, The Gale Centre, Niagara Falls Public Libraries, Coronation 50 Plus Recreation Centre, Club Italia and Scotia Bank Convention Centre. The Recreation and Culture department also oversees 10 committees which host dozens of events each year. We are always looking for enthusiastic students to join our volunteer team!

CNIB Niagara Region

	243 Church Street, St. Catharines, Ontario, L2R 3E8		anita.postma@cnib.ca		905-688-0022
	www.cnib.ca/Ontario		facebook.com/CNIBOntario		twitter.com/CNIB_Ontario

CNIB Volunteers are a respected and integral part of the team, working together towards a common goal: to enrich and enhance the lives of Canadians who are blind or partially sighted.

Sharing their time and a wealth of knowledge, skills and abilities, volunteers are meaningfully engaged in leadership, client support, advocacy, public education, philanthropy and administration.

We recognize and embrace the contributions and impact of our volunteers.

Imagine losing some or all of your vision. How would you tackle daily tasks such as reading your mail, organizing things around your home or buying groceries? Having someone to provide sighted assistance can make all the difference.

We invite you to make a difference in the life of someone who is blind or partially sighted by volunteering just a couple hours a week. As a Vision Mate, you'll be matched with someone with vision loss in your area to help them with everyday activities like running errands and going for a walk.

Please visit cnib.ca/volunteer or contact Anita Postma at anita.postma@cnib.ca

Crime Stoppers of Niagara

	198 Cushman Road, Unit 2, St Catharines, Ontario, L2M6T3		rebecca@niagaratips.com		905-938-5463
	www.crimestoppersniagara.ca		facebook.com/CrimeStoppersNiagara		twitter.com/niagaratips

Crime Stoppers of Niagara is a community run program involving a partnership of law enforcement, the media and the community working together to help solve crime. It is a registered charity run by volunteers from the community. Crime Stoppers' guarantee of anonymity, promise not to be a witness in court, and offer of a reward for information that helps to solve a crime has been proven to be effective.

The program provides citizens with a means to supply police with information anonymously. Cash rewards are offered to persons who call the program with information which leads to an arrest.

Through this unique partnership of police, media, community and you, we can all help to maintain, and improve the quality of life within the Niagara Region.

There are currently over 1,000 Crime Stoppers programs throughout the world.

Distress Centre Niagara

 	PO Box 25014, Pen Centre, Glendale Ave, St Catharines, ON L2T 4C4 www.distresscentreniagara.com	 dcniagara@distresscentreniagara.com facebook.com/DistressCentreNiagara	 905-688-3711 twitter.com/dcniagara
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Distress Centre Niagara is a free and confidential telephone support service that uses trained volunteer crisis workers to listen to callers' concerns, to assist callers with solving their own problems, to provide information and referrals where appropriate and to intervene in life threatening situations. Our volunteers receive training in active and reflective listening, communication skills, crisis and suicide intervention, and have a strong knowledge of community resources. Volunteers help callers assess their own needs, concerns, and goals, while providing support and if needed, linkage to community resources.

Benefits of Volunteering:

- You give comfort to people who thought no one cared enough to listen
- You know you are making a difference in someone's life
- You learn transferrable skills which will benefit you in all your future relationships - personal & professional
- You will be a key team player to the service of Distress Centre Niagara - a well trained, dedicated volunteer without whom many people would be unable to cope under today's pressures

Experience Physical Activity

 	17 Edward Ave, St. Catharines, ON, L2N 1K1 www.exphysicalactivity.ca	 experiencepa@gmail.com facebook.com/ExperiencePhysicalActivity	 905-359-9669 twitter.com/ExperiencePA
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We are looking for volunteers to help assist instruction for our community based physical activity and wellness programs as well as our Special Needs Martial Arts programs. Many of our clients are non-profit organizations that serve a unique population.

Other services include: Physical Activity Birthday Party Workshops, Workplace Wellness Physical Activity Workshops, Field Trip Outdoor Adventure Workshops, Summer Camps for Kids (6 weeks), Martial Arts for Students with Special Needs.

Foyer Richelieu Welland

 	655 Tanguay Avenue, Welland, ON, L3B 6A1 www.foyerrichelieu.com	 Daniel.Keays@foyerrichelieu.com 	 905-734-1400
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Our mission is to promote the importance of seniors in long-term care and senior housing in a catholic and francophone environment. Our vision is to be the leader and benchmark in the areas of housing and services for francophone seniors.

Gillian's Place

	15 Gibson Place, St. Catharines ON L2R 0A3		development@gilliansplace.com		905-684-4000 ext. 233
	www.gilliansplace.com		facebook.com/gilliansplace		twitter.com/@GilliansPlace

As one of Ontario's first shelters for abused women and children, Gillian's Place has been providing safe refuge and non-residential programs that enable women and their children to break the cycle of violence for over 30 years. More than 17,000 women and their children have found safe emergency shelter and essential support services since 1977.

Volunteers are an important part of the Gillian's Place team. Your contribution as a volunteer allows us to provide the best service and support to our families.

If you are interested in volunteering at Gillian's Place, please read our volunteer intake procedures and complete the [volunteer application form](#). Suitable candidates will be contacted for an interview if a position is available. Our agency does not discriminate and considers all volunteer applicants without regard to race, religion, national origin, marital status, sexual orientation and disability.

Goodwill Niagara

	271 Ridley Road, St. Catharines, Ontario, L2S 0B3		bob@goodwillniagara.com		905-685-8777
	www.goodwillniagara.com		facebook.com/Goodwill-Niagara-1409966809238287		twitter.com/goodwillniagara

Goodwill Niagara is a non-profit organization that provides employment opportunities, skill development and affordable senior housing.

When people shop or donate the revenue generated at the donation centres goes back into the Niagara community. Jobs and training programs are created and affordable senior housing is possible. People in need benefit from your generosity, lives begin to change and families are strengthened.

Goodwill Niagara has a vital role in recycling throughout the Niagara Region. Last year Goodwill Niagara kept over six million pounds of usable items out of the landfill.

Grimsby Public Art Gallery

	18 Carnegie Lane, Grimsby, Ontario, L3M1Y1		gpag@grimsby.ca		905-945-3246
	www.grimsbypublicartgallery.blogspot.com		facebook.com/thegpag		twitter.com/thegpag

Founded in 1975, Grimsby Public Art Gallery serves the Niagara region as an active and accessible community art gallery. GPAG is dedicated to the exhibition, preservation, encouragement and collection of visual art of professional standard by artists with local appeal and national recognition. GPAG supports the arts, artists and exhibitions with a wealth of programs and publications. The gallery is open year round, seven days a week, and offers a wide range of educational and recreational programs for visitors of all ages.

GPAG welcomes and appreciates the help of numerous volunteers of all ages in virtually all aspects of gallery operations. The Volunteer Committee of the Grimsby Public Art Gallery is an independent organization that exists to support the gallery by whatever means are most needed. The Volunteers run our major fundraising event, operate the Gallery Shop, work as tour guides and much more. Youth volunteers often choose to assist in art classes and at special events. Citizen volunteers serve on our Advisory Board and the many associated committees. If you love art and have regular or occasional time to give we will work with you to find a fulfilling role.

For more information, please contact: Rhona Wenger at RWenger@grimsby.ca

Grimsby Public Library

	18 Carnegie Lane, Grimsby, Ontario, L3M 1Y1		kdrury@grimsby.ca		905-945-5142
	www.grimsby.ca/library		facebook.com/GrimsbyLibrary		twitter.com/GrimsbyLibrary

The Grimsby Public Library serves the community of Grimsby and shares a facility with the Grimsby Public Art Gallery. The library has collections of materials in print and electronic for all age groups. A community hub for access to information, the library presents programming in support of 21st century literacies for all. Traditional literacy is supported through children's story-time sessions, summer reading clubs, and special events such as the Phelps Homes Building Literacy Event, Free Comic Book Day and the well respected Grimsby Author Series. Now in it's 16th season the Author Series features both established and emerging Canadian authors at 6 special evenings throughout the Fall and Winter. Digital literacy is supported in part by our Media Lab featuring a 3D printer and by special volunteer run programming, this summer featuring 'Arduinos in Action'.

Special events are very well received by the community and require a lot of staff preparation but could not happen without the help of many volunteers. We welcome volunteers to share their talents and expertise in presentations, information sessions and programming.

Come and share your time and talents with us as we make this community great.

If you like to volunteer with the organization, please contact Kathryn Drury at kdrury@grimsby.ca

Habitat for Humanity Niagara

	150 Bunting Road, St. Catharines, Ontario, L2P 3G5		jonna@habitatniagara.ca		905-685-7395
	www.habitatniagara.ca		facebook.com/HFHNiagara		twitter.com/habitatniagara

When we first started operations in 1983, Habitat Niagara was only able to build one home every two years. With the tremendous support of donors, partners, and volunteers from our community, Habitat Niagara is now consistently building five single homes each year.

Volunteers are integral to the success of Habitat for Humanity Niagara. We offer a variety of diverse volunteer opportunities that will fit with many different schedules and skill levels.

For more information on volunteering, please contact jonna@habitatniagara.ca call 905-685-7395 x402 or fill out a [Volunteer Application](#)

Heart & Stroke Foundation

	3-300 Bunting Road, St.Catharines, ON, L2M 7X3		www.heartandstroke.ca/contact-us		905-938-8800
	www.heartandstroke.com		facebook.com/heartandstroke/		twitter.com/TheHSF

For over 60 years, Heart & Stroke has been dedicated to fighting heart disease and stroke. Our work has saved thousands of lives and improved the lives of millions of others.

Heart & Stroke volunteers make a big difference in the lives of Canadians through their generous contributions of time, skill and commitment.

Learn more at www.heartandstroke.ca

Heart Niagara

	4635b Queen Street, Niagara Falls, L2E 2L7		info@heartniagara.com		905-358-5552
	heartniagara.com		facebook.com/HeartNiagara		twitter.com/HeartNiagara

Heart Niagara, a registered charitable not for profit corporation founded in 1977 by Dr. Stafford Dobbin. His vision was to improve access to heart health services in all 12 Niagara municipalities through collaboration and program development.

Sudden cardiac arrest remains one of the leading causes of death among adults annually in North America. Chronic diseases such as heart disease and cancer are the leading causes of death in Niagara. These diseases often require hospitalization and medical treatment, which directly impacts health care costs, families and productivity.

Heartland Forest Nature Experience

	8215 Heartland Forest Rd, Niagara Falls, ON, L2H 0L5		events@heartlandforest.org		905-356-7384
	www.heartlandforest.org		facebook.com/HeartlandForestNF		

10,000 visitors come to experience the natural features and accessible trails and facilities on this unique property. Many more participate in events and rent facilities for their own private events (i.e. birthday parties). Others visit Heartland Forest Nature Experience for the educational programs that are popular with children, adults and educators! The trails are open daily to the public from early morning to dusk. While general admission (individuals or families) is always by donation, events, programs, and group visits have modest activity fees.

Volunteers throughout our community are what make up who we are. We have many different volunteer roles, because we have many different types of personalities at Heartland! You are unique, and we would like to provide you with a position that is just right for you.

If you are interested in volunteering or knowing more about the organization please contact, events@heartlandforest.org

Kidney Foundation of Canada

	201-1599 Hurontario St, Mississauga, ON, L5G 4S1		mheeney@kidney.on.ca		905-278-3003
	www.kidney.ca/on-home		facebook.com/kidneyfoundation		twitter.com/kidneycanada

The Kidney Foundation of Canada is people working together for a common cause. We are volunteers, individuals living with kidney disease, donors, and staff members — from all walks of life, across Canada.

The Kidney Foundation of Canada exists for the enhancement of kidney health and the reduction and, if possible, the elimination of the burden of kidney diseases. The primary beneficiaries are people at risk of or affected by kidney disease.

Kristen French Child Advocacy Centre Niagara

 	<p>8 Forster Street, St. Catharines, Ontario, L2N 1Z9</p> <p>www.kristenfrenchcacn.org</p>	 	<p>smccarroll@kristenfrenchcacn.org</p> <p>facebook.com/KristenFrenchCACN</p>
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The Kristen French Child Advocacy Centre is a safe place for children and youth who have been physically abused, sexually abused, become the targets of internet exploitation or who have witnessed violence. Opened in 2008, Kristen French Child Advocacy Centre Niagara is a registered charity that serves Niagara’s 12 municipalities, helping children and families cope with the life altering impacts of child abuse. Children speak about their experience of abuse to specifically trained teams that investigate and conduct forensic interviews. These video-recorded interviews are proven to be effective in gathering valuable information to help both the child and the justice system. The Centre offers a Family Advocacy Program, a support and reference service for children, youth and their families. Counseling is provided at no cost and without a wait list. Our partners are Niagara Regional Police Services, Family and Children Services Niagara, Family Counseling Centre Niagara and medical professionals.

Learning Disabilities Association of Niagara Region

 	<p>366 St. Paul Street, St. Catharines, Ontario, L2R 3N2</p> <p>www.ldaniagara.org</p>	 	<p>ldaniagara@cogeco.net</p> <p>facebook.com/LDANiagara</p>
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The LDANR is a chapter of the Learning Disabilities Association of Ontario (LDAO). The LDANR strives to be an organization that works hard to support those impacted by learning disabilities or attention deficit (hyperactivity) disorders reach their full potential. LDANR offers many resources, services, programs, information, venues, and products designed to help people with LDs and ADHD, as well as parents, teachers, professionals or other individuals impacted by LDs. To obtain these goals and offer such services, this organization relies on funding, private and public donations and the help of volunteers.

The LDANR’s vision is of a strong, inclusive society where individuals living with learning disabilities are confident, successfully educated, resilient and self-sustaining. Our purpose is to provide resources and support to individuals who are affected by learning disabilities within the Niagara Region. We provide leadership in learning disabilities advocacy, research, education and services, and advance the full participation in society of children, youth and adults with learning differences. We provide various literacy and social skills after-school programs throughout the year as well as a full-day summer literacy program.

Lincoln County Humane Society

 	<p>160 Fourth Avenue, St. Catharines, Ontario, L2S 0B6</p> <p>www.lchs.ca</p>	 	<p>myconnect@lchs.ca</p> <p>facebook.com/lincolncountyhumanesociety</p>
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The Lincoln County Humane Society is a charitable not-for-profit organization dedicated to the humane treatment of all animals; to alleviate their suffering and neglect, support the human-animal bond and foster an environment in which people respect all living creatures. We will provide safe refuge and compassionate care for animals.

We can help thousands of animals because of generous support from people like you!

Hundreds of volunteers give thousands of hours annually to the animals at the Lincoln County Humane Society. Volunteers are vital to our survival and on behalf of the animals, we truly appreciate all their efforts!

VOLUNTEERS do make a DIFFERENCE!

Links for Greener Learning

 	<p>43 Church St. Suite 502, St. Catharines, ON, L2N6P8</p> <p>www.linksforgreenerlearning.org/</p>	 	<p>contact@linksforgreenerlearning.org</p> <p>facebook.com/linksforgreenerlearning</p> <p>905-4012614</p> <p>twitter.com/LFGLearning</p>
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Links for Greener Learning (LGL) is a not-for-profit organization that is geared towards linking educational institutions, their newcomers and domestic students, with experiential learning opportunities within the Niagara Region.

Our purpose is to act as an interface between the community’s agencies and educational institutions and link newcomers and domestic students enrolled in cooperative learning, internships, field placements and practicum programs with opportunities to help respond to current community needs. Links for Greener Learning believes that international and domestic students will make valuable contributions to the Niagara Community by responding to identified needs utilizing their creativity, innovation and disciplinary knowledge and skills.

Maple Park Lodge Long-Term Care Facility

 	<p>6 Hagey Avenue, Fort Erie, Ontario, L2A 5M5</p> <p>www.mapleparklodge.com</p>	 	<p>staylor@conmedhealth.com</p> <p>905-994-0224</p>
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Maple Park Lodge is a 96 bed Long-term Care Home in Fort Erie. Maple Park Lodge residents and staff alike enjoy havingvolunteers to assist with programs in our Recreation Department or simply to provide 1 on 1 support or company to our residents.

Niagara Construction Association

 	<p>34 Scott St., St.Catharines, ON, L2R 1C9</p> <p>www.niagaraconstruction.org</p>	 	<p>office@niagaraconstruction.org</p> <p>facebook.com/ncaconstructniagara</p> <p>905-682-6661</p> <p>twitter.com/construct_nca</p>
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Membership oriented consisting of General & Trade Contractors/Manufacturers/Suppliers, Services, Architects, Engineers and other professionals affiliated with the industry. NCA is a strong voice for advocacy provincially with our partners. Hosting many various events throughout the year which brings our membership together, publication of our yearly members directory/ many safety and training courses/ Statutory Declarations/Electronic plans room/ Networking and Affinity Programs.

Niagara Folk Arts Multicultural Centre

	85 Church St, St. Catharines, Ontario,		generalenquiries@folk-arts.ca		905-685-6589
	www.folk-arts.ca		facebook.com/niagarafolkartsmulticulturalcentre		twitter.com/@FolkArtsFest

Niagara Folk Arts Multicultural Centre provides vital settlement services to newcomers as they strive to create a rewarding new life in Canada.

Volunteering at the NFAMC is an opportunity to learn about other cultures, share your own culture and meet new people. There are several opportunities to volunteer with our Centre and we hope that you choose us on your journey to becoming a volunteer.

Visit www.folk-arts.ca/volunteering/ for more information

Niagara Jazz Festival

	PO Box 20006, Grantham Ave, St. Catharines, ON, L2M 7W7		admin@niagarajazzfestival.com		1-844-548-5299
	www.niagarajazzfestival.com		facebook.com/jazzniagara		twitter.com/jazzniagara

The TD Niagara Jazz Festival is held annually on the last weekend of July.

We also host and participate in other music events to promote jazz in the Niagara Region and the festival itself throughout the year.

We need volunteer support all year round, to serve our guests, promote the festival and keep things running smoothly behind the scenes.

Niagara Nutrition Partners

	14 North Street, P.O. Box 575, St. Catharines, ON L2R 6W8		admin@niagaranutritionpartners.ca		905-984-8953
	www.niagaranutritionpartners.ca		facebook.com/niagaranutritionpartners		twitter.com/NNPNiagara

We Help Kids Eat Right and Learn!

Niagara Nutrition Partners is a Region-wide initiative providing co-ordinated nutrition programs in elementary and secondary schools, as well as community based programs. NNP can offer support to nutritional programs through provincial grant programs and local fundraising efforts.

Niagara Peninsula Conservation Authority

	250 Thorold Road West, Welland, Ontario, L3C 3W2		info@npca.ca		905-788-3135
	www.npca.ca		facebook.com/NPCAOntario		twitter.com/NPCA_Ontario

With its unique resources, the Niagara Peninsula is one of the most complex watersheds in the Province. It includes lands drained by the Niagara River, Twenty Mile Creek, the Welland River, the Welland Canal, Lake Erie and Lake Ontario. Located between two Great Lakes and transversed by the Niagara Escarpment, the Niagara Peninsula has truly unique climatic and biotic zones that are unlike anywhere else in North America.

Our programs focus on the watershed management activities that help keep people and their property safe from flooding and erosion.

Niagara Region

	2201 St. David's Rd., Thorold, Ontario, L2V 4T7		darrell.neufeld@niagararegion.ca		905-685-4225
	www.niagararegion.ca		facebook.com/niagararegion		twitter.com/niagararegion

Niagara Region is responsible for a wide ranges of services, including policing, public health, EMS, social services and housing, garbage and recycling, water and wastewater treatment, roads and inter-municipal transit. These services are delivered by approximately 3,000 employees.

Niagara Sustainability Initiative

	89-91 St Paul Street, Suite 301, St Catharines, On, L2S 2X8		info@niagarasustainability.org		289-786-0970
	niagarasustainability.org/		facebook.com/NiagaraSustainability		twitter.com/sustainniagara

Niagara Sustainability Initiative (NSI) is a not-for-profit organization that advances environmental and economic performance through the greening of local organizations in the Niagara Region. We're the **go-to source for organizations interested in tackling sustainability**. We promote opportunities to develop a mindset for an environmentally and economically thriving Niagara and to integrate these values into all future planning as our community grows.

Each year, NSI expands its reach in Niagara by building partnerships with local organizations to measure their carbon footprint and identify reduction opportunities. Our network has now established itself as a homegrown sustainability movement. We've seen the values and knowledge promoted in the workplace spread into personal lives and communities. A new era of conscious workers, consumers, and community members has emerged.

We started out as a group of young, environmentally passionate people who wanted to see our values reflected in a community-driven approach to organizational sustainability in Niagara. After seeing the success of Sustainable Waterloo Region's [Regional Carbon Initiative](#), we launched the [Carbon Project](#) in 2010. Now we have two full time staff and a [team](#) of over 25 volunteers, ambassadors, and board members, all eager to see a more sustainable Niagara.

NSI is part of a greater network of sustainability non-profits across the province. In 2014, [we joined Sustainability CoLab](#) as an affiliated member to connect with the growing number of similar, target-setting programs launching from Sudbury to Ottawa.

Niagara VegFest

 	<p>1200 Fourth Ave, St. Catharines, Ontario, L2S 0A9</p> <p>www.niagaravegfest.com</p>	<p> info@niagaravegfest.com</p> <p> facebook.com/NiagaraVegFest</p>	<p> 905-536-2585</p> <p> twitter.com/NiagaraVegFest</p>
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Niagara VegFest is multi-site annual event that takes place in downtown St. Catharines, and the Niagara Region. The festival is a celebration the many benefits of a healthy, compassionate, plant-based lifestyle, and showcases exhibitors, vendors, and speakers from the Niagara region and beyond. Niagara VegFest is a registered not-for-profit.

OneFoundation for Niagara Health System

 	<p>1200 Fourth Ave, St. Catharines, Ontario, L2S 0A9</p> <p>onefoundationforhns.com/Home.aspx</p>	<p> onefoundation@niagarahealth.on.ca</p> <p> facebook.com/OneFoundationForNHS</p>	<p> 905-323-3863</p> <p> twitter.com/@1FoundationNHS</p>
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OneFoundation for Niagara Health System represents the next generation in fundraising for our hospital sites and those they serve.

The Foundation was created on January 1, 2014 after an amalgamation between Douglas Memorial Hospital Foundation (Fort Erie), Greater Niagara General Hospital Foundation (Niagara Falls), Niagara Health System Foundation, Port Colborne Hospital Foundation, St. Catharines General Hospital Foundation and Welland Hospital Foundation.

A coordinated fundraising approach will heighten our ability to support the needs of our hospital sites in the most effective way possible. As one cohesive team with one voice, we will build on our current strengths and find even more creative ways to fundraise in support of and together with our Niagara communities.

Together, our fundraising abilities have never been stronger, and we are excited to continue supporting the healthcare needs of the Niagara Health System for the greater good of local healthcare.

Red Roof Retreat

 	<p>1594 Concession 6, RR#2, Niagara On The Lake, On, L0S 1J0</p> <p>www.redroofretreat.com</p>	<p> cathy@redroofretreat.com</p> <p> facebook.com/pages/Red-Roof-Retreat</p>	<p> 289-868-9800</p> <p> twitter.com/RedRoofRetreat</p>
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Red Roof Retreat provides quality respite and recreational programs for children, youth and young adults with special needs, and their families in the Niagara Region. Red Roof Retreat is a place where relationships and skills are developed, awareness is created and bonds are nurtured, through understanding and respect for each individual's special needs. Those participating in Red Roof Retreat programs have a range of special needs, and may require supports for their physical, cognitive or medical needs.

A Niagara Regional Charity, Red Roof Retreat is located on a beautiful 11-acre farm, The Ranch, in Niagara-on-the-Lake, Ontario. We have just opened our second site Red Roof Retreat Community Centre at 413 Linwell Road, St Catharines. We are providing another Adult Day Program at the Community Centre as well as a variety of recreational and community programs for the whole community. Programs are available for all ages-children to seniors, all abilities-mobile to mobile in a wheelchair and all members of the family. See our website for details.

Scouts Canada

	531 Windermere Rd, London, Ontario, N5X 2T1		helpcenter@scouts.ca		905-380-4314
	www.scouts.ca		facebook.com/scoutscanada		twitter.com/scoutscanada

Scouts Canada is the country's leading youth organization. For more than 100 years, we have brought a world of adventure, outdoor experience and friendship to 17 million Canadian youth. Scouts have a lot of fun discovering new things and experiences they wouldn't have elsewhere. Along the way they develop into capable, confident and well-rounded individuals, better prepared for success in the world. Scouting offers a world where you can discover the best in yourself and the best in others. Dollar for dollar, our programs provide significant value. They run all year round and offer adventures that youth will remember for a lifetime!

Seedling for Change in Society and Environment

			msuescunpozas@brocku.ca		905-380-0570
	www.seedlingforchange.org				twitter.com/MDCSuescunPozas

Seedling for Change in Society and Environment is a community group that operates across Niagara. It is made up of volunteer senior and junior researchers from across post-secondary institutions of learning, seed student researchers from Brock University, students from primary and secondary schools, and individual members of the community. Its multicultural management board includes newcomers and new permanent residents originary from Latin America as well as Métis. SCS&E projects in History and Heritage, Sports and Health, Sustainability and Environment, Culture and Arts, Education, and SC International have been implemented since January 2016 in six out of 12 municipalities across the Niagara region. It operates with funding from grants, fundraising activities, donations, and private patronage.

Through experiential learning, service-learning, community engagement, academic community engaged research, and community outreach, SCS&E plants and nourishes seedlings of creative transformation. SCS&E serves a diverse spectrum of the population in terms of ethnicity, race, age, class, sex/gender, religion, training and occupation across public and private sectors. Its purpose is to facilitate processes that allow stakeholders to develop skills, abilities, and generate resources to recover, preserve, promote, and expand cultural engagement and create new value.

For more information, please contact: Maria del Carmen Suescun Pozas PhD, Founding Director Seedling for Change in Society and Environment / Associate Professor in History, Brock University

Email: msuescunpozas@brocku.ca

Shelley Gautier Para-Sport Foundation

	701 King Street West, unit 507 Toronto, ON M5V 2W7		alangreer@sgpsf.ca		647-763-0801
	www.sgpsf.ca		facebook.com/TheShelleyGautierParaSportFoundation		twitter.com/SGParaSport

The Shelley Gautier Para-Sport Foundation is inspired by Ms. Shelley Gautier, a world-class Canadian para-cyclist who, despite being hemiplegic due to a biking accident, has continued to thrive and dominate in para-sports. In 2009, Shelley became the first female para-cyclist to compete on a tricycle internationally. She has since won the Union Cycliste Internationale (UCI) world championships and 12 world titles in para-cycling, and competed in the London 2012 Paralympics and the 2016 Paralympics in Rio de Janeiro. Shelley has refueled her passion for sports by creating this not-for-profit organization that encourages people with disabilities to turn their passion into action. The Shelley Gautier Para-Sport Foundation operates by running and managing para-sports programs in existing recreational facilities, so people with disabilities can be more integrated into their communities.

Soccer For Change

 	<p>201 Glenridge Ave, St. Catharines, ON, L2T 3J6</p> <p>www.soccerforchange.ca</p>	<p> soccerforchange.ca/#contact</p> <p> facebook.com/soccerforchange</p>	<p> 416-220-7602</p> <p> twitter.com/SFCoffical</p>
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Soccer For Change is a Canadian non-profit organization that leverages the beautiful game of soccer to drive positive experiences in the lives of children. Our mission is to use sport and play to educate, empower, and develop leadership and communication skills in children. Through sports, they can learn to rise above poverty and conflict in disadvantaged communities. By building better futures we can drive social change in their communities with lasting impact. At Soccer For Change, we believe sport can play an important and integral role in the lives of children.

Southridge Shelter

 	<p>201 Glenridge Ave, St. Catharines, ON, L2T 3J6</p> <p>www.southridge.cc and southridgeshelter.ca/</p>	<p> shelter@southridgechurch.ca</p> <p> facebook.com/SouthridgeShelter</p>	<p> 905-682-2477</p> <p></p>
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Southridge Shelter is a 35 bed, 24/7 homeless shelter in the South end of St. Catharines. We offer practical support to people in crisis as well as the offer of relationship-based support to connect people to our community.

Southridge has hundreds of incredible volunteers who work together to see lives transformed. We are always looking for people who want to experience amazing things as we work to make a positive impact on the lives of the people we serve.

St. Catharines Museum and Welland Canals Centre

 	<p>1932 Welland Canals Parkway, St. Catharines, ON, L2R 7K6</p> <p>www.stcatharinesmuseum.ca</p>	<p> kcockerham@stcatharines.ca</p> <p> facebook.com/stcatharinesmuseum</p>	<p> 905-984-8880</p> <p> twitter.com/StCMuseum</p>
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Whether you are interested in the history of St. Catharines and the Welland Canals, are an avid (or casual) ship-watcher, like to find unique items at great prices, or enjoy using the bike/walking path along the Canal, we are a great place to stop and spend some time!

There are also picnic areas and a playground; plenty of (free!) parking; snack items and coffee/pop in the gift shop; and like-minded people to meet and talk with. Open 7 days a week, 9-5 daily, museum admission by donation.

St. John Ambulance, Niagara Region Branch

	219 Church St, St Catharines, ON, L2R 3E8		niagara.region@on.sja.ca		905-685-8964
	www.sja.ca		facebook.com/StJohnAmbulanceNiagaraRegion		

St. John Ambulance is a not-for-profit organization with the mission to enable Canadians to improve their health, safety and quality of life by providing training and community service. The mission is carried out through community service, and first aid, and CPR training.

Community Services volunteers include uniformed members who serve communities across Canada, providing first aid and emergency response support, as well as improving the quality of life for people confined to a health care facility through our Therapy Dog visitation program.

Our volunteers contribute millions of hours to Canadian communities each year. Under the guidance of our network of medical and health care professionals, St. John Ambulance is the national leader, setting the standard for training in first aid, CPR and other lifesaving skills.

The Niagara Region branch provides services for 11 of the 12 municipalities in Niagara.

St. John Ambulance, Niagara Falls Branch

	5734 Glenholme Ave, Niagara Falls, ON, L2G 4Y3		marie.cutler@on.sja.ca		905-356-7340
	www.niagarafalls-sja.ca		facebook.com/SJANiagaraFalls		

St. John Ambulance - Niagara Falls Branch offers many community services including: Youth Programs, Search & Rescue Niagara, Medical First Responders, Therapy Dogs, and Water Patrol.

The Youth Cadet Program offers youth an opportunity to develop problem-solving skills, teamwork, and a sense of community through hands-on activities and helping in community efforts in a fun and safe environment. Search & Rescue Niagara helps locate lost children & adults and teaches survival skills to children. Medical First Responders provide first aid & CPR at community events and respond to emergencies & disasters. Therapy Dogs comfort people of all ages who are in distress and visit university students during high-stress times. Lastly, Water Patrol rescues swimmers and boaters in distress and provides first aid to anyone in need on the Niagara waterways.

We are looking for volunteers to help us market ourselves, our fundraising events and programs as well as volunteers to help organize and execute our events. There are also opportunities to help in conducting the youth programs we offer and participating in our Medical First Responders Team.

Start Me Up Niagara

	17 Gale Crescent, St. Catharines, ON, L2R 3K8		office@startmeupniagara.ca		905-984-5310
	startmeupniagara.ca		facebook.com/startmeupniagara		twitter.com/@SMUNiagara

Start Me Up Niagara works with individuals facing significant life challenges such as addiction, mental illness, poverty, homelessness and unemployment. We provide opportunities to improve health, increase community integration and support employment.

Town of Pelham



20 Pelham Town Square, P.O. Box 400, Fonthill, ON L0S 1E0



VvanRavenswaay@pelham.ca



905-892-2607



www.pelham.ca



facebook.com/TownOfPelhamOntario



twitter.com/TownOfPelham

Vision: To be the most vibrant, creative & caring community in Niagara

Mission: Enhance the quality of life in our unique urban and rural areas

Values: Open & transparent, accountable, fair & equitable

As a municipality, our goals are to protect people & property, feel like a small town, provide the environment so our businesses can thrive, become financially resilient for the next 20 years, and build trust in our corporation.

If you are interested in gaining hands on experience by volunteering with the Town of Pelham's Recreation Department or being an active member of the community through joining committees/coordinating events, please see the Events Page for upcoming opportunities and the Documents Page for various application forms.

All submissions are to be emailed to VvanRavenswaay@pelham.ca with the subject: Volunteer Application – ExperienceBU

United Way Niagara



United Way Niagara Falls and Greater Fort Erie:

7150 Montrose Road, Niagara Falls, ON L2H 3N3



905-354-9342

United Way South Niagara:

Seaway Mall, 2nd Floor, 800 Niagara Street, Welland, ON L3C 5Z4



www.unitedwayniagara.org



facebook.com/UnitedWayNiagara



twitter.com/UWNIagara

We are a registered charitable organization that works to support the residents of Niagara, particularly in Fort Erie, Niagara Falls, Pelham, Port Colborne, Wainfleet and Welland. We are a small staff team with many volunteers who ensure our organization is effective, efficient and strategic. We invite you to get to know your United Way, what we do and how you can help create positive community change.

United Way's goal is to create opportunities for a better life for everyone in our communities. Although we are currently two separate entities representing the unique needs of our communities in our United Way work, we are undoubtedly working towards this same goal. Our work together continues to emphasize that our differences are few while our similarities are many.

Click below to read about each United Way's mission, vision and values.

- [Niagara Falls and Greater Fort Erie](#)
- [South Niagara](#)

Volunteer Niagara

	www.volunteerniagara.com/		volunteerniagara@gmail.com		289-990-6222
			facebook.com/VolunteerNiagara		twitter.com/@Volun_Niagara

Volunteer Niagara is a Student Powered Volunteering Hub for the Niagara Region that promotes volunteering within the community. Volunteer Niagara promotes volunteering events from organizations across the region for students requiring volunteer hours and for those looking to be more involved in their community.

For more information, please contact:

Bryce Hedden at volunteerniagara@gmail.com

Welland Recreational Canal Corporation

	60 East Main Street, Welland, Ontario, L3B 3X4		volunteer@canalcorp.ca		905-788-9511
	www.canalcorp.ca		facebook.com/WellandRecreationalCanalCorp		twitter.com/GO_WIFC

Our goal is to create an exciting, attractive, well used and self-sustaining Recreational Waterway that is fully integrated into the fabric and life of the City of Welland - a distinctive and memorable place where people want to be – a place where residents and visitors can participate in a wide variety of arts, culture, sports, leisure and recreation activities, and experience a unique natural and recreational environment within an urban area.

Volunteering makes a difference to the lives of people in our community and enhances the experience for visitors to Welland. The WRCC is always open for volunteers for many different events. There are volunteering opportunities available for Welland International Flatwater Centre events and there are many benefits to joining our WRCC family.

West Niagara Palliative Care Services - Rose Cottage Visiting Volunteers

	148 Central Ave., Lower Level, Grimsby, Ontario, L3M 4Z3		info.rcvv@gmail.com		905-309-5071
	www.rosecottagevolunteers.com		facebook.com/Rose-Cottage-Visiting-Volunteers-160443037428137		

Rose Cottage Visiting Volunteers is a charitable organization that provides free supportive palliative care services to the residents of Grimsby, Lincoln and West Lincoln. Volunteer Roles and Responsibilities include:

Visiting Volunteers: Volunteers will visit individuals living their own home or any care facility to provide FREE one on one support, and companionship to those of any age living with a life limiting illness. Each volunteer has HPCO certification.

Legacy Program: Everyone has a story and our volunteers can help record it. Our Legacy Volunteers offer completely confidential, one on one sessions to help you record your history. The only cost to you is the time you dedicate in recording your story.

Drop in Program: First and Third Thursday of the month from 1:30 to 3pm at the Mountainview Church (290 Main St. E. Grimsby) Participants can socialize through activities facilitated by volunteers.

Women's Addiction Recovery Mediation, Niagara

	6135 Culp Street, Niagara Falls, Ontario, L2G 2B6		warm@ywcaniagararegion.ca		905-988-3528 Ext 4022
	www.ywcaniagararegion.ca/our-work/life-skills-programming/womens-addiction-recovery-mediation		facebook.com/WARMNIAGARA		twitter.com/WarmNiagara

Mission Statement: WARM is dedicated to improving the quality of life for women and their families. WARM is committed to addressing addiction issues in ways that lead to promoting safe and healthy communities. WARM Niagara values the unique needs of every woman, addressing issues significant in women’s lives in a safe and confidential environment with counseling strategies proven to be effective with women. WARM Niagara understands the socioeconomic factors that affect women and have designed programs and services that are accessible and effective. With WARM, women are given the opportunity to access intervention and prevention services while living at home, maintaining job and family responsibilities and creating a schedule that works for them.

Women's Place of South Niagara

	P.O. Box 853, Niagara Falls, ON, L2E 6V6		jmcquestion@wpsn.ca		905-356-3933
	www.womensplacesn.org		facebook.com/WomensPlaceSN		twitter.com/WomensPlaceSN

Women's Place of South Niagara operates domestic violence shelters in Welland (Serenity Place) and Niagara Falls (Nova House) to assist women and their children experiencing domestic abuse. All of our services are free of charge and confidential, and can be provided to clients staying in shelter or on an outreach basis. Services include:

Safe Shelter: Women’s Place operates a 10-bed shelter in Welland and 20-bed shelter in Niagara Falls. Contact a Support Line for more information.

24- Hour Support Lines: 905-788-0113 (Welland, Pelham, Port Colborne, Wainfleet & surrounding areas) and 905-356-5800 (Niagara Falls, Fort Erie & surrounding areas)

Counselling/Support: Non-judgmental and confidential counselling and ongoing emotional support are provided to women who have experienced abuse.

Child and Youth Program: The effects of domestic violence can be felt throughout the whole family. Our Child and Youth Advocates work with mothers and support children who have witnessed or experienced trauma related to domestic violence. Services are available for mothers, as well as children ages 4 to 16. Our Child and Youth Advocates can also support youth ages 16 to 19.

Transitional and Housing Support Program: Provides women with practical and emotional assistance for a smooth transition from shelter to violence-free lives in the community. Includes helping women to find and maintain housing.

Legal Support Program: Providing basic legal information and referrals

Public Education Program:

Invite Women’s Place into your classroom or community group to help raise awareness of abuse, its warning signs, and the services that exist to support survivors.

Interested in volunteering? Please contact: Community Engagement Manager, Jennifer McQuestion at jmcquestion@wpsn.ca or at 905-356-3933 ext. 239

You can also complete the form: womensplacesn.org/volunteer-with-womens-place

Young Carers Initiative - Powerhouse Project

	318 Ontario St., Unit 7A, St. Catharines, Ontario, L2R 5L8	gcruz@powerhouseproject.ca	905-397-4201
	www.powerhouseproject.ca	facebook.com/powerhouseproject	

The Young Carers Initiative - Powerhouse Project is a non-profit agency with a mission to serve care-giving children, youth, young adults and their families. through social, recreational and educational programs, resilience, self-esteem, and life skills are fostered. Young Carers are children, youth and young adults who provide care to a family member due to a chronic illness, disability, mental health or addiction issue or other unique circumstance. All our services aim to reduce isolation and care-giver fatigue, alleviate stress and anxiety, and invest peer support.

We welcome volunteers to assist us in delivering our weekly school-aged programs, monthly youth and young adult programs as well as our life-skills programs and special events. Please visit our website at www.powerhouseproject.ca for more information.

YWCA Niagara Region

	183 King Street, St. Catharines, Ontario, L2R 3J5	info@ywcaniagararegion.ca	905-988-3528
	www.ywcaniagararegion.ca	facebook.com/YWCANiagaraRegion	twitter.com/YWCA_Niagara

The YWCA Niagara Region provides emergency homeless shelter, food, and assistance to women in poverty. We are committed to social change and work to create a community that supports women who are living in poverty and provides support through each step towards financial stability and independent living.

Mission: The YWCA Niagara Region is part of a national and worldwide movement that is passionate about empowering women and their families by providing safe, supportive housing, and programs creating opportunity for all women to reach their full potential.

Vision: The YWCA is a leader in the Niagara Region providing awareness through education and advocacy to raise the equality of women and the visibility of issues in our community.