



VOLUNTEER

Student Guide





Steps to Volunteer:

1. **Choose volunteer experience that you will enjoy.** Think about what interests you in life and come up with types of work you might want to do now or in the future.
2. **Do some research.** You will need research skills throughout your life for work or personal interests. When you have chosen some fields of interest search the internet to find volunteer websites or opportunities that exist in your area.
3. **Follow the instructions carefully.** It is important to submit the application and supporting documents in the manner the company or organization requests. (ie. electronically, in person, or by mail.)
4. **Attend an information session or orientation meeting.** Many organizations will require you to attend an orientation prior to starting your volunteer experience.
5. **Make a good first impression.** Make sure to show up on time and follow all the instructions. Don't be afraid to ask questions.
6. **Help to raise awareness of the issue** by talking about what you are doing. This will help to boost community support.
7. **Make sure that you receive recognition and/or evidence of the hours that you worked:** ie. a reference letter, a certificate or an in-school service hour log sheet - with your volunteer coordinator/manager's signature including the dates, hours and activities that you did. You need 30 hrs of volunteer or employment to meet the Grad Transition requirements. (Can be achieved in Gr. 10-12)
8. **Celebrate what you have accomplished** – and remember, what you have done is important and you have made a difference in your community!
9. **Think about future volunteer experience.** Maybe you can try something new or expand your current experience or knowledge.

Reasons to Volunteer:

- Make a difference in someone's life
- Find purpose in your own life
- Enhance your personal growth
- Provide valuable community service
- Make new friends
- Improve your self-esteem & self-confidence
- Explore new career areas of interest
- Gain valuable experience
- Build personal and professional contacts
- Contribute to a cause that you care about
- Develop new skills and increase your self-worth
- Use your skills in a productive way
- Improve your communication skills
- Impress your family
- Meet new people
- Learn from others
- Expand your horizons
- Build a better future
- Lift someone's spirits
- Be part of a team
- Understand new cultures
- Have fun!!



Ways you can make a difference:

- Support families (daycare and eldercare)
- Improve schools (tutoring, literacy)
- Support youth (mentoring and after-school programs)
- Beautify the community (beach and park cleanups)
- Help the environment
- Unite people from diverse backgrounds
- Feed the hungry / help reduce poverty
- Relieve disaster
- Be a companion



Quote: "In the world you are only one person, but to one person you may be the world!!"

PANORAMA RIDGE SECONDARY – CAREER CENTRE LIST OF VOLUNTEER ORGANIZATIONS

(updated: Oct, 2021)

Volunteer Websites	Website Addresses / Email	Tel #
Go Volunteer	www.govolunteer.ca (Includes Fraser Health openings)	
Charity Village	https://charityvillage.com/directories/volunteers/find-volunteer-listings.aspx	
Community Volunteer Connections	www.volunteerconnections.net	
Langley Volunteer Bureau	https://www.langleyvolunteers.ca/	
North Shore Community Resources Society	www.nscr.bc.ca	
Sources Community Resource Centres	www.sourcesbc.ca (assistance with volunteer positions)	604-531-6226
Surrey Volunteer Centre	www.scss.ca	
Volunteer BC	www.volunteerbc.bc.ca	604-379-2311
Volunteer Burnaby	www.volunteerburnaby.ca	
Volunteer Canada	www.volunteer.ca	613-231-4371
Volunteer Richmond Information Services	https://www.richmond.ca/parksrec/about/volunteer.htm	
Volunteer Organizations	Website or E-mail	Tel #
Alexandra Neighborhood House	http://www.alexhouse.net/volunteer-us	
Alzheimer Society	www.alzheimerbc.org	
Arts Council of Surrey	http://www.artscouncilofsurrey.ca/	604-594-2700
Arts Umbrella	http://www.artsumbrella.com/support/volunteer/	604-681-5285
BAOBOB – Inclusive Empowerment Society	www.baobabinclusive.ca	604-585-6775
BC Cancer Agency-Fraser Whalley Centre	http://www.phsa.ca/search?k=Volunteer esuarez@bccancer.bc.ca	604-930-4023
BC Children's Hospital	http://www.bcchildrens.ca/careers/volunteer-with-us	604-875-2143
BC Epilepsy Society	www.bcepilepsy.com	
BC Pets & Friends	info@petsandfriends.org	604-688-1766
BC SPCA	www.spc.bc.ca/branches/surrey/volunteer	604-681-7271
BC Special Olympics	www.specialolympics.bc.ca	
BC Wheelchair Basketball Society	www.bcwbs.ca	
Bear Creek Park Train (Halloween & Easter only)	www.bctrains.com	604-501-1232
Bell Centre for Performing Arts	Elliot_a@surreyschools.ca / www.bellperformingartscentre.com	604-507-6355
Best Buddies	www.bestbuddies.ca	1-888-779-0061
Big Brothers - Teen Mentoring Program	www.bigbrothersvancouver.com	604-202-1101
Big Sisters of BC Lower Mainland	www.bigsisters.bc.ca	604-873-4525
Boundary Bay Shorekeepers	www.keepersweb.org or www.birdsonthebay.ca	250-756-7265
Boys & Girls Club	https://www.bgc.bc.ca/	604-501-6850
Burns Bog Conservation Society	http://www.burnsbog.org/	604-572-0373
Cadets – 2822 Royal Westminster Regiment	http://www.cadets.ca/en/index.page	604-588-3205
Canada Running Series / Marathons	http://canadarunningseries.com/	416-944-2765
Canadian Blood Services	https://www.blood.ca/en/volunteers	1-888-236-6283
Canadian Cancer Society	http://www.cancer.ca/ volunteer@bc.cancer.ca	604-533-1668
Canadian Diabetes Association	www.diabetes.ca	604-596-5630
Canadian Liver Foundation	https://liver.ca/how-you-help/volunteer/	
Canadian Mental Health Association		
Canadian Red Cross	www.redcross.ca	604-709-6600
Canucks Autism Network	www.canucksautism.ca	604-685-4049
CareLife Fleetwood Residential Care	Volunteer.clfw@fraserhealth.ca	604-598-7200
Catching the Spirit – Environmental Camps for Youths	www.catchingthespirit.com/	604-544-1622
Central City Library	library-teens@surrey.ca	604-598-7419

City of Surrey – “Make Your Mark” Volunteering	www.surrey.ca/volunteer	604-598-5863
Cloverdale Rodeo & Country Fair	www.cloverdalerodeo.com	604-576-9461
Coast Capital Reading Buddy / Surrey Public Library	https://www.surreylibraries.ca/services/kids-families/envision-financial-reading-buddies	604-598-7426
Coast Capital Youth Team	www.coastcapitalsavings.com/youthteam	604-517-7000
Critter Care Wildlife Society	http://www.crittercarewildlife.org/	604-530-2064
Deltassist Family & Community Services - Lyn Walker	http://www.deltaassist.com/	604-946-9526
DiverseCity Community Resources - Casi	www.dcrs.ca / casi@dcrs.ca	604-597-0205
Elephanatics – Elephant Conservation - Fran Duthie	www.elephanatics.org / elephanaticsinfo@gmail.com	604-897-7614
Fraser Health Volunteering - Hospitals & Care Centres	http://www.fraserhealth.ca/about-us/volunteer/ http://youthforcare.com www.govolunteer.ca	
Friends of Semiahmoo Bay	www.birdsonthebay.ca	604-536-3552
Global Peace Alliance Surrey Society	www.peacealways.org	604-583-6767
Green Chair Recycling	http://www.greenchairrecycling.com/	604-806-0680
Grouse Mountain – Leaders In Training	https://www.grousemountain.com/events/tags/volunteer	
Habitat for Humanity	www.habitat.org	416-644-0988
Heart & Stroke Foundation – leadership / fundraising	www.heartandstroke.com	778-372-8000
High School Volunteer Abroad Programs	https://www.gvicanada.ca/high-school-volunteer-abroad/	1-888-653-6028
Junior Achievement	http://jabc.ca/	Visit Website
Katimavik	https://katimavik.org/en/ / info@katimavik.org	1-888-525-1503
Kidney Foundation (The)	www.kidney.ca	1-800-361-7494
Kids Help Phone – Student Ambassador Program	www.kidshelphone.ca	1-800-668-6868
Kinsmen Place Lodge for Seniors	www.kinsmenplace.org	604-588-0445
KUMON Math & Reading – Whalley Library	rajnigupta@kumon.com	604-345-4635
Langley Memorial Hospital	Janice.mcintyre@fraserhealth.ca	604-534-4121
Leukemia & Lymphoma Society of Canada	http://www.llscanada.org/ volunteerbcyukon@lls.org	Atul Gadhia 604-733-2873
LMDSS – Lower Mainland Down Syndrome Society	www.lmdss.com / info@lmdss.com	604-591-2722
Mothers Against Drunk Drivers (MADD)	http://madd.ca/pages/volunteering/madd-canada-volunteers/	
MS Society of Canada	https://mssociety.ca / Info.bc@mssociety.ca	604-689-3144
New West – Student Police Academy	www.nwpolice.org	604-525-5411
Oak Avenue Neighbourhood Hub Society	http://www.oanh.ca/index.html / joycefana@oanh.ca	604-582-7088
Options Community Services – Volunteer Placement	http://www.options.bc.ca/volunteer-at-options info@options.bc.ca	604-596-4321
OWL Orphaned Wildlife	www.owlcanada.ca / owlrehab@dccnet.com	604-946-3171
Pacific Riding for Developing Abilities	www.prdca.ca	604-530-8717
Partners in Parks	https://app.betterimpact.com/PublicOrganization/fb99d3e8-d428-4816-9083-b6ccf96a8859/2	
Pedal Heads – Bike, Swim & Superhero Camps for Kids	www.pedalheads.ca	1-888-886-6464
PICS: Progressive Intercultural Com. Services Society	http://pics.bc.ca/	604-596-7722
QMUNITY / LGBTQ	https://qmunity.ca/take-action/volunteer/	604-684-5307
Quest Food Exchange	http://www.questoutreach.org/volunteer/	604-602-0186
REACH – Recreation, Employment, Citizenship	Community Schools Partnership *Contact Kyle Duncan*	Room B106
Red Cross	www.redcross.ca/volunteer/who-is-needed	604-930-9049
Ride to Conquer Cancer	www.conquercancer.ca	888-771-2453
Royal City Soccer Club – Youth Soccer Camps	www.royalsoccer.com	1-800-427-0536
Salvation Army (The)	www.salvationarmy.ca	604-299-3908
Canada Running Series	http://www.canadarunningseries.com/	416-944-2765
S.A.R.A. Society	sarasociety@gmail.com	604-580-8254
Science Alive	http://www.sciencealive.ca/volunteer	
Scouts Canada	www.scouts.ca/ca/volunteer	1-888-855-3336
Small Animal Rescue Society of BC	http://smallanimalrescue.org/	No number

SOAR Philanthropic Society	www.soarps.org	604-652-3113
SportAbility	http://sportabilitybc.ca/	
Spirit of Sea Festival	www.spiritofthesea.ca	
Steve Nash Basketball / Tong Louie YMCA	http://www.basketball.ca/en/stevenash/learn-more	416-614-8037
St. John's Ambulance	www.sja.ca	604-953-1603
Suncreek Village	www.suncreekvillage.ca	604-591-5177
Surrey Animal Resource Center	http://www.surrey.ca/city-services/11182.aspx	604-574-6622
Surrey Arts Centre	www.arts.surrey.ca	604-501-5198
Surrey Cares	www.youth4surrey.org	604-591-2699
Surrey Christmas Bureau	http://christmasbureau.com/	604-581-9623
Surrey Crime Prevention Society	http://preventcrime.ca/?page_id=57 jen@preventcrime.ca	604-502-8555
Surrey Delta Immigrant Services Society	https://issbc.org/volunteer-with-us	
Surrey Family YCMA	www.vanymca.org/centres/tonglouie	604-575-5511
Surrey Food Bank	www.surreyfoodbank.org	604-581-5443
Surrey Heritage Volunteers	http://www.surrey.ca/culture-recreation/2366.aspx	
Surrey Leadership Youth Council	http://www.surrey.ca/youth/128.aspx drsadler@surrey.ca	604-598-5856
Surrey Libraries	https://surreylibraries.ca/support-your-library/volunteer	604-598-7419
Surrey Memorial Hospital	Volunteer.smh@freaserhealth.ca	604-588-3381
Surrey Natural Areas Partnership (SNAP)	http://www.surrey.ca/culture-recreation/2013.aspx	604-591-4011
Surrey Public Library	https://surreylibraries.ca/support-your-library/volunteer	
Surrey RCMP – Volunteering – District / Auxiliary	http://surrey.rcmp-grc.gc.ca/ (click on Careers & Volunteers)	604-599-0502
Surrey Schools – Breakfast Clubs	coulter_s@surreyschools.ca	604-595-6410
Surrey SPCA	www.sPCA.bc.ca	604-597-5655
Surrey Urban Farm Market	http://surreymarket.org/index.php/volunteers/ manager@surreymarket.org	778-228-376
Surrey Urban Mission	www.surreyurbanmission.ca	604-581-5172
Surrey Youth Stewardship Squad (SYSS)	www.surrey.ca/509.aspx	604-501-5158
TB Vets	http://www.tbvets.org/	
The Centre for Child Development	www.centreforchilddevelopment.ca	604-584-1361
Tour de Delta – July event	Tourdedelta.ca / volunteer@tourdedelta.com	604-952-3545
Urban Safari Rescue Society	http://www.urbansafari.ca/	604-531-1100
Vancouver Adaptive Snow Sports (VASS)	www.vass.ca	
Vancouver Children's Festival	www.childrensfestival.ca	604-708-5655
Vancouver Christmas Market	http://vancouverchristmasmarket.com/volunteers/	E-mail only
Vancouver Marathon (May)	www.bmovanmarathon.ca	
Vancouver Sun Run	www.vancouver.sunrun.com	
Wellness Show	www.thewellnessshow.com	604-983-2795 fax
Wildlife Rescue Association of BC	https://www.wildliferescue.ca/what-we-do/volunteering/	604-526-7275
World Wildlife Foundation	www.wwf.ca	1-800-267-2632
YMCA – Vancouver	https://gv.ymca.ca/	604-681-9622
Youth for Care – Surrey Memorial – Fundraising	http://youthforcare.com/	E-mail only
Youth Transforming Society	http://www.youthtransformingsociety.org/	Visit website
YWCA – High School Mentorship Program	www.ywacanada.ca www.vanymca.org	416-962-8084

