



**true north**

a safe place for those impacted by abuse

## **VOLUNTEER PROGRAM**

True North's **mission** is to make sure individuals impacted by abuse are supported through shelter, counselling, resources and prevention services. We are committed to a **vision** of a safe and secure community without abuse.



[www.truenorthab.com](http://www.truenorthab.com)



## FIRST THINGS FIRST, THANK YOU.

People who are invested and committed to supporting the vision, mission and goals of an organization are vital to its success. Volunteers are an important piece of any non-profit's backbone and True North is grateful for each and every person, group and business who have helped us keep families safe for over 27 years. Without the help of volunteers, we would not have been able to touch the lives of thousands of people in their journey to safety and healing.

**Volunteering is at the very core of being a human. No one has made it through life without someone else's help.**

*- Heather French Henry*



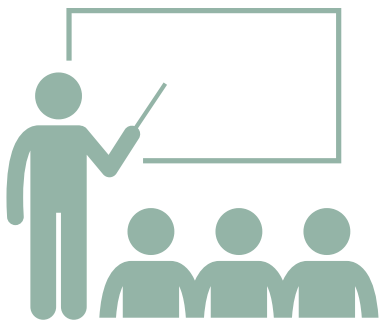
# OUR VOLUNTEER PROGRAM.

We have various volunteer opportunities available throughout the year and invite you to contact our volunteer coordinator if you would like to volunteer or have an idea for a project or an event to support True North.



Due to the sensitive and confidential nature of the work that True North does, opportunities for direct client engagement are limited. Volunteer application forms can be found on our website and can be submitted via email to the Volunteer Coordinator. If you are a practicum student please send your cover letter and resume to [general@truenorthab.com](mailto:general@truenorthab.com)

The need for volunteers for different tasks is ever changing and always evolving. Should the position you are interested in currently be filled, our volunteer coordinator can discuss other opportunities or connect with you when the position requires more support.

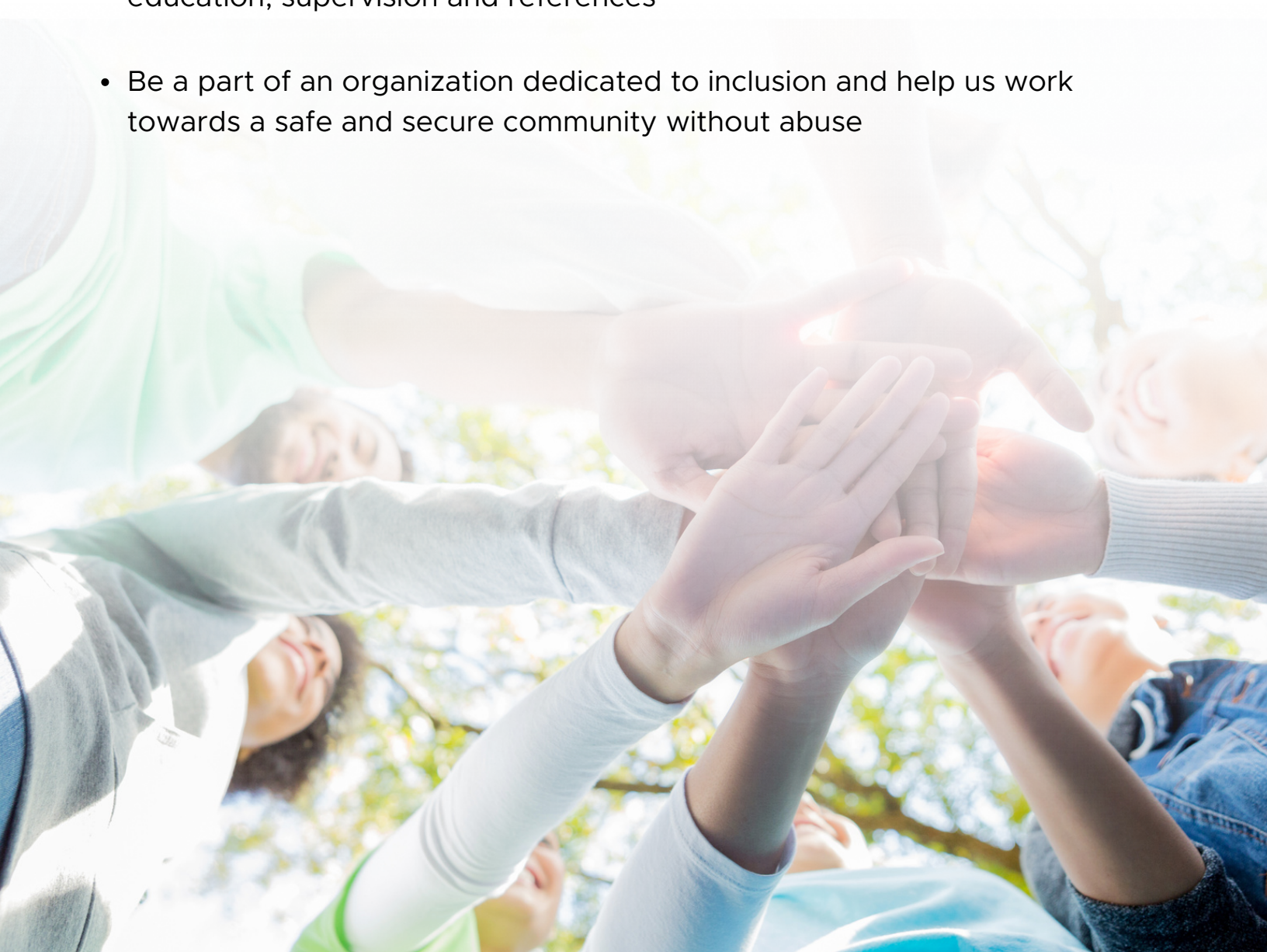


Some volunteer positions will require different levels of training and security clearances. These include, but are not limited to, review and acceptance of True Norths volunteer policy and confidentiality agreements, volunteer orientation and training, basic domestic violence and family abuse training, FOIP training, criminal record checks, drivers abstract and child intervention checks.



# BENEFITS OF VOLUNTEERING WITH TRUE NORTH.

- Supportive, creative and dynamic environment
- Educational/training opportunities available
- Discounted and early access to True Norths events
- A dedicated volunteer coordinator provides one on one training, education, supervision and references
- Be a part of an organization dedicated to inclusion and help us work towards a safe and secure community without abuse



# INDIVIDUAL VOLUNTEER OPPORTUNITIES.

## Donation Room Support

**Who:** Adults that are able to lift up to 25lbs. and love to organize.

**What:** True North has donation spaces that require sorting, folding, cleaning, inventory and organization of donations that continuously arrive at True North. In order to best serve our families with their needs in shelter, an organized and inventoried donation space allows us to quickly and easily access what our families need and see what we are in low supply of.

**When:** Commitment would be between 2- 8 hours per month. Our schedule is as flexible as yours.

**Where:** Strathmore

## Quilters

**Who:** Anyone with the time, talent and materials to create quilts or blankets.

**What:** Due to the years of support from various quilters and quilting groups, True North has been able to supply our families with blankets when they transition from shelter onto to their next step's. Blankets large enough for a twin, double or queen bed are of particular importance.

**When:** Ongoing

**Where:** Anywhere

## Toy Cleaners

**Who:** Youth ages 13+

**What:** We are committed to offering a clean and healthy environment for everyone in shelter. Children and toddlers spend plenty of time engaged in play which means that our toys need to be sanitized constantly. We are seeking community minded youth to help us with this task throughout the year but especially in the summertime.

**When:** Commitment would be 2-12 hours per month. Our schedule is flexible to accommodate a student's needs.

**Where:** Strathmore

# INDIVIDUAL VOLUNTEER OPPORTUNITIES.

## Event Volunteers

**Who:** Adults & youth

**What:** Tasks could include support with event/raffle/50/50 ticket sales, décor planning, event space set up (tables, chairs, place settings, décor etc.), event hosting support (door people, cleaners, bar tenders, auction support, event clean-up crew etc.)

**When:** Various times throughout the year.

**Where:** Strathmore and surrounding area

## Fundraising/Event Committee Members

**Who:** Task oriented adults seeking to help raise funds and make a difference.

**What:** The True North fundraising committee is seeking community-minded, professional and organized adults to join our fundraising committee. This position involves attending fundraising meetings, planning of events, selling tickets, sourcing donations and advocating in the community.

**When:** The position is a minimum 1-year commitment. Duties and time commitments will fluctuate throughout the year based on event times and dates.

**Where:** Strathmore & Surrounding

## Community Booth Support

**Who:** Professional and mature teens or adults willing to provide information about True North volunteer program to the public. The individual would need to be willing to spend time learning about family abuse and providing information in a professional and appropriate way.

**What:** True North hosts community information booths at many different types of events. The volunteer position would require the individual to attend 2-10 events throughout the year, with a minimum commitment of one year. Access to personal transportation is a requirement of this position.

**When:** Various times throughout the year, many events are held on weekends.

**Where:** Strathmore, Calgary and surrounding communities.

# INDIVIDUAL VOLUNTEER OPPORTUNITIES.

## Wellness Support Volunteer

**Who:** Adults with wellness strategy skills are willing to share their time and talents with our families.

**What:** As part of the healing journey, True North promotes self-care and mindfulness strategies to all of our clients. This can look like art, paint nights, tai-chi, spa services, aromatherapy and more. We are seeking professional individuals that are willing to help us support our families in this way. The position is flexible and will require some training and background checks.

**When:** Various times throughout the year.

**Where:** Strathmore and surrounding area

## Residential Support Volunteer

**Who:** Adults to are able to lift about to 25lbs.

**What:** The residential support volunteer would be responsible to helping the crisis team with important tasks to keep the shelter operating smoothly. Tasks like photocopying, building toy and welcome baskets and bedmaking are a few of the items we are seeking your help with in this role.

**When:** We anticipate a time commitment of 2-12 hours per month.

**Where:** Strathmore

## Events Rental Coordinator

**Who:** Adults with strong skills in organization, customer service and attention to detail. Basic knowledge of Microsoft Outlook and Excel are an asset. Access to transportation is required for this role.

**What:** True North has a small inventory of event décor that can be rented out for weddings, parties and other events by donation. We are seeking an individual to help us coordinate this new program. It would consist of taking calls and emails from prospective customers and facilitating the pickup and drop off of the décor items. Tasks include keeping a detailed inventory of items, facilitating rental agreements, meeting with customers at the rental site. The Event Rental Coordinator would receive support from True North Volunteer Coordinator.

**When:** Commitment would be dependant on popularity of this program. We anticipate 8 hours per month at this time. There is a one-year minimum commitment for this position.

**Where:** Strathmore and area.

# CORPORATE AND GROUP TEAMBUILDING OPPORTUNITIES.



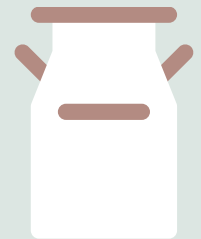
## The Saucy Pot

If you are looking for a great teambuilding activity look no further. Your group can spend a day (or 2) with our Life Skills Coordinator at a local commercial kitchen to help us create kid and budget-friendly meals to freeze for our shelter. We are happy to supply the ingredients, or your team is welcome to purchase them too (tax receipts can be provided). Contact the Volunteer Coordinator for more details or to book your group in today!

## Host the True North Travelling Cream Can

Our longest-running program has raised over \$110,000.00 since its inception in the early 1990s. Your business can be a part of our history by hosting the can for one or more months. The host fee of \$250.00 is considered a donation and a tax receipt will be provided. Your team has their entire month to raise as many funds for the can as possible.

The sky's the limit to what you can do. Businesses have hosted raffles, charity BBQs, bottle drives, provided an in-kind service to their customers for a donation and so much more. Contact the Volunteer Coordinator today to book your month and discuss ideas and options.



## Sponsorship Opportunities

True North is seeking group and corporate sponsors and there are a wide variety of items in and out of the shelter.

**Meal, bedroom, bathroom and birthday party sponsorships** are needed year-round. Please visit the "Sponsorship Opportunities" page for details on how your team can become a sponsor.

The Rose Campaign on December 6th we honour those who have died as a result of gender-based violence. Each year we require a sponsor to supply several dozen red roses to distribute locally as a visual awareness campaign about our mission to end abuse.

Event sponsorships are a great way to showcase your business's philanthropic efforts and are vital for our fundraising goals. If your business or group is interested in event sponsorship, please contact the Volunteer Coordinator to discuss upcoming events.





## Spring Clean up

If your group doesn't mind getting their hands a little dirty and putting in some elbow grease, we are seeking volunteer groups of approximately 2-6 people to help us keep our backyard maintained each spring/summer. We would be seeking a group to pressure wash fences, buildings, decks and windows and complete a clean up of leaves, garbage etc. We have several garden boxes we utilize for our shelter groups and children's activities that would need to be free of weeds and topped up with soil.



## Adopt A Family

Every holiday season True North hosts our annual Adopt-A-Family Campaign. Details of the program will be published on our website in early November each year. Your family or corporate group can adopt one or more families and purchase items on their wish lists.

This program has been available to our residential and outreach families for several years and has proven to change lives and create lasting memories for our families. It's never too early to contact the Volunteer Coordinator for more details or to sign up to Adopt-A-Family.



## Host an Event or Donation Drive

If you would like to support us by hosting your own fundraising event or donation drive? We want to hear from you. Please visit our "Volunteer or Host an Event" page for more details on how we can help you plan and execute your own event.



## Partner with us!

Thank you for your interest in our Volunteer Program. Our Volunteer Coordinator is available to assist you with questions, ideas or comments about our program.

Please contact [Natashaf@truenorthab.com](mailto:Natashaf@truenorthab.com) or (403) 934-6634 ex 0.



## WHO WE ARE.

True North provides programs and services to all people who are affected by family abuse.

Our mission is to make sure individuals and families impacted by abuse are supported through shelter, counselling, resources and prevention services. We are committed to a vision of a safe and secure community without abuse.

### **Thank you for your interest in our Volunteer Program.**

Our Volunteer Coordinator is available to assist you with questions, ideas or comments about our program.

Please contact [Natashaf@truenorthab.com](mailto:Natashaf@truenorthab.com)  
or (403) 934-6634 ex 0

## CONTACT US.

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**[www.truenorthab.com](http://www.truenorthab.com)**

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