



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.





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 30 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

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.

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: Adults, 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 individuals to help us with this task throughout the year.

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

Where: Strathmore

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

Emergency Shelter 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 welcome baskets, bedmaking, and general tidying duties 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

Community Baking/Cooking

Who: Adults with food safety certification that are passionate about cooking, community, and the power of food.

What: Community Cooking is an in-shelter program that promotes practical skill building, strong social connections, sharing of cultural practices, and a sense of belonging through shared experience. As a volunteer, you are encouraged to cook a community lunch or bake an evening snack inviting residents to join you. We are happy to supply the ingredients, or you are welcome to purchase (tax receipts can be provided). We encourage affordable meal ideas that celebrate the season, a holiday, or a culture/tradition that is special to you!

When: Commitment is once or twice a month during weekdays (M-F), excluding Statutory Holidays.

Where: Strathmore.

Outdoor Clean Up

If you don't mind getting your hands a little dirty and putting in some elbow grease, we'd love your support! Support needed for outdoor clean up includes weed-pulling, planting garden containers, raking leaves, and more. Groups of 2-6 can help pressure wash fences, buildings, decks, and windows. In the summer, garden boxes and front-yard spaces can be prepped for the upcoming season. The Outdoor Clean Up program runs Spring, Summer, and Fall.



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. Volunteers can help True North organize donors & Wishlist items.



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 general@truenorthab.com or (403) 934-6634 ex 0.

CORPORATE AND GROUP TEAMBUILDING OPPORTUNITIES.

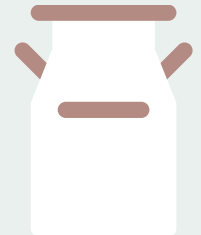


The Saucy Pot

If you are looking for a great teambuilding activity look no further. You or a 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 as 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 on our website 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.



hello

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.

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CONTACT US.

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