

It's easy to make a difference.



Welcome to the Volunteer Centre

United Way Volunteer Centre links residents looking to volunteer with agencies and organizations that have opportunities.

Not-for-profit organizations from across the region come to us with their volunteer opportunities, and we make them available to people like you with time and talent to share. Then we help you get started on the road to a fulfilling volunteer experience.

- Visit our website, www.unitedwaykfla.ca to learn about volunteer opportunities in the community.
- Connect directly with the organization.
- Or you can call the Volunteer Centre for assistance at **613-542-2674** or email volunteer@unitedwaykfla.ca.

We'll match your talents and interests with an organization that's right for you.



Making a
difference.
It's easier than ever.

Contact United Way Volunteer
Centre to find out more.



United Way
Kingston, Frontenac,
Lennox and Addington

United Way Volunteer Centre
417 Bagot Street
Kingston, ON K7K 3C1
Tel: 613-542-2674
volunteer@unitedwaykfla.ca
www.unitedwaykfla.ca



Take the
time to
make a
difference.



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Be a Volunteer



Volunteers Make a Difference

Every day we see people who are doing things they believe in, things they feel are important to their community.

Volunteers in Kingston, Frontenac, Lennox & Addington...

- ... coach our kids' soccer teams
- ... serve meals at our soup kitchens
- ... read to seniors
- ... guide museum tours
- ... answer calls to crisis hotlines
- ... lead and govern our not-for-profit agencies
- ... mentor our kids
- ... and much, much more

What volunteers are saying ...

"This has been an extremely enriching experience and has provided me with a wealth of opportunities that are allowing me to follow my dreams and to make a difference. I have discovered a lot about myself, my passions, my community and the world."

Natalie Kauf
Immigration Services Kingston & Area volunteer

Quote from Chuck Bulch who volunteers with his wife Mary at Hotel Dieu Hospital.

"Both of us come from small communities where neighbours help neighbours," says Chuck. "That's what it feels like with the Snack Cart. And we're both 'people people' so meeting lots of folks around the hospital is fun for us."



Benefits of Volunteering

Volunteering provides a number of benefits.

Volunteering can...

- Provide an opportunity to share experience and knowledge
 - Lead to better health
 - Keep you active and alert
 - Help you learn new skills
 - Build self-esteem
 - Help you gain employment skills
 - Challenge your mind
 - Gain personal satisfaction
 - Fight boredom
 - Meet volunteer hour requirements
 - Help you meet new people
- ..and have FUN!

Volunteers make our community a better place.

Who can volunteer?

Anyone. That's the beauty of volunteerism.

You can be an adult, a student or a senior. You can do it on your own, with a team of co-workers, with your family or your friends.

However you want to get involved with your community, we have a volunteer experience for you.

Volunteering is flexible and adaptable to your needs. Whether you are looking for short-term or long-term commitments, there are opportunities for you to make a difference.

Who needs volunteers?

- Social Service Agencies
- Hospitals
- Schools
- Sports Leagues
- Religious Institutions
- Community Centres
- Long-Term Care Facilities
- Fundraisers
- Research Facilities
- Cultural Events