



United Way Volunteer Centre

Volunteers Grow Community

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

Volunteering is a vital component to the communities of Kingston, Frontenac, Lennox and Addington. Volunteers strengthen the community by increasing capacity and creating ownership.

Not-for-profit organizations from across the region come to the Volunteer Centre with their volunteer opportunities, and United Way Volunteer Centre makes them available to people within the community with time and talent to share. Whether you are looking to fulfill a school requirement, gain work experience, enhance your skills or give back to the community, there are opportunities for everyone.

“ 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. ”

Chuck Bulch who volunteers
with his wife Mary



Over **700** volunteers have been connected to organizations through United Way KFL&A



Over **100** organizations in KFL&A make use of the United Way Volunteer Centre.

Visit our website,

www.unitedwaykfla.ca/volunteer-centre to learn about volunteer opportunities in the community or call the Volunteer Centre for assistance at **613-542-2674** or email volunteer@unitedwaykfla.ca

“ 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



United Way of Kingston, Frontenac,
Lennox and Addington

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