



Volunteer Opportunities

Ways to make a difference in your community...

TRANSPORTATION

Volunteers transport clients to and from destinations for medical appointments, treatments, social outings, shopping, banking and other activities of daily living for those who cannot drive themselves. As a volunteer driver requests for transportation are filled on an as needed basis and based on your availability and distance preference. **Mileage is reimbursed.**

Volunteers currently needed in all areas.

MEALS ON WHEELS

Volunteers choose how often they are able to be on the schedule to help deliver meals (weekly, bi-weekly, monthly, or as a backup).

Hot Meals on Wheels volunteers arrive at our meal site late morning and deliver meals right to the homes of the clients we serve. Meals are delivered Monday-Friday (except on holidays) over the lunch hour period. Trained volunteers work together to provide clients with healthy, nutritious meals. One volunteer drives, while the other ('runner') takes the meal to the client. As a 'runner' a driver's license and a vehicle is not required. Volunteers can choose to work alongside another volunteer when delivering hot meals or alone.

Volunteers currently needed in Brockville, Prescott & Gananoque.

Frozen Meals on Wheels volunteers deliver meals once a week at a set day & time.

Volunteers currently needed in all areas.

FOOT CARE CLINIC

Volunteers provide a friendly and welcoming environment with responsibilities that include greeting clients, scheduling new and follow-up appointments, collecting payment and interaction with the clients.

Volunteers currently needed in Brockville, Athens, Prescott, Cardinal, Gananoque & Westport.

ADULT DAY SERVICE

Volunteers work directly with program staff providing assistance, companionship and encouragement to the clients. Volunteers require patience, dependability and compassion.

Volunteers currently needed in all areas.

LIFELINE VOLUNTEERS

Volunteers install and service Lifeline equipment. There is also a component of teaching involved. Training and ongoing support are provided. If you have a driver's license and would enjoy helping the subscriber learn how to use the equipment, then this may be the volunteer opportunity for you!

Mileage is reimbursed.

Volunteers currently needed in all areas.

DINERS CLUBS

Volunteers assist individuals who otherwise don't have an opportunity to enjoy a meal in the company of others. Depending on the Diners' Club location, volunteer opportunities include: transporting clients to and from the venue (for those in need), set up, food preparation, cooking, serving, and clean-up. There is something about a hot, home-cooked meal that warms the belly as much as the heart!

Volunteers currently needed in Gananoque, Seeleys Bay & Maitland. Volunteer cook currently needed in Spencerville. Volunteers to transport clients are currently needed in all areas.

Requirements...

As a volunteer, you can decide how often you are able to help out. All CPHC volunteers are required to go through a screening process before becoming a volunteer which includes an application, reference checks, Satisfactory Criminal Record Check and Vulnerable Sector Screening an orientation to the program.

Volunteer drivers must have a valid driver's license, satisfactory Ministry of Transportation drivers' abstract and minimum of \$2 million Personal Liability & Property Damage Insurance.

Sign up today

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