

Volunteering at Country Meadows and Health Centre

Volunteering provides an opportunity for all of us to learn more about ourselves and our community.

For students, volunteering can also help you learn about different career paths that may interest you and can also help you develop useful skills.

Many volunteer opportunities offer youth a head start in their professional lives as employers seek out potential employees who demonstrate they are able to new environments and are willing to learn new skills.

Individual Benefits of Volunteering

- Discover new skills, talents and interests
- Building self-esteem through hands-on experience
- Job skill development: learn team-building, leadership and problem-solving
- Be a part of the “working world” and see how an organization works from the inside
- Networking!! Possible future employment and professional references

Community Benefits of Volunteering

- Work with others to accomplish change
- Improve the lives of others in your community
- Help create a sustainable, healthy community

We encourage students to reflect on their skills and interests with family, teachers and friends before choosing a volunteer opportunity.

Learning how to identify the skills and benefits gained from volunteering will help young students become aware of what they will gain from community engagement.

For information about Teen Volunteering, please contact Mrs. Sneesby at NACI.

Teen Volunteer Program

Grades 9-12 Students

Country Meadows or Neepawa Hospital

Possible Volunteer Hours: 4-6 pm or between 6 pm and 9 pm in the evening, Saturdays, In-Service Days, Christmas or Spring Break

Some possible duties include:

- visit with residents/patients one on one
- read to residents
- play games with residents – cards, trivia, Wii, computer games
- help residents type emails
- help residents to dining room at mealtime
- distribute water to patients
- take residents for a walk
- play the piano or any musical instrument for the residents

10 volunteer hours = 1 ECA point

16 ECA points = 1 BPC credit (160 hours = 1 credit)

Explore future career possibilities while volunteering. Volunteering can be very rewarding!!

Listen for announcements about when to sign up or see Mrs. Sneesby if you have any questions.