

# Volunteer Engagement at the Bernard Betel Centre



## Community Support Services

Volunteers with special skills can lead a program or share their expertise in an area of interest to seniors by providing one or a series of lectures on a given topic. Through volunteer support in this area, we are able to offer a variety of free programming to our members.

## CURRENT COMMUNITY SUPPORT SERVICES VOLUNTEER OPPORTUNITIES:

### Meals on Wheels Drivers

This program provides seniors with a nutritious meal and a security check. Routes are available weekdays between 11 am – 1 pm. Volunteers are needed to can provide back-up support when one of our regular volunteers is unavailable.

### Friendly Visiting

Trained volunteers visit seniors in their home who are socially isolated. Provide companionship, support and reassurance. Visits take place once a week for 1-2 hours.

### At Home Respite

Volunteer relief is provided to caregivers (age 55+) who are looking after a loved one at home. No nursing or physical care is provided. Visits are once a week for 3 hours.

## How to apply to our Volunteer Program?

Contact Cheryl Besner, Volunteer Services Manager  
at 416-225-2112, ext. 127 or [cherylb@betelcentre.org](mailto:cherylb@betelcentre.org)

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