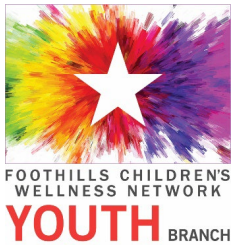


<p><u>ALBERTA HEALTH SERVICES</u> Alberta Health Services Rural facilities in Black Diamond and High River have multiple youth focused opportunities for volunteerism from age 14 upwards. Youth are welcome to join and experience volunteering in a health care environment.</p> <ul style="list-style-type: none"> • High River Hospital • Okotoks Health and Wellness • Oilfields Hospital Black Diamond 	<p><u>FOOTHILLS COMMUNITY IMMIGRANT SERVICES</u> Okotoks Office Office 8, Bay 2 87 Elizabeth Street Okotoks, Alberta T1S 1B3 Call: 403.938.4699 Email: nislas@ccisab.ca</p> <p>High River Office 2nd Floor, 9A 710 Centre Street SE High River, Alberta T1V 0H3 Call: 403.652.5325</p> <p>CCIS Alberta - Rural Alberta Services ccisab.ca</p>	<p><u>HIGH RIVER FOOD FOR THOUGHT</u> Prepare free lunches for students Pre K-12 Volunteer High school students needed</p> <p>Call: 403-422-0475 Email: hfoodforthought@gmail.com</p> <p>https://www.hfoodforthought.ca/volunteer</p>
<p><u>BIG BROTHERS BIG SISTERS</u> Ages: 6-12 (mentees), 14-17 (mentors) years old Time Commitment: 1 hour per week for one year (excluding school breaks) Availability: Okotoks. Meeting weekly at the school Apply online http://bbbscalgary.ca/teen/</p>		<p><u>HIGH RIVER LIBRARY</u> High River Library welcomes individuals who want to give their time and talents to make a difference in their community. Volunteer opportunities range from program and special event support to fundraising, marketing or shelving. Contact the library at: Telephone: 403-652-2917 Email: library@highriverlibrary.ca</p>
<p><u>FOODBANKS</u> Black Diamond Phone: 403-933-4114 Address: 125 Royal Avenue P.O. Box 118 Turner Valley, AB</p>	<p><u>HIGH SCHOOLS</u></p> <ul style="list-style-type: none"> • Oilfields High School • Highwood High School • Foothills Composite High School, Alberta High School of Fine Arts • Holy Trinity Academy • Notre Dame Collegiate • St Luke's Outreach Centre 	<p><u>INCLUSION FOOTHILLS (formerly Foothills SNAPS)</u> Inclusion Foothills provides support, education and information to youth and families Multiple volunteering opportunities in several programs. Address: 125 4th Ave High River, AB. T1V 1M3 www.inclusionfoothills.org Call: (403)603-3232 or toll free 1-866-507-6277</p>
<p>Okotoks Phone: 403-651-6629 Unit # 7 109 Stockton Point Okotoks, AB T1S 1B3 Mailing Address: P.O. Box 942 – Okotoks, AB T1S 1B1 Volunteer With Us - Okotoks Foodbank</p> <p>High River Address: 119 Centre Street S.E., High River, Alberta, T1V 1R7. Phone: 403-652-5054 https://salvationarmy.ca/volunteer/</p>	<p><u>HIGH RIVER MAYOR'S YOUTH ADVISORY COUNCIL</u> The Mayor's Youth Advisory Committee (MYAC) is a group of local youth helping High River be a vibrant, well planned community, <i>with youth and for youth</i>. The MYAC members:</p> <ul style="list-style-type: none"> • Share their priorities in the community • Bring about change • Provide a Youth Voice in High River. • Volunteer opportunities for ages 14-19 Phone: 403-603-3454 <p>High River's Youth Advisory Committee - Town of High River</p>	<p><u>MILLARVILLE RACE TRACK</u> Variety of volunteering opportunities to support year-round events. Call: 403-931-3411 or e-mail: office@millarvillacerack.com</p> <p>http://www.millarvillacerack.com/get-involved/volunteer/</p> <p><u>OILFIELD'S SPORTS ASSOCIATION</u> They have recreational sporting opportunities for youth – with volunteer opportunities 403-933-7016 for more information</p>



Something to consider

VOLUNTEERISM

<p><u>OKOTOKS PUBLIC LIBRARY</u> Volunteer opportunities available for library programs and special events. If interested in volunteering, please contact the library. Telephone: 403-938-2220 Email: volunteer@okotokslibrary.ca Volunteer (okotokslibrary.ca)</p>	<p><u>TOWN OF OKOTOKS</u> Contact the Volunteer Resource Centre or fill out your Volunteer Application Form Contact - volunteer@okotoks.ca www.okotoks.ca/volunteer Call: 403.938.8936 In Person: Okotoks Volunteer Services Okotoks Recreation Centre 99 Okotoks Drive</p>	<p><u>WILDROSE COMMUNITY CONNECTIONS</u> Food Rescue: Rescues food from several different grocery stores. Rescues occur Tuesday and Thursday morning from 9-10:30 am. Volunteers can sign up for one shift to try it out before doing any paperwork. Training is available on site. The rescue shifts do require lifting. Sarah at 403-601-0979 or Bianne 403-498-5255 Contact: highriverfoodrescue@gmail.com</p>
<p><u>OPTIMIST CLUB OF OKOTOKS</u> Community members can volunteer however they are interested without needing to be members. Our motto is "Bringing out the best in Kids" There are Optimist clubs all around the globe and are established to help bring out the best in kids through any means possible; providing mentoring programs, finding coaches for athletics or establishing programs, helping families in need or providing assistance, scholarships, building parks in neighborhoods who may not have one All the money raised by Okotoks Optimist stays within our community. okotoksoptimist@gmail.com</p>	<p><u>UNITED WAY PARTNERSHIP</u> Supported by the Towns of High River and Okotoks, volunteers are needed to make up the committees that oversee community specific fundraising and distribution of the funds raised. High River Contact: High River FCSS - #101, 303 9 Ave SW Email: fcss@highriver.ca Telephone: 403-652-8620 Okotoks Contact: Okotoks FCSS – 99 Okotoks Drive Telephone: 403-995-2773</p>	<p>Caring Connections : Volunteers meet with isolated seniors/individuals in their homes to share soup and a bun (provided) as well as some great company. Volunteers can set up a visitation schedule that works for them. https://www.volunteersignup.org/H7CAP Volunteer — Wild Rose Community Connections</p>
<p><u>TOWN OF BLACK DIAMOND</u> Oilfields Sports Association, Girl Guides, Scouts For more Information email: Suzan@town.blackdiamond.ab.ca</p>	<p><u>VOLUNTEER ALBERTA</u> Information resource and connection to volunteer opportunities locally and more. They use Volunteer Connector a new provincial volunteer matching site for Alberta. Volunteer Connector postings include information to help you find the perfect fit – like time commitment, age requirements, and information about training. You can search for opportunities using filters related to the most common motivations—and barriers—for getting involved: Contact: http://volunteeralberta.ab.ca/ volab@volunteeralberta.ab.ca Facebook @VolunteerAlberta Twitter@VolunteerAB Ph: 1.877.915.6336</p>	
<p><u>TOWN OF HIGH RIVER</u> Town of High River actively promotes volunteerism in the community among residents and visitors. Volunteer Opportunities - Town of High River Browse Volunteer Opportunities Volunteer Connector</p>		