

ALBERTA HEALTH SERVICES

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.

- [High River Hospital](#)
- [Okotoks Health and Wellness](#)
- [Oilfields Hospital Black Diamond](#)

BIG BROTHERS BIG SISTERS

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/>

FOODBANKS

Black Diamond

Phone: 403-933-4114

Address: 125 Royal Avenue

P.O. Box 118 Turner Valley, AB

Okotoks

Phone: 403-651-6629

Address: Unit # 7 109 Stockton Point

Okotoks, AB T1S 1B3

Mailing Address:

P.O. Box 942 – Okotoks, AB T1S 1B1

Website: <http://okotoksfoodbank.ca/>

High River

Address: 1006B 11 Ave SE, High River AB T1V

Phone: 403-652-5054

<https://salvationarmy.ca/volunteer/>

FOOTHILLS COMMUNITY

IMMIGRANT SERVICES

Culture Club members can be trained to become Youth Cultural Ambassadors. To become one, there is 1.5 to 3 hours training workshop. Training is done in the school.

Okotoks Office

Office 8, Bay 2 87 Elizabeth Street

Okotoks, Alberta T1S 1B3

Call 403.938.4699

Email: nislas@ccisab.ca

High River Office

2nd Floor, 9A 710 Centre Street SE

High River, Alberta T1V 0H3

Call 403.652.5325

<https://www.ccisab.ca/services/rural-alberta-services/high-river.html>

INCLUSION FOOTHILLS (formerly

Foothills SNAPS) 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

or

335B Macleod Trail SW

call (403)603-3232 or toll free 1-866-507-6277

<http://fsnaps.org>

HIGH RIVER MAYOR'S YOUTH

ADVISORY COUNCIL

The Mayor's Youth Advisory Committee (MYAC) is a group of local youth helping High River be a vibrant, well planned community, *with youth and for youth*. The MYAC members:

- 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.

<https://highriver.ca/mayors-youth-advisory-committee/>

HIGH RIVER FOOD FOR THOUGHT

Prepare free lunches for students Pre K-12

Volunteer High school students needed

Call 403-422-0475

Email hrfoodforthought@gmail.com

<https://www.hrfoodforthought.ca/volunteer>

LITERACY FOR LIFE

Opportunities to help with promotion and awareness, photography/videographer, helping in the office when needed with shredding paper, folding, cutting, labeling. Helping with events like the Teddy Bear Picnic, Dog Tale screenings. maybe helping with social media.

Melody Jewell - Volunteer/Program Support

403-652-5090

m.jewell@litforlife.com

MILLARVILLE RACE TRACK

Variety of volunteering opportunities to support year-round events.

<http://www.millarvilleracetrack.com/get-involved/volunteer/>

Call 403-931-3411 or our

e-mail office@millarvilleracetrack.com

OILFIELD'S SPORTS ASSOCIATION

They have recreational sporting opportunities for youth – with volunteer opportunities

Call 403-933-7016 for more information

TOWN OF BLACK DIAMOND

Oilfields Sports Association, Girl Guides, Scouts

For more Information Email:

Suzan@town.blackdiamond.ab.ca

TOWN OF HIGH RIVER

Town of High River actively promotes volunteerism in the community among residents and visitors.

Download the FREE 'Our High River' App on Google Play or the App Store

The activation code is: **our high river**

Contact Jody Seeley at 403-603-3547

or jseeley@highriver.ca

TOWN OF OKOTOKS

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



Something to Consider
Volunteerism

Foothills Children's Wellness Network- YOUTH BRANCH

HIGH SCHOOLS

- 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

VOLUNTEER ALBERTA

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/>

WILDROSE COMMUNITY

CONNECTIONS

FOOD RESCUE AND SOUP FOR THE SOUL

Food Rescue

Description: Food Rescue-rescue 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.

Soup for the soul: Description: Soup for the Soul Program-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. The rescue shifts do require lifting.

How to Join:

Sarah at 403-601-0979

Brianne 403-498-5255

Contact:

highriverfoodrescue@gmail.com

<https://www.volunteersignup.org/H7CAP>

CALGARY - Information on youth services and organisations see Calgary Youth Services Guide
https://www.calgary.ca/CSPS/CNS/Documents/youth_services_guide.pdf?noredirect=1

GENERAL INFORMATION CALL 211