



## Volunteer Posting

### **My Lions Gate BREAK Program Volunteer**

**Organization:** Capilano Community Services Society

**Volunteer Location:** 1733 Lions Gate Lane, North Vancouver

**Type of Position:** Volunteer (Unpaid)

**Days/Hours of Program:** Monday or Wednesday (Between the hours of 11:00 AM to 3:00 PM)

**Time Commitment:** 2 to 4 Hours Per Week

**Start Date:** As soon as possible

### **About Capilano Community Services Society**

Capilano Community Services Society (CCSS) is a registered, not-for-profit charitable society with a mission to foster safe, inclusive, and healthy communities where individuals and families can thrive. CCSS provides engaging, low-cost and no cost family, youth, and seniors programs and support services for North Shore residents. Our programming enhances social connectedness, wellbeing, resiliency, and promotes a sense of community belonging. CCSS is based out of the Lions Gate Community Recreation Centre.

### **Overview of My Lions Gate BREAK Program**

My Lions Gate BREAK (MLGB) is an adult day program for individuals with mild to moderate dementia. The program runs every Monday and Wednesday from 11:00 AM to 3:00 PM. Our goal is to support and enhance the quality of life for each program participant, while providing a period of respite to their family caregivers.

### **Overview of My Lions Gate BREAK Volunteer Role**

We are looking for a dedicated and compassionate volunteer to support our My Lions Gate BREAK program. This is a meaningful volunteer opportunity for someone who enjoys building relationships, values inclusion, and is comfortable supporting individuals with mild to moderate dementia. The MLGB Volunteer will work alongside the MLGB Program staff team in maintaining a respectful and supportive environment.

### **Volunteer Description**

- Assist with set-up and clean-up of the program space
- Engage with participants to help them feel comfortable and included



- Support staff in recreational and therapeutic activities like art, music, games, and conversation circles
- Accompany participants on a short daily walk

### **Are you?**

- Energetic and passionate about working with seniors with dementia and creating a warm and caring environment in which they can thrive
- Knowledgeable of the issues associated with dementia
- A great listener and team player who is patient and kind.

### **Additional Criteria**

- A successful criminal record and vulnerable sector check will be required prior to the start of volunteering (at no cost to the volunteer)
- This position requires a time commitment of 2 to 4 hours per week either on Monday or Wednesday between the hours of 11:00 AM to 3:00 PM.
- A commitment to volunteering for minimum of 6 months.

### **More Information**

Training and a volunteer orientation will be provided to all volunteers. In addition, CCSS offers volunteer recognition, and we hold volunteer appreciation events throughout the year.

### **How to Apply**

To apply for this volunteer position, **please email** Austin Neaves, Seniors Program Supervisor at: [austin@capservices.ca](mailto:austin@capservices.ca). In the email, write a few sentences about yourself and why you are looking to volunteer.