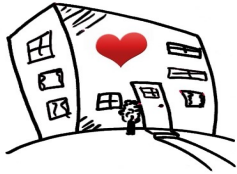


*I found that helping people rebuild their lives is very rewarding: Tom Haslam-Jones, Volunteer*



**Home is where the heart is: Volunteers make all the difference at Our Harbour.** They form the life-blood and muscle to make it such a special place for the residents.

Consider contributing through one or more of the following :

- ⇒ Friendly visits: visit one resident on a weekly or biweekly basis to go for walks, chat in the apartment or in a coffee shop, cook together and help with shopping, or go out together to movies, church, swimming etc.
- ⇒ Accompanying a resident to medical or other appointments.
- ⇒ Driving: take several residents on organized outings such as to museums, pool halls, parks, theatre, sugaring off; take residents once a week to a food bank.
- ⇒ Administration: sit on our committees → fund-raising, marketing, communications, and human resources, or become a member of the Board of Directors.



Our Harbour provides community-based supported housing for people living with mental illness. Our many volunteers receive training and mentoring in a friendly, reassuring environment. Joining us will expand your life experience, hone new skills, introduce new friends and open you to the deep feeling of satisfaction which comes from doing something truly worthwhile.

If you are interested in volunteering, contact Catherine Gillbert at 450 672 1519 or [catherine.gillbert@videotron.ca](mailto:catherine.gillbert@videotron.ca)

