



Apartment Volunteer Expectations

Sensitivity to mental illness

- Acceptance and compassion
- Openness to learning and being challenged

Characteristics

- Willingness to build trusting relationships and provide support in a manner that fosters independence and self-esteem
- Flexibility
- Ability to provide both practical and emotional support

Responsibilities

- A time commitment of 3 months, two to four visits per month
- Attendance at a training/orientation session
- Regular contact with a coordinator and team members at planning meetings

Tasks (these are a few of the tasks a volunteer can help with):

- Meal planning, grocery shopping, and/or cooking
- Fitness / sports activities
- Organizing
- Budgeting
- Help with computers (Office 365)
- Participating in outings and social activities
- Driving for events, activities
- Transportation and accompaniment for medical appointments

Screening

- Candidates must come in for a personal interview and fill out an application.
- We require two personal references from, for example, a priest or rabbi, employer, friend or fellow member of an association.
- All candidates must complete a police check.

*Mileage and parking may be reimbursed if requested. Volunteers must submit a signed expense report with receipt.

For more information, please contact Dolly Shinhat, Director General at 450-671-9160 or by email at: dg@ourharbour.org

Or visit our web site: www.ourharbour.org