# Volunteer Directory

2021-2022

## WHY VOLUNTEER?

### It's a win-win situation.

- Gain skills and experience to build your resume, while the community benefits from your involvement. Volunteering strengthens communities; it's your chance to support community resources that you are interested in or that benefit people/ causes you care about.
- Be part of a team and learn valuable leadership and life skills.
- Explore areas of interest/ possible careers.
- Finding a paid job is often difficult for a student without any previous work/ volunteer experience.
- Improve your chances of getting into post-secondary.
- Community service is selection criterion for many scholarships and bursaries. The depth of your commitment is a large factor, that's why you should think about volunteering a lot earlier than at the start of Grade 12.
- Making a difference in someone else's life feels good!
- BONUS: Gain the minimum of 30 hours of volunteer work to fulfill graduation requirements. Make sure your supervisor confirms your volunteer commitment.

**Please note:** The Career Centre at Dr. Charles Best Secondary is providing this directory as a service to our students. The intention is to facilitate students' efforts to find and obtain a volunteer position. This compilation of opportunities (listed in no particular order) is not meant to endorse any organizations. Students are encouraged to discuss their volunteer plans with their parents/ guardians before approaching any organization or making any commitments.





### **STAY INFORMED**

Be in the know when it comes to open volunteer positions.

- ✓ Read the Best Informer.
- ✓ Read the school newsletter.
- ✓ Follow the Best Career Centre on teams (team code gvrymg1).
- ✓ Make it a habit to check the <u>Best Career Centre</u> website regularly (Employment/ Volunteering section).

## LOCAL VOLUNTEER OPPORTUNITIES

#### **CITY OF COQUITLAM**

There are many volunteer opportunities with the City of Coquitlam: Recreation and Community Services, Aquatics, Fitness, Sports, Environmental, Community Centres, Snow Angels, the Animal Shelter, etc. Start by creating a volunteer profile and explore open positions. <u>https://www.coquitlam.ca/415/Volunteer-Opportunities</u>

**Park Spark:** Have fun and gain meaningful experiences while enhancing Coquitlam's parks. Opportunities include ongoing park care activities, group park projects, drop-in volunteer activities, and during Oct-Nov the Christmas Light Brigade. https://coquitlam.ca/734/Park-Spark

**Park Spark Volunteer Sport Host:** Act as an ambassador for the park, answering questions from the public. Lend out sporting equipment, participate in outdoor sport activities. Observe and report on sport field conditions. Pick up litter, etc.

Criteria: 13+. Background in outdoor sport & recreations, local knowledge of the park or willingness to learn, friendly w/ good communication skills, problem solving skills. Contact: Paul Radnidge pradnidge@coquitlam.ca

**Youth Outdoor Sport Committee**: Assist Outdoor Sport staff in development and implementation of youth outdoor sport opportunities.

Criteria: 13+. Communication skills, ability to problem solve, able to do light physical labour. Contact: Paul Radnidge, pradnidge@coquitlam.ca

**Spotlight on Sport:** As a Spotlight on Sport volunteer, you have the opportunity to celebrate, inspire and appreciate sport in your community. <u>https://coquitlam.ca/756/Spotlight-on-Sport</u>

#### Community Support Social Media Project: High

School Students going into Grade 10 and up are wanted to set up and activate two to three social media tools (Facebook, Instagram and Twitter) for the participating community organizations. Volunteers will build content for these tools using pictures and writing to promote the purpose of the organization and their programs, events and services. Goal is to get the word out about the organization using technology to engage followers and build new community connections. https://www.coquitlam.ca/1058/Community-Volunteer-Support-Hub

#### CITY OF PORT MOODY

Volunteer options range from working with children, ice sports programs, aquatics to special events. <u>https://www.portmoody.ca/en/city-hall/volunteering.aspx</u>

#### CITY OF PORT COQUITLAM

Volunteer for one of the many kids or recreation programs (i.e., After School programs, arts program, skating lessons, Leisure Buddies). https://www.portcoquitlam.ca/recreation/volunteering/

#### COQUITLAM & PORT MOODY FARMERS MARKETS

Help out at the weekly farmers' market: Setting up and tearing down the market each week, providing general assistance to vendors and visitors, helping with crafts and events, like the Halloween Spooktacular and the annual Blueberry Pancake Breakfast.

https://makebakegrow.com/get-involved-at-themarket/

#### SHARE FAMILY & COMMUNITY SERVICE

The Food Bank provides food hampers at the Port Moody, Coquitlam and Port Coquitlam SHARE Food Banks serving over 900 households each month. Tasks include sorting food, packing hampers and other activities as needed. https://sharesociety.ca/volunteer-for-share

#### POCO PEOPLE'S PANTRY

Various shifts and positions. Food hamper assemblers needed on Mondays, or Tuesdays, or Wednesdays 2:30 - 5:30. Food sorters are needed on Sundays 9:30 am - 1:00 pm.

Must be Grade 10+. https://thepeoplespantry.ca/volunteer/



#### AUNT LEAH'S CHRISTMAS TREE LOT

Fun, outdoor, all-weather activity. Suitable for individuals of all ages and with a wide range of skills: Cashiers, customer service representatives, and individuals who can safely lift 50Lbs+. Training provided on site. Flexible shifts, late November to Christmas.



Contact: hrayson@auntleahs.org

#### COQUITLAM PUBLIC LIBRARY

"Reading Buddies": Gr. 9-12 students help their little buddy (in Gr. 1-4) practice reading.

**Homework Help Club**. Gr. 9-12 students are paired with Gr. 1-6 students to help with homework assignments.

**Parlez-Nous en Francais**: Fluent French-Speaking teens in Gr. 8-12 are paired with FRIM students in Gr. 1-6 to help with homework and French conversation.

Sessions start multiple time/ year. Check out <u>www.coqlibrary.ca/programs/overview</u>

**Teen Advisory Council:** Middle and high school students plan and deliver programs for youth, and provide guidance on Library services, while earning community hours. <u>Application Form</u>

Contact: Librarian Chris Miller cmiller@coqlibrary.ca

#### PORT MOODY LIBRARY

"**Book Buddies**": Share stories and books with kids to help them improve their reading skills. Criteria: 13+

"Code Buddies": Help kids learn how to code in Scratch. Build games and animations together. You don't have to know how to code to be a volunteer. Criteria: 14+

"Homework Help": Be a mentor and help kids in grades 1-5 with their homework. Must be 13+

**Teen Advisory Group:** Have your say! Meet new people and share your ideas for displays, events, and books at the library. Must be 13-17 yrs.

https://www.portmoodylibrary.ca/en/programs-andevents/teen-volunteer-programs.aspx



#### PORT MOODY STATION MUSEUM

Do you have a passion for Heritage? For History? For Port Moody? Want to get involved in your community while enriching Heritage preservation, knowledge, and education? Volunteer work ranges from working in the collection, transcribing historical documents, working in our garden, assisting in producing a video or helping at an event (i.e., Holiday Festival volunteers, loco Ghost Town Days).

http://portmoodymuseum.org/index.php/volunteers/

#### COMMUNITY POLICE STATION (CPS) VOLUNTEERS

Volunteer to make our community safer, i.e., bike and foot patrols to support crime prevention, take non-emergency police reports at CPSs for minor incidents such as lost and found property, attend community events to do outreach and education and deliver public safety programs. Must be 16+. More info:

https://www.coquitlam.ca/441/Volunteer-in-Community-Police-Stations

#### **COQUITLAM EXPRESS**

At the beginning of the hockey season the Coquitlam Express recruits Game Day volunteers who run the Box Office and perform other Game Day tasks. This opportunity is a full season commitment, incl. playoff season. Must be in Grade 11 or 12.

Contact: info@coquitlamexpress.ca

Do your research! Are there any workplaces in your community that interest you?

Talk to your vet, your orthodontist, your KUMON centre, your former elementary school teacher, your grandma's retirement home, the auto body shop down the street. If you see an opportunity to make yourself useful while gaining experience at the same time, it's worth asking.

#### PLACE DES ARTS

Regular volunteer opportunities as well as Summer & Spring Break camps. Art related.

**Youth Arts Council:** Gr. 9-12 student provide opportunities for youth to get involved with and make contributions to the local arts community. Will organize and promote arts events and programs for youth.

Criteria: Strong interest in the arts (i.e., visual arts, dance, theatre, literary arts). Excellent organizational and time management skills. Team player. Positive attitude and willingness to learn.

volunteer@placedesarts.ca

#### PORT MOODY ARTS CENTRE

Opportunities include Pro-D Day and summer/ spring break camps.

Craft Volunteers: Assist with activity set up and clean up (putting out tables and chairs, mixing paint, organizing art supplies, etc.) and encourage children with their art activities.

Birthday Party Volunteers: Assist with weekend children's birthday parties of creative themes and art projects.

Must be 14+. https://pomoarts.ca/volunteer

#### **EVERGREEN CULTURAL CENTRE**

#### PLACE MAILLARDVILLE

Regular Volunteer positions as well as Summer & Spring Break Camps. Also: French Homework Help

programs@placemaillardville.ca

#### FESTIVAL DU BOIS DE MAILLARDVILLE

Francophone celebration taking place over two days in early March. Volunteer positions incl.: Site set up, welcoming/ info booth, traffic & parking, cashier, puppets, preparing & selling poutine, serving food. Contact: reception@maillardville.com

https://www.festivaldubois.ca/volunteer/

Volunteer Opportunities include: Ushers, Coat Check, Concession, Gallery Greeters, Arts Camps Counsellors, AGE Youth Committee, etc. Also offering Spring Break and Summer camps. Must be 15 years or older, reliable and fluent in English. Contact: volunteer@evergreenculturalcentre.ca

https://evergreenculturalcentre.ca/getinvolved/volunteer-opportunities/







#### EAGLE RIDGE VOLUNTEEN PROGRAM

VolunTEENs work in some acute care areas and in long term care and are supervised by a team lead. Applications are accepted only in the months of March and August.

Requirements: Must be 16-18 at the time of application, living in or attending school in the Tri-Cities, parental consent, annual flu vaccine. Prior work or volunteer experience, proficient in English.

Minimum commitment: Six months (regularly scheduled two to three hour shifts once a week, Mon-Fri from 4 pm to 6.30 pm.)

https://www.fraserhealth.ca/about-us/volunteeropportunities/volunteer-opportunities-eagle-ridgehospital-and-manor#.YSXAQI5Kg2w



#### EAGLE RIDGE HOSPITAL AUXILIARY

Thrift Shop Volunteers (PoCo location): Cashiers, Customer Assistants, Sorting Clerk, Pricing Clerks. All ages are welcome. Learn valuable life skills. Appy here: <u>http://erha.ca/join-auxiliary/</u>

#### PORT MOODY ECOLOGICAL SOCIETY

Volunteers play a key role in the success of Noons Creek Hatchery, including water quality testing, hatchery management, help with the Fingerling Festival, community outreach, invasive plant removals and riparian restoration. No experience required. Volunteers should be 16+. Contact: portmoodyecologicalsociety@hotmail.com

https://www.noonscreek.org/get-involved/whyvolunteer-with-us/

#### HYDE CREEK WATERSHED SOCIETY

Volunteers wanted to assist with programs and operations; society is made up of volunteers of all ages who donate time that will fit their schedules. A few hours during the month would benefit this group. If you have an interest in helping with hatchery tours, building operations or event planning, email hydecreek.info@gmail.com.

Info: www.hydecreek.org.

#### LOWER MAINLAND GREEN TEAM

Environmental Community Engagement group tackling environmental issues that need cooperation and teamwork to get done, i.e., Invasive Species Removal, Garbage Pick-Ups, etc.

https://www.meetup.com/The-Lower-Mainland-Green-Team/



### **Community Volunteer Connections**

serving Coquitlam, Port Coquitlam, Port Moody

http://cvc.bcvolunteer.ca/

#### **BCSPCA TRI-CITIES**

Do you love animals and want to make a difference? For inquiries about volunteering, please email tricitiesvolunteers@spca.bc.ca.

https://spca.bc.ca/ways-to-help/volunteer/



## **SUMMER CAMP VOLUNTEERS**



#### SFU SUMMER CAMPS

Every year SFU Camps recruits energetic, positive, and responsible volunteers for their summer program. Options are sports specific camps, outdoor adventures, recreational camps, and educational camps such as computers or science. Volunteers must attend an interview, and will receive training, constructive evaluations, and a reference letter. Applications are due in April. Volunteers must be 14+.

https://www.sfu.ca/camps/opportunities/volunteeropportunities.html

#### **ROYAL SOCCER SUMMER CAMPS**

Assist camp staff onsite and provide a fun and safe learning atmosphere for campers.

Criteria: Energetic, enthusiastic, responsible, good team player. Full-time or part-time. Must be 14+ by start of camp week.

https://royalsoccer.com/staff/jobs/british-columbia/

#### PEDALHEADS BIKE CAMPS

Looking to gain valuable volunteer experience and build your resume? Pedalheads recruits energetic, motivated, and fun individuals to join their Spring Break and/ or Summer camps as junior instructor! Check their website between January and May for the application link.

https://www.pedalheads.com/about/join-the-team

#### SD43 INTERNATIONAL ED SUMMER PROGRAM

EAL Assistants, Cultural Activities Assistants, and Computer Assistants.

Criteria: Grades 10-12 student in SD43 or postsecondary students. Leadership, organizational and interpersonal skills. Experience with a second language (preferably Korean or Mandarin and proficient in English. First Aid certificate is an asset. Application usually due in May. Check with your Career Advisor for contact information.

#### SD43 SUMMER LEARNING VOLUNTEERS

Help out in an elementary or middle school classroom at one of SD43's summer learning sites. Usually 3 weeks/ total. Check with your Career Advisor for updates/ contacts in late April.

#### **SD43 SUMMER DAY CAMPS**

Gain experience working with children ages 6-12 and support camp staff with games and activities.

Contact: dbelskaya@sd43.bc.ca

#### **CLUB AVIVA GYMNATICS**

Support staff with the delivery of high-quality summer camps for children and youth. Criteria: Athletic and outgoing.

info@clubaviva.ca

Also check the local, year-round listings for camp positions.

Place Maillardville, Place des Arts, Evergreen Cultural Centre, and potentially other organizations usually run week-long day camps during Spring and Summer Break.

#### **BELCARRA BEACHKEEPERS**

Learn new skills and gain hands-on experience in data collection, public education, and marine stewardship. Promote awareness, conservation, and stewardship of the marine ecosystem at Belcarra Regional Park and in the community. Criteria: Must be 16+ and able to commit a minimum of 30 hours (during weekends) throughout the summer. **Keen interest in marine ecology**, able to work both independently and with a team, must feel comfortable handling live intertidal marine life. Contact: beachkeepers@metrovancouver.org

Apply through Metro Vancouver Regional Parks.

#### FUN REC DAY CAMPS BURNABY

The Northeast Burnaby Community Association (NEBCA) primarily accept high school volunteers to help out with their 6-week summer camp program. One week = 35 hours volunteer experience. Volunteers are expected to support their leaders in running games, crafts, cooking activities and supervising children on group/camp wide field trips. Not only is volunteering fun but it is a great chance for networking opportunities, a chance to make new friends, and can lead to job opportunities with Fun Rec in the future as NEBCA prefers to hire people who know their program well. Contact: funrec.volunteer@gmail.com.

https://funrecdaycamp.com/volunteeringopportunities/

#### CAMP SASAMAT

Volunteering at Sasamat Outdoor Centre is wonderful way to contribute to the community or to get involved with the centre. Three options for volunteering:

- Assisting camp counsellors with our children and youth programs.
- Assisting the kitchen with food service preparation and delivery.
- Assisting the maintenance team.

Criteria: Must be turning 17 within the calendar year.

#### https://www.sasamat.org/get-involved



Make sure that you receive a **REFERENCE LETTER** or a certificate confirming your community service. The letter should include the dates (from – to), hours worked and your tasks/ activities. If you can manage to get a proper reference letter that would be ideal, but the minimum you need from your volunteer coordinator is the completion of your school's service hour log sheet.

## VIRTUAL VOLUNTEERING

#### **ONEPROSPER INTERNATIONAL**

English Learning Buddies: **Girls educating girls**. Sign up to meet with a female buddy from India to connect once a week over zoom. Provide constructive feedback on pronunciation while students read from an English children's book.

Criteria: Must commit for 10-week program. Contact: rebecca@oneprosper.org

https://www.oneprosper.org/buddy/

#### LEARNING BUDDIES NETWORK

Non-profit organization focused on mentoring and teaching underprivileged youth who are unable to afford **tutoring in basic Math and Reading skills**. The program allows volunteers to build a 1-on-1 connection with a buddy, developing and improving their interpersonal, communication, and leadership skills. Sessions run on a weekly basis on most days of the week and will occur via Zoom. Multiple intakes/ year.

https://www.learningbuddiesnetwork.com/mentorapplication-form

#### COQUITLAM'S LETTERS OF KINDNESS

Brighten a local senior's day with a letter, poem, drawing or anything bearing a positive message. Submissions received are distributed to seniors who have signed up for the City's Meals for Seniors delivery program. To participate, email your letter or scanned image to volunteers@coquitlam.ca (Subject Line: Letters of Kindness)



Members (virtually) discuss issues that matter to them. All participants are expected to answer all discussion questions, participate in virtual live events, and possibly engage in occasional community activities. Intake is in September of each year, and students must be able to commit Oct - June. Must be 14-18 years old.

Email: yacbc@rcmp-grc.gc.ca



### Volunteer!

Volunteering sets you apart from other students and displays dedication to, and involvement, in your community. Help yourself while helping others.

### LOWER MAINLAND

### ... but worth checking out

#### MOUNT SEYMOUR SNOW SCHOOL

Programs operate throughout the day on weekends, during the Christmas and Spring Break periods, and during the evening of Wednesdays from January and February. There are two volunteer program options available:

#### High School Practicum Pass (15 years and up)

• For a **min. of 100 hours on-hill volunteering** throughout the season plus 2 training days - volunteers will receive a complimentary volunteer season pass incl. a Mt Seymour Shuttle Bus Pass.

• Training and full subsidize of a Canadian Ski Instructor Alliances Level 1 Course and can also be count towards high school 10 (2 credits).

#### **Complimentary Volunteer Season Pass.**

• For a **min. of 60 hours on-hill volunteering** throughout the season plus 2 training days – volunteers will receive a complimentary volunteer season pass incl. a Mt Seymour Shuttle Bus Pass.

https://mtseymour.ca/volunteer-opportunities

#### **GO GREEN IN METRO VANCOUVER**

Check out one of the many opportunities you could help making Metro Vancouver a better place to live. **Car Free Day Vancouver**, volunteer at the **Aquarium**, join the **Environmental Youth Alliance**, get involved with the **Quest Food Exchange** or join **Green Chair Recycling**.

https://vancouver.ca/green-vancouver/greenvolunteer-opportunities.aspx

#### **UBC GEERING UP**

UBC Geering Up Engineering Outreach is dedicated to promoting science, engineering, and technology to BC youth through fun, innovative, and hands-on experiments and projects.

Junior Instructors: Support instructors in leading one-week-long daily STEM cams with up to 25 youth over the summer. Must be entering Grade 10 or above. Available for a minimum of one oneweek camp. Excellent communication skills, teamwork, leadership.

https://geeringup.apsc.ubc.ca/join-us/generalinformation/volunteering/

#### VANCOUVER CHILDREN'S FESTIVAL

Educating and entertaining young audiences since 1978. Volunteer opportunities incl. Arts activities, ushering & box office, hosting and info, traffic. Location: Granville Island (late May/ early June). Contact: volunteer@childrensfestival.ca

www.childrensfestival.ca

#### **ODYSSEY MEDICAL JR. PROGRAM**

Are you interested in a healthcare career, social work, or other professions working & caring for people? Interested in a real life look at the provision of patient care? Volunteer experiences will be at events such as music festivals, extreme sports events, running and cycling races, etc. Must be in grades 10 - 12, valid first aid certification required.

More info: <a href="https://odysseymedical.ca/crew/whoisodysseycrew/">https://odysseymedical.ca/crew/whoisodysseycrew/</a>

#### SCIENCE WORLD

Volunteers at Science World have diverse backgrounds, ages, and interests. They receive a wide array of benefits, including rewarding training and meaningful responsibilities, lounge privileges, inclusion in staff events, restaurant and store discounts, a recognition program and educational and learning opportunities.

Criteria: Must be 16+. Must commit to a minimum of 100 hours of volunteer service (one 2-4 hours shift/ week).

There are 2 intake and training sessions each year—Spring and Fall. <u>https://www.scienceworld.ca/volunteer/</u>

#### **BURNABY VILLAGE MUSEUM**

Come be a part of history by volunteering at Burnaby Village Museum. Volunteers take on a variety of exciting roles at the village - from costumed interpreters, to assisting with school programs and working with the historical artifacts in our collection. Intakes vary with the position.

https://www.burnabyvillagemuseum.ca/EN/main/sup port/volunteers.html

#### SPECIAL OLYMPICS BC

You don't need a sport background to volunteer with SOBC. All you need is enthusiasm for helping empower people with intellectual disabilities through sport. Whether you can give a few hours at an event or want to get involved weekly... You can become a coach or program volunteer, join a Local Committee, and/or volunteer at an event.

#### https://www.specialolympics.ca/british-columbia/getinvolved/volunteer

#### WILDLIFE RESCUE ASSOCIATION

When giving their time to Wildlife Rescue, volunteers promote the welfare of wildlife and help give them a second chance at life. To be eligible to volunteer you will need to: Be 16 years of age or older and commit to a minimum of 100 hours and a weekly 4-hour shift for most roles. More info:

https://www.wildliferescue.ca/what-wedo/volunteering/

#### **BURNS BOG CONSERVATION SOCIETY**

Get in involved in the protection and stewardship of this natural reserve in Delta. Opportunities include Office Admin, Community Outreach, Summer Day Camps, Invasive Species Removal and Species Surveying. More info:

https://burnsbog.org/volunteer-opportunities/

#### VANCOUVER SUN RUN

Assist with every aspect of race weekend from start to finish. Apply Jan./ Feb.

https://www.vancouversunrun.com/pacific-bluecross-volunteer-information/

#### FRASER RIVER DISCOVERY CENTRE

The volunteer team is dedicated to acting as a voice of the Fraser River through education programs, public engagement, and outreach events. Volunteers play a key role in the Fraser River Discovery Centre's ability to offer exciting and engaging programs to individuals, families, and students in the community. Opportunities incl. public programs and event outreach, social media assistants, etc. Must be 15+

https://fraserriverdiscovery.org/becomeavolunteer/

Consider picking one organization or cause that you are passionate about, or interested in, and commit to it long-term. This allows you time to build a relationship with the organization, make meaningful connections to the community, and establish strong references for your future.

## YOUTH LEADERSHIP OPPORTUNITIES

#### YouthToSea by Ocean Wise

Program runs June to March. **Students work to protect and conserve our oceans**. Coaching/ mentorship is provided, youth will have opportunities to develop their problem-solving, critical-thinking and communication skills by attending training and workshops. Incl. many ocean-related **fieldtrips and ocean service projects** that count for volunteer hours (120+).

Must be 15-18. Apply by Mid May.

https://education.ocean.org/youthtosea/

## UBC Geering UP STEM Leadership Program: Leader-in-Training

Year-long initiative focused on the professional development and training of high school students for the purposes of establishing strong values indicative of a STEM Ambassador. Includes volunteer work with Geering Up during the summer. Upon completion of the Leader-in-Training program, the LITs are invited and encouraged to remain with the program during the fall and spring terms as STEM Ambassadors who are acting as the bridge between Geering Up, UBC's Faculty of Applied Science, and high schools in BC to share ideas and improve outreach.

For students entering Grade 10-12. Applications accepted in May/June.

www.geeringup.apsc.ubc.ca



#### **SOYL by Fresh Roots**

The program empowers secondary students to cultivate and steward schoolyard farms for learning, community building and growing Good Food for All. Through their time with SOYL, **youth develop skills in growing, cooking, and selling food**, as well as a greater connection to their community, and the regional food system. **Youth also receive a stipend** for their participation. Apply by late Spring. This is a summer program.

https://freshroots.ca/get-involved/soyl/

#### **MoreSports**

Youth Leadership program training youth from 12–18 years of age (Grade 8 – 12) through a process of leadership identification, engagement and development that supports youth as leaders within their community. Through school, parks and community partnerships, participants will be offered a variety of training experiences with recognized credentials at no cost (i.e., High Five, First Aid, Babysitter Training). Volunteer hours and activities are recorded so each participant is provided with the necessary documentation and references required for future opportunities.

Ongoing intake: https://moresports.org/volunteer/

## **YOUTH LEADERSHIP OPPORTUNITIES**

#### (continued)

### CITY OF COQUITLAM: Park Spark Youth Committee

Give input and inspiration on activities within Coquitlam parks. Share your love of the outdoors and act as a voice in development of park activities and resources for youth in Coquitlam.

Criteria: 13-17 yrs. Enjoy working with others, good problem solver, can follow directions and represents the city in a professional manner. 6 months commitment is required. Contact: Mohammad Asadian masadian@coquitlam.ca

### CITY OF COQUITLAM: Coquitlam Youth Council

Have your voice heard and make a difference! Youth Council members provide feedback, ideas and suggestions on city-wide initiatives, programs and issues facing youth in Coquitlam. Open to Coquitlam residents in Grade 10 - 12. Application is open during the summer. Commitment: Every 2<sup>nd</sup> Wednesday, 4 to 5 p.m., September 15 through the end of June.

https://www.coquitlam.ca/420/Coquitlam-Youth-Council-CYC

#### **PNE Youth Council**

Build leadership and networking skills. Learn how a successful business operates, engage with business professionals, build your resume, and get involved with events for youth by youth. This is a one-year commitment with monthly meetings. Must be in Grade 11 or Grade 12.

https://www.pne.ca/participate/youth-council/

#### METRO VANCOUVER: Youth4Action Leadership Program

Metro Vancouver's Youth4Action program supports high school youth to develop the skills and knowledge necessary to inspire sustainability and livability. Through active and collaborative learning and leadership programs, youth are supported to be leaders of today and tomorrow to make an impact for a more equitable, prosperous, and sustainable region and planet.

http://www.metrovancouver.org/events/youthleadership

#### PORT MOODY Youth Focus Council

The Youth Focus Committee provides advice and recommendations on youth issues, programs, opportunities, trends, and initiatives that impact youth in the City of Port Moody.

https://www.portmoody.ca/en/city-hall/committeescommissions-and-boards.aspx

