

FALL 2021

VOLUNTEER KAMLOOPS

The official e-newsletter of Volunteer Kamloops



@volkamloops



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www.volunteerkamloops.org

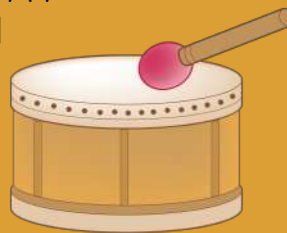


SEPTEMBER 30TH- NATIONAL DAY FOR TRUTH & RECONCILIATION

2:15PM PACIFIC TIME- DRUMMING

<https://tkemlups.ca/drum/>

#DRUMFORTHECHILDREN



Meaningful ways to mark the **1st National Day for Truth & Reconciliation:**

- Wear an Orange Shirt see why [here](#).
- Read TRC's Call to Action [here](#)
- Donate or Volunteer with an organization furthering ongoing reconciliation in your community.
- If you have children consider reading "The Orange Shirt Story" By- Phyllis Webstad. For more info for kids see [here](#)
- Pause and reflect on what this day means to you and how you can best support Truth & Reconciliation daily going forward.



IMPORTANT DATES:

Sept.30- National day for Truth and Reconciliation



Oct.10- Thanksgiving



Oct.20- Volunteer Kamloops AGM(Virtual)



Nov.11- Remembrance Day



LINK PROGRAM UPDATE

While the summer didn't bring the return of events like expected and the wildfire crisis added stress to residents and volunteers, we are looking forward to new programs starting in the Fall.

Our office currently remains closed to the public due to covid 19 but is accessible by appointment on an as needed basis. The Link Program continues to offer virtual meetings with volunteers to assist them with volunteer placement. We continue to work with our non-profit member agencies to assist them with their volunteer needs to support the important work they do. All current and new volunteer postings can be found at <https://www.volunteerkamloops.org/volunteer-opportunities/>

The Link Program is currently recruiting for Community Engagement Volunteers to help support us in raising awareness of program offerings as well as attend community events when restrictions are relaxed. If interested in this role please fill out our [Volunteer Application](#).

We have also welcomed two new volunteers to our program! Serena- Volunteer Historian and Tamara- Social Media Volunteer. Thank you both for your commitment to Volunteer Kamloops and the community. If your organization is in need of volunteers please contact our **Link Coordinator Ainsley at program@volunteerkamloops.org** to find out all the ways Volunteer Kamloops can help recruit volunteers.



FEATURED LINK MEMBER: KAMLOOPS IMMIGRANT SERVICES

Kamloops Immigrant Services is a registered charity devoted to serving immigrants, refugees, migrant workers, visible minorities, first-generation Canadians, and their families in becoming full and equal members of Canadian society. KIS supports individuals and organizations in Kamloops and surrounding communities to become more welcoming and facilitates intercultural opportunities for all of us to learn together.

In addition to programs and support services to help clients successfully integrate in their communities (like settlement counselling, employment support, English classes, childminding, language interpretation services, diversity outreach, and community connection programs), Kamloops Immigrant Services has introduced several new and exciting programs, including:

- Women Empowerment (WE) program
- Mentoring, Empowering and Tutoring (MET) program for youth
- Digital Literacy program to help newcomers gain to access services through zoom during the pandemic

Volunteers who are passionate about sharing their talents, skills and knowledge with newcomers and their families are essential to the success and growth of our clients, organization, and community. If you are interested in volunteering, making new friends, and developing cross cultural connections, more information is available at immigrantservices.ca.

FEATURED LINK VOLUNTEER POSTINGS:

Volunteer Coordinator: Kamloops Special Olympics



Recruit and communicate with volunteers on an ongoing basis
Contact **Michael Maveety at SOKamloops@gmail.com**

Thrift Store Assistant: Kamloops United Church



Help stock shelves, help customers with sales and some light cleaning.
Contact **Florence Ballard at admin@kamloopsunited.ca**

Porter: Overlander Long Term Care

Escort LTC residents to appointments at the hair salon, as well as to and from the gift shop.
Contact **Donna Lofstrom-Bell at donna.lofstrom-bell@interiorhealth.ca**



FOCUS PROGRAM UPDATE

The **Focus Program at Volunteer Kamloops** helps adults with mental health challenges to connect with volunteer opportunities. Mental health is at the core of this program, but mental health affects everyone in varying degrees. During challenging times such as the Covid pandemic, you may find your mental health fluctuating in ways that you may have never experienced before and this may leave you feeling alone, lost, angry and or confused at times. The following resources are free to use and will connect you with people to talk with and help you during the challenging times.

Interior Crisis Line Network (ICLN) 1.888.353.2273 (CARE)

Canadian Suicide Prevention Service (1.888.456.4566)

www.interiorcrisisline.com

First Nations and Aboriginal specific 24/7 crisis line based in Port Alberni and serving the entire province.
Toll-free: 1-800-588-8717 - Youth Line: 250-723-2040 - Adult Line: 250-723-4050.

Native Youth Crisis Hotline - 1-877-209-1266

Trans Lifeline - 1-877-330-6366 - www.translifeline.org

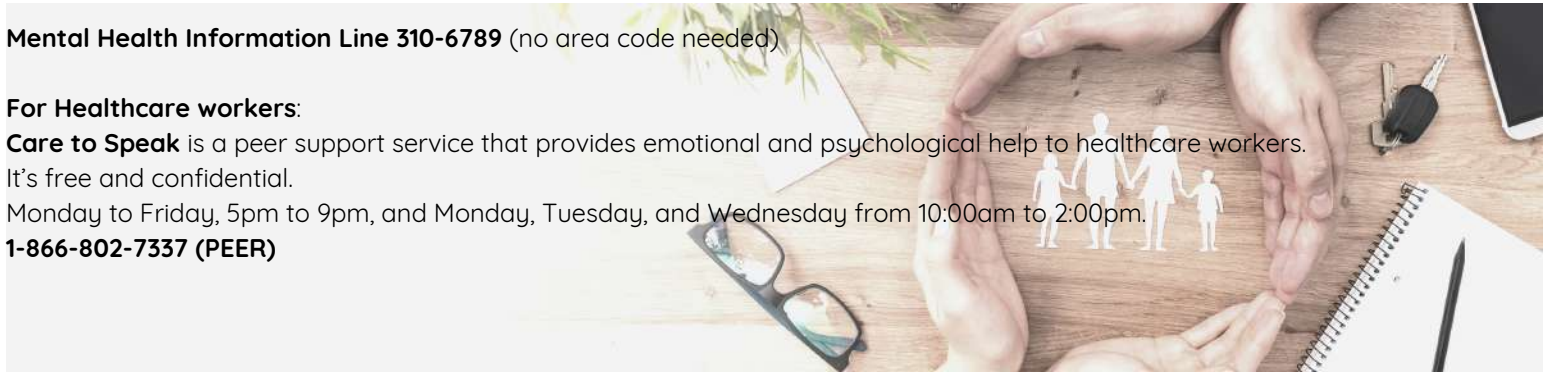
Mental Health Information Line 310-6789 (no area code needed)

For Healthcare workers:

Care to Speak is a peer support service that provides emotional and psychological help to healthcare workers. It's free and confidential.

Monday to Friday, 5pm to 9pm, and Monday, Tuesday, and Wednesday from 10:00am to 2:00pm.

1-866-802-7337 (PEER)



Thank you! 🙌

