Vision
People taking control of their health

Mission
To engage our community in cooperative health and wellness

Volunteer Opportunities
Give back to your community, gain employment skills, have fun...

Most volunteer opportunities are during the day, once per week, at the same time each week
Some volunteer roles require strong English language, social service experience, or editing skills
Excellent experience in health, social services, community development, customer service and education
Process includes application, interview, screening, reference checks, placement options, orientation, training
Volunteer opportunities are in various locations of the Inkster area (north-west Winnipeg)
All volunteer opportunities have limited space

Winter 2020

Access NorWest Visitor Guide
Details: Greet community, help to direct visitors, information services, program referral
Time: Weekdays, 2 hours, during the day, various times, once or twice per week

Chef Assistants - Community Food Centre
Details: Help prepare delicious food with a Chef and other volunteers, help with clean up
Time: Monday, Wednesday or Friday 10:00 – 2:00 Thursdays 3:00 – 7:15

Greeter/Servers – Community Food Centre
Details: Help serve guests, greet community and help with clean up
Time: Monday, Wednesday or Friday 11:30 – 2:15 Thursdays 4:30 – 7:15

Parent-child drop in programs
Details: Interact with families, program organization, equipment set up, clean up, snack preparation
Time: Tuesdays 1:00 – 4:00 Thursdays 9:00 – 12:00 Fridays 9:00 – 12:00

Food Group Assistants
Details: Interact with community, support staff with program organization, set up, and clean up
Time: Tues 3:00 – 5:00 Wed 4:00 – 7:00 Fri 1:30–4:30 Thurs 10:00 – 1:00 Thurs 3:00 – 5:00 Sat 10:30-1:30

Vegetable Markets
Details: Interact with community, support staff with program set up, organization, clean up and lift heavy boxes
Time: Thurs 10:00 – 12:00 Thurs 12:30 – 3:00 Thurs 3:00 – 5:00

Resource Centre Navigator Volunteers
Details: Provide social support; interact with community, build relationships, mentoring, and program referrals
Time: Day time hours including Saturdays, once per week, 2-3 hour commitments
Note: Social service experience and/or education required, training, minimum 6 month commitment

After school tutors
Details: High school level and elementary level homework clubs
Time: Wed 4:00 – 6:00 and other week days

After school recreation co-leaders and assistants
Details: physical activities, games, arts, crafts, cooking, knitting
Time: Tues 4:00 - 6:00, Wednesday, 4:00 – 6:00

Volunteer Applications
https://norwestcoop.ca/get-involved/volunteer
or from Charlene at clipka@norwestcoop.ca or call 204-938-5957
or reception area at NorWest Co-op Community Health, 785 Keewatin St
or at the NorWest Co-op Community Food Centre, 103-61 Tyndall Ave
or from Abby at alegaspi@norwestcoop.ca or call 204-806-3972