



# WOMEN'S RURAL RESOURCE CENTRE

## Current Volunteer Opportunities

**Dinner Prep/Cooking in Shelter** - Do you have a passion for cooking? Enjoy teaching others how to prepare healthy meals? Whether you're a professional chef, a home cook, or simply someone who loves to experiment in the kitchen, we have an opportunity for you to share your talent, make a difference, and have fun while doing it! We're looking for people to support in preparing dinner for the women and children residing in our shelter. We work with your schedule – prepare meals that can be heated up at dinner time or come in and cook at the dinner hour – you are always welcome to stay and share in great food and conversation.

**Baking** – Is baking your thing? Then we would love to have you come in and bake for our families. Your passion for baking and commitment to supporting others will make a meaningful impact on the lives of shelter residents. Join us in creating a warm and welcoming atmosphere where everyone can enjoy the treats you create.

**Recreation/Activity Nights (or Days/Weekends)** - Are you a crafty person? Then you have the unique opportunity to make a lasting impact on the lives of women and children in shelters by organizing and facilitating activity or craft nights, providing a creative outlet for participants to express themselves, have fun, and engage with others in a positive and supportive environment. By offering a variety of activities such as painting, jewelry making, crocheting, or DIY projects (we welcome your ideas), you can help individuals tap into their creativity and discover new talents. These events will not only bring joy and laughter to everyone involved, but also create a sense of community and belonging.

**Child Minding** - By providing childminding services, volunteers have the opportunity to support moms in attending important appointments, running errands, or simply taking some much-needed time for themselves. This act of kindness not only helps to alleviate the stress and burden on women, but it also allows them to focus on their own well-being and self-care. As a volunteer, you have the chance to make a positive impact on the lives of families in your community, fostering a sense of unity and support. By offering your time and energy to care for children, you are helping to create a safe and nurturing environment for them to thrive in, while also giving their parents the peace of mind they need to take care of themselves.

**We welcome your gifts** - We are always looking for new and innovative ways to engage volunteers and make a positive impact in our community. We believe that everyone has unique gifts and talents to contribute, and we want to provide opportunities for individuals share their skills with WRRRC in meaningful ways. Whether you are a skilled artist, a talented writer, a tech-savvy individual, or have a passion for helping others, we welcome your ideas and thoughts for new volunteer opportunities. We understand that each person has something valuable to offer, and we want to create a space where individuals can come together to make a difference.

For more information on any of these volunteer opportunities, please reach out to Cheryl at [Cheryll@wrrcsa.org](mailto:Cheryll@wrrcsa.org) or complete the volunteer application, email it to [VolunteerApplications@wrrcsa.org](mailto:VolunteerApplications@wrrcsa.org) and we'll be in touch.