

Schedule of Volunteer Shifts

Review the chart to see when volunteer shifts occur, and if they fit your schedule.

Weekly volunteer shifts happen on these days, but may be close to full

Program/Service isn't offered on this day

Shift is full

Community Food Programs							
	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Seniors Wellness Brunch 9 - 11:30 am							
Youth Program - Cooking up Justice 3:30 - 6:30 pm							
Kids Club Program 2:30 - 6 pm							
Intercultural Community Kitchen 11 am - 3 pm							

Intercultural Community Kitchen 11 am - 3 pm							
Family Dinner Prep 2 - 5:30pm							
Family Dinner Service 4:30 - 7:30 pm							
Drop-in 4:30 - 7:30 pm							
One Dish Lunch Prep 9am - 12:30pm							
One Dish Lunch Service 11 am - 2 pm							
Drop-in 11:30 am - 2 pm							
Good Food Market & Homemade Café 9:30 am - 1:30 pm							
Emergency Food Services							
	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Food Bank 9 am - 12:15 pm							

Food Bank 12:15 - 3:45 pm							
Food Bank 3:45 - 7:45 pm							
Warehouse 9 am - 12:30 pm							
Warehouse 12:30 - 4 pm							
Warehouse 4 - 7:45 pm							

Educational Support Services

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Reading Tutoring (2-3 hours during the school day, Oct - May)							
Tutoring - Math (After School, Oct - May)							

Family Services Program

	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Community Counselling 9:30 am - 12 pm							

Community Counselling 12:30 - 3:30 pm							
Community Counselling 4 - 7:30 pm							
Fundraising							
	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Used Book Store 9:30am - 12:30pm							
Used Book Store 12:30 - 3:30pm							
Coldest Night of the Year Last Saturday of February							
Christmas Program							
	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
Toy Room (Dec & early Jan) 9:30 am - 12:30 pm							
Toy Room (Dec & early Jan) 12:30 - 3:30 pm							
Toy Store 2nd week of Dec							

Evening and weekend opportunities

- **Coldest Night of the Year (last Saturday in Feb)**
- **Stuff the Bus (1 Saturday a month, Mar-Oct)**
- **Community Events (monthly, June-Sept)**
- **Christmas Toy Store (2nd week of Dec)**
- **Ambassador and Speakers' Bureau**
- **Special Events**