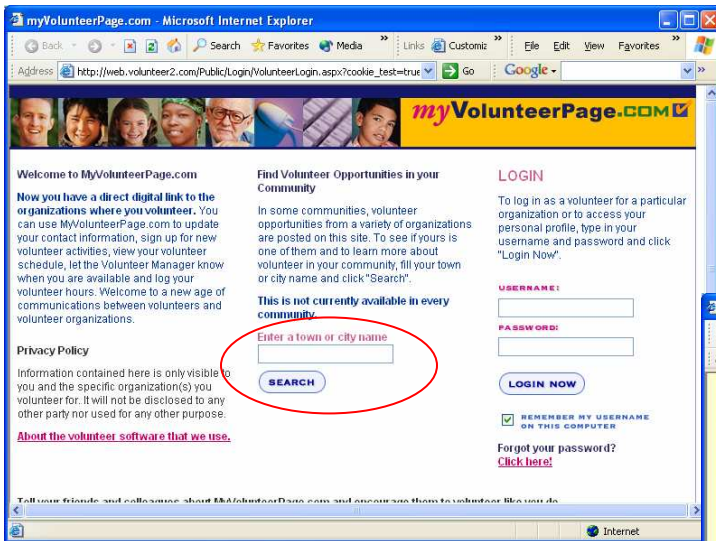


# Help Us Promote Volunteerism

It is so easy!

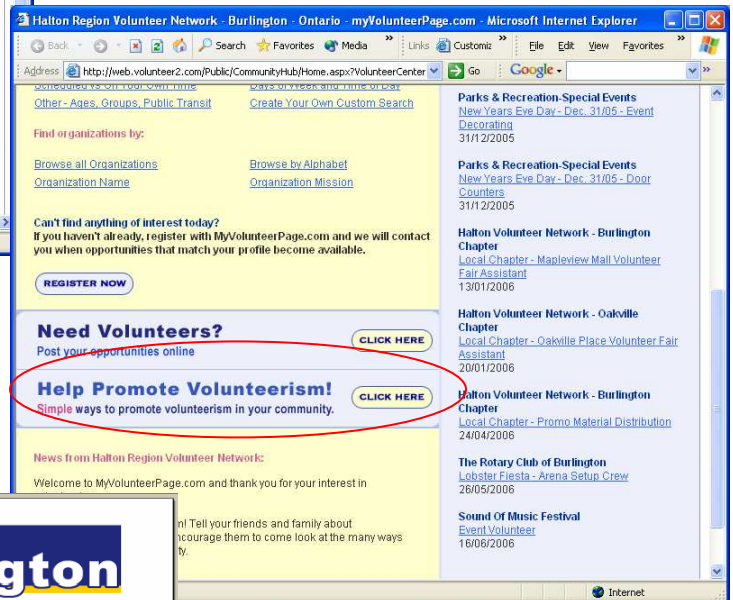
## ONE

One a week or once a month, go to **MyVolunteerPage.com**, key your community name and click 'Search'.



## TWO

Click on the banner that reads "Help Promote Volunteerism"



## THREE

Click the "Generate Poster" button, **print it out on 8½x11** paper and display it where others will see it.

## Great Ways to Volunteer in Burlington

for these and other volunteer opportunities, go to  
[www.myVolunteerPage.com/Burlington](http://www.myVolunteerPage.com/Burlington)

<p><b>Canadian Cancer Society</b> 905-332-0060 <b>Residential Team Captains</b> assist in our annual spring fundraising campaign, recruit canvassers</p> <p><b>Habitat for Humanity Halton</b> 905-637-4446 <b>ReStore</b> We need volunteers to work in the store Monday to Saturday in 4 hour shifts from 9:00 AM - 1:00 PM and 12:00 PM - 4:00 PM. ATTENTION STUDENTS - you can complete your 40 hours of volunteer time in the ReStore after school from 3:30 PM - 5:30 PM. Call the office at 905-637-4446 for more info.</p> <p><b>Ron Edwards Family YMCA</b> (905) 632-5000 <b>Aquatic Assistant</b> As an Aquatic Assistant, you will support members who participate in our aquatic rehab programs, help with the program and socialize with a great group of people. Other pool options include assisting in YMCA swim lessons or if you have synchronized swimming experience, our synchronized swimming program. Minimum age: 13 years old</p> <p><b>Canadian Cancer Society</b> 905-332-0060 <b>Volunteer Drivers</b> drive patients to and from cancer-related appointments in Burlington, Hamilton and Toronto (requires use of your vehicle)</p>	<p><b>Ron Edwards Family YMCA</b> (905) 632-5000 <b>Fitness Instructor (Aquatic and Land)</b> Certified fitness leaders can take YMCA members to new heights through this leadership opportunity. YMCA Fitness Instructors educate, motivate and lead by example through the YMCA philosophy of developing the whole person in spirit, mind and body. Minimum age: 18 years old</p> <p><b>Halton Woman's Place</b> 905-332-1200 x 244 <b>Special Events Volunteer</b> Our special events volunteer position offers an excellent opportunity for someone who wants to volunteer on an occasional basis. Halton Women's Place has a variety of great events during the year. There are also opportunities to attend community awareness events.</p> <p><b>The Arthritis Society</b> 1.888.343.0009 <b>Arthritis Society Chapter Members - Vice Chair of Fundraising (Executive Position)</b> Arthritis is among Canada's most common chronic conditions, with more than 4 million Canadians affected by this debilitating disease. Arthritis is more than just aches and pains, it is the most common cause of long term disability in Canada where over 2.7 million workdays are lost annually at a cost of approximately \$13.5 BILLION! The Arthritis Society is Canada's onl... (see website for more)</p> <p><b>Joseph Brant Museum</b> 905-332-9898 <b>Education Programs Assistant</b> Assist the Interpretive staff with setup / cleanup of programs Assist with craft / demonstrations / tours* Weekdays (morning or afternoon)</p>
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**Our volunteer recruitment & management resources are available thanks to the generosity of our sponsors.**