OPEN FOR BUSINESS: Practicing Safe Social Distancing – helping keep our community safe.

Volunteer Nanaimo

October 2020 3148 Barons Road, Nanaimo. BC V9T 4B5

Dates to Remember

Monday, October 12
OFFICE CLOSED for Thanksgiving

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Contact Us

3148 Barons Road Nanaimo, BC V9T 4B5

Phone: 250-758-7121
Email: vn3148@gmail.com
Facebook: 'Volunteer Nanaimo'
Website: http://www.volunteernanaimo.ca

Hours of Business: Mon. to Thurs. 9 a.m. to 3 p.m. Monday to Thursday

Member of the Month
Nanaimo Family Life Association

Nanaimo Family Life Association is a non-profit organization providing holistic personal and professional growth programs founded on a passionate belief that healthy individual and family relationships are the heart of a strong and resilient community.

Programming is designed to address the unique needs of the individual, and offered in an atmosphere of respect, inclusion and compassion. Those who access services have the opportunity to draw upon their own inner resources and those of their community in order to reach the fullness of their potential.

Nanaimo Family Life's mission is to "promote healthy family life as the heart of a strong and resilient community, to protect and promote the rights of children, parents, caregivers and families, to model diversity, inclusion, respect, cooperation, compassion and peace in all our activities and relationships".

Find out more about their programs at www.nflabc.org or call 250-754-3331 for more information.

Turn the page to read the profile of Family Life Association volunteer Bernie Dunning.

Happy Thanksgiving to our clients, donors, members and volunteers.

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Nanaimo Family Life Association

Volunteer View: Bernie Dunning

Since 1967 Nanaimo Family Life has been providing services that support individuals and families throughout all stages of life, and across all backgrounds. A wide range of counseling services is offered to a diverse population in Nanaimo.

Counseling is a way to help people cope with and overcome life's many challenges.

The skilled volunteer counselors at Family Life complete a rigorous screening process and an intensive training program that prepares them to offer counseling and provide one-on-one, accessible, and affordable services. This approach is founded on the belief that each individual has vast internal resources.

Bernie Dunning, a volunteer counselor for more than two years now, counsels individuals, families, and also helps to train new counselors who join the Family Life team.

Bernie is well qualified to train and counsel. He completed his Master's Degree at St. Paul's University in Ottawa. For many years, he held a successful private counseling clinic in the Montreal area, until meeting his future wife, an American lady. The couple relocated to Michigan where Bernie started the second half of his career as a therapist, with state Mental Health and Families.

After years in the United States, the couple chose Vancouver Island as their retirement home where Bernie found his way to Nanaimo Family Life Nanaimo as a volunteer.

Certainly, Family Life is fortunate that he did.

Angel Network

Serving our Community

Every parent knows that it can be hard to keep up with how fast their kids' feet grow.

Most children over four need larger shoes about every eight months.

We continue to accept donations of near-new and gently used shoes in sizes 5 to 13 to help local families provide their children with the shoes they need.

One of our member agencies is asking for donations of:

- **Brand new children's underwear** in sizes 4 to 10 – *especially for boys.*
- Gently-used or new boys' or girls' or unisex **children's pants**, sizes 4 to 10.

To help youth keep active and outdoors this fall, we also welcome your donations of **gently-used adult umbrellas**.

We greatly appreciate your generosity.
Please drop off your donations off at 3148 Barons Rd. between 9am and 3pm, Monday to Thursday.

THANK YOU

Volunteer Nanaimo: What We Do

Want to volunteer?

Log onto our website for listings of current opportunities in the community.
www.volunteernanaimo.ca

Watchdog Computer Services

Offering technical support to non-profit agencies and individuals, including computer repair, software upgrades, network setup, malware removal, and computer upgrades.

October 1 is National Seniors' Day

We will soon be re-introducing the **Seniors' Party Line** bringing socialization and recreational activities to seniors 55 and over.

If you – or someone you know - might be interested in this free telephone-based program, call us at 250-758-7121 or email vn3148@gmail.com.

Alone, we can do so little.

Together, we can do so much.
Helen Keller

We offer free computers to:

Log onto the Internet.

Order Vancouver Island Regional Library Books. (Don't forget to bring your library card!)

Check your email.

Write a resume or cover letter.

Print or photocopy.
10 cents a page - black & white
20 cents a page - colour

Contact us to make an appointment.
250-758-7121, or email vn3148@gmail.com

Christmas Angels 2020

We're now in the planning stages for our highly popular and much-appreciated Christmas Angels program, which provides an important service to families and individuals at Christmas.

You might choose to help in one of several ways.

- 'Adopt' a family or individual, youth, individual adult or family with your family or co-workers.
- Make a cash donation to help fulfill the wishes of Christmas Angel clients. *Tax receipts issued for all cash donations.*
- Contribute $10 gift cards such as Tim Hortons, McDonald's, or Thrifty's - or movie passes - to add to clients' stockings.
- Call our office to arrange to drop off your donation – 250-758-7121 or to learn more about the Christmas Angel program.

Watch for more information in the November newsletter.

Volunteer Nanaimo Youth Making a Difference!

Youth who volunteer enrich both the quality of their own lives and those of the people they serve.

Youth 20/20 Can and YouthNetWork members have done just that this month! These photos shows them volunteering recently with Loaves and Fishes Food Bank and doing beach clean up at Departure Bay.

We invite youth between the ages of 11 and 29 who are looking to volunteer and get connected in the community to join us.

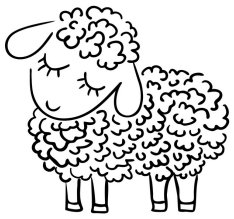
For more information:
Call Kamilla Duha at 778-268-4335
or Gwen Vornax at 250-667-1803.

Baa Baa Black Sheep… have you any wool?

An industrious group of local knitters and crocheters make eight-inch squares (which are sewn together to make blankets). These are passed on to shelters, hospitals, new residents, and anyone needing colourful warmth and comfort.

We are currently in need of yarn so that everyone who wants to knit a square or two – or more – has the supplies they need.

If you have yarn to spare, please drop it off at our offices at 3148 Barons Road, between 9am and 3pm, Monday to Thursday.



This newsletter is published monthly by Volunteer Nanaimo, which is solely responsible for its content.
www.volunteernanaimo.com
Editor Lois Peterson, Proofreader Mary Jane Katz.
If you'd to know more about anything you read here, or would like to contribute material, please email us at vn3148@volunteernanaimo.ca with 'Newsletter' in the subject line.

We gratefully acknowledge the support of the Province of British Columbia – Gaming Commission