

Volunteer Nanaimo



May 2022

3148E Barons Road, Nanaimo, BC V9T 4B5

Dates to Remember

We are **CLOSED**
Monday May 23 for
VICTORIA DAY



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Youth NetWork

Contact Us

3148E 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.



Member of the Month: Big Brothers Big Sisters of Central Vancouver Island

Big Brothers of Nanaimo was active in mentoring male-identifying children and youth since May 1969, and in July 1980 mentoring services for female-identifying children and youth was introduced when Big Sisters of Nanaimo was incorporated. The two agencies matched "Bigs" and "Littles" in the community for the next 20 years before amalgamating in August 2001 to become **Big Brothers Big Sisters of Central Vancouver Island (BBSCVI)**.

2020 brought unprecedented challenges: restrictions on program delivery drastically reduced the number of children and youth served in our community. However, in 2022, the In-School Mentoring Program was reignited connecting children/youth with adult mentors at five schools, and we anticipate a strong re-launch for the 2022/2023 school year, including in Ladysmith and Parksville!

WHY BE A MENTOR?

BBSCVI seeks volunteers who are dedicated, consistent, and who can commit to the entire duration of the program of their choice. We offer thorough and in-depth training to prepare volunteers to mentor in any program BBSCVI offers. For only a couple of hours at a time, a few times a month, you can help make a difference in the life of a child.

The Building Bigger Connections (2021) study commissioned by Big Brothers Big Sisters of Canada, York University, and the University of Victoria concluded that almost 70% of youth who had regular contact with their mentor felt less worried or anxious, and experienced lower levels of depression and anxiety. BBS program mentees and mentored youth were more likely than those who had not been mentored to experience higher levels of self-esteem, and stronger social and coping skills. These results indicate that being a BBBS mentee may be a protective factor against certain mental health problems.

Big Brothers Big Sisters of Central Vancouver Island Cont.

Depending on your time commitment, we have the following programs available:



- The **Community Program** is where we match you with a child to spend time together once a week for the duration of a year;
- The **In-School Mentoring Program** in which you are matched with a child and spend time together on school grounds throughout the duration of the school year
- **Group Programs** where you facilitate a group of children/youth on a weekly basis for the duration of 7 to 10 weeks.

Apply to volunteer at this link

<https://cvi.bigbrothersbigsisters.ca/mentor-application/>
or contact our office at 250.756.2447 today!



Volunteer Nanaimo Ongoing Services

TAX CLINICS

Offered once a month on Fridays.
Call 250-758-7121 for information or to book an appointment.

WATCHDOG Computer Services

Technical support for non-profit agencies and individuals within our community.

Offered by donation - plus cost if parts are purchased.

We welcome donations of used computers - **especially laptops** - which are refurbished and redistributed to members of the community.

More information: 250-758-7121.

*Happy Mother's Day
to all the moms,
grandmothers and
great-grandmothers
in our community!*



*Do you, a parent, grandparent or loved one have interesting memories and life stories to share?
Do you have time to visit and share stories with a senior?*

If you answered 'Yes' to one of these questions, then our **Hand in Hand Generational Storytelling Project** is for you!

Developed by Volunteer Nanaimo with a grant from New Horizons, our vision is to engage seniors by developing personal connections and story telling opportunities with avid listener volunteers.

The volunteer creates a written and/or digital memento for the senior to share with their family and friends, connecting with seniors through phone calls, FaceTime chats, and when permitted, in-person visits.

For more information or to register, **seniors interested in participating should contact Michelle** at 250-713-9630, **potential volunteers call Gwen** at 250-667-1803 or email handinhandnanaimo@gmail.com.





A huge vote of thanks to all the vendors and shoppers who turned out to support our **Spring Craft Fair...**

... and to all the volunteers who contribute in so many ways to our community life. Many of whom we recognized at our recent volunteer appreciation event.
Thank You!

Mark your calendars!
This favourite family event is **BACK!**

VOLUNTEER NANAIMO

Presents
A Family Fun Event For
Kids of ALL Ages!
June 19 11am-3pm

WOODGROVE
6631 Island Highway
Nanaimo

BOUNCY CASTLE
FACE PAINTING
TRUCKS TRUCKS AND MORE TRUCKS

\$5 Individual Entry
\$20 Family Rate
(6 person max)

Volunteer Nanaimo Phone: 250.758.7121 www.volunteernanaimo.ca

Helping Hands
It's the Little Things



We seek volunteers who are willing to give a helping hand to seniors and challenged individuals in our community with special requests. De-cluttering, home and garden work, packing, short errands...

For more information
250-758-7121 or
vnhelpinghandsvolunteer@gmail.com

Volunteer Nanaimo Youth Making a Difference!



Are you between 15-29 and looking for a fun, hands-on volunteer experience in Nanaimo that makes a difference?

Check out Youth 20/20 Can.

Or if you're between 11-18 and looking to join like-minded youth to get you started on your volunteer journey check out our Youth Network program.



Here's a look at some of the projects we were involved in in April: We painted rocks for senior centres, hiked to the Lantzville Look Out, with Mosaic Forestry Management planted trees to celebrate Earth Day, did a clean-up at Diver Lake Park and transplanted plants with Foodshare. We also had free group guitar lessons on Tuesday nights. **It was a fun month.**

We did all these activities while planning our **Stand with Ukraine Benefit Concert** for Ukrainian refugees coming to Nanaimo. Be sure to check out the newsletter for our event poster and we hope you will buy a ticket and come support this great cause.

Come join us to make difference!

Follow our Instagram and Facebook pages @youth2020cannanaimo and @volunteernanaimo.youthnetwork.

For more information email:



Youth 20/20 Can & The OV Arts Centre Presents

STAND WITH UKRAINE

RAFFLE DRAW! CONCESSION!

A benefit concert for Ukrainian refugees

Summer Rain

DANGER BOX
FOUNTAIN BATHER
Elise Baulanger

Saturday May 7th
The OV Arts Centre
Doors Open 6pm | Show starts 6:30pm
Tickets: volunteernanaimo.ca | (250) 758-7121

This newsletter is published monthly by Volunteer Nanaimo, which is solely responsible for its content.

www.volunteernanaimo.ca

Editor Lois Peterson.

If you'd to know more about anything you read here, or would like to contribute material, please email us at vn3148@gmail.com with 'Newsletter' in the subject line.

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

