

Volunteer Nanaimo



Dates to Remember

Monday February 19

We are closed
for BC Family Day



Tuesday February 20

The office is closed
for staff training

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Youth Network

Contact Us

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Email: vn3148@gmail.com

Facebook: 'Volunteer Nanaimo'

Website:

<http://www.volunteernanaimo.ca>

Hours of Business:

Mon. to Thurs. 9am to 3pm

February 2024



Member of the Month:

Nanaimo Women Helping Women

Nanaimo Women Helping Women exists to partner with local front-line organizations and support women in crisis. We offer a variety of services to clients who are referred to us. Our mandate is to support single women and their children who are in crisis: women who are experiencing intimate partner violence and those who have left these relationships, unhoused women and women who have experienced sexual violence.

Nanaimo Women Helping Women was founded in October 2021 by Kerri Isham, a local sexual health educator and anti-poverty advocate. Kerri and the first members of the group were inspired by watching the popular Netflix series "Maid". This series depicted the obstacles faced by women who are trying to escape domestic abuse and homelessness.

NWHW only works with clients who are referred to us by local organizations in the central Vancouver Island region. We do not take self-referrals. If a woman contacts us directly, we will suggest that they contact some of the front-line organizations listed on our website. If one of those organizations feels that this client would benefit from our support, they will contact us.

*"We exist to fill in the gaps,
not to duplicate existing services."*



Nanaimo Women Helping Women cont.



The support that we offer can vary widely, depending on the need. We can provide grocery gift cards, assist in furnishing a new home, contribute to storage unit fees, pay for a hotel stay, offer clothing, obtain a cell phone, provide volunteer support with paperwork, make suggestions of local resources, and so much more. We have even found bicycles for clients!

We do not offer tax receipts. NWHW is a grassroots organization that can mobilize quickly for local crisis needs. We offer a complete financial disclosure statement to our members at every monthly meeting.

Interested in learning more?

Please visit our website at www.nwhw.ca, or follow us on Facebook or Instagram.



The Maple Sugar Festival, du Sucre d'Érable is here again!



February 23, 24 and 25,
at Beban Park Social Centre
Now seeking Volunteers

To make this annual bilingual festival a success, we seek a wide range of volunteers to fill positions:

- setting up, decorating,
- serving food and cleaning tables,
- taking photos/ videos,
- and much more, depending skills.

Volunteers enjoy free admission to the festival, are provided with a dedicated volunteer centre and will be invited to our Volunteer Appreciation evening later in the year.

To volunteer, please contact us:
afn@francophonenanaimo.org / 250 729 2776

Volunteer Nanaimo Ongoing Programs

Our Watchdog Tech Team helps with your technology challenges and matches non-profit groups and individuals with used or refurbished tech equipment.

The Tax Program is now accepting appointments to help people complete their tax returns on Fridays and Saturdays, beginning on March 1. Contact 250-758-7121.

Our offices house the **Autism Society's Library** of books and learning materials.

For more information call 250-758-7121,
or check our website at www.volunteernanaimo.com



See next page for youth volunteer activities and events.





Volunteer Nanaimo Event for Seniors

Laughter is the Best Medicine!



Join us for a Screening of a
Comedy Show!

Friday Feb. 23 1-2:30pm
Volunteer Nanaimo
3148 Barons Rd.

RSVP handinhandnanaimo@gmail.com or
250-667-1803
Light Refreshments will be served



4TH ANNUAL FLING INTO SPRING

MONDAY, FEBRUARY 26
UNTIL WEDNESDAY, APRIL 3

Bring your child in to pick up a book and sign up for our Spring Break Activities.

Play Bingo and turn in your card for a family game/puzzle/activity.

Enter our draw for a chance to win one of three great PRIZES



We welcome donations

of washable worsted yarn to make blankets for seniors and others in our community.

Drop them off at our office
Monday to Thursday
9am to 3 pm.

Call 250-758-7121.

Email vn3148@gmail.com.



*Happy
Valentine's Day
to all!*

Volunteer Nanaimo Youth Making a Difference!



In January, members of YouthNetwork and Youth 20/20 Can showed their dedication by venturing out into the cold. Amidst sub-zero temperatures, our youth volunteers led a bus stop clean-up, showcasing their commitment to creating a waste-free city.

Not even the snowy conditions could deter our youth from removing invasive species at Diver Lake Park. Despite January's cold and snowy weather, the warmth generated by our youth volunteers was inspiring. Let's carry the momentum forward into the upcoming months.

Stay tuned for more inspiring stories and opportunities to contribute to the creation of a vibrant and caring city.

Upcoming Events in February:

- ◆ **Bi-weekly Game Night - Mondays, February 5 and 19**, from 6-8 pm at Volunteer Nanaimo.
- ◆ **Bi-weekly Safe Space Meetings - Mondays, February 12 and 26**, from 6-8 pm. We are hosting safe space meetings for LGBTQ+ youth and allies at Volunteer Nanaimo.
- ◆ **Group Guitar Lessons - Every Tuesday**, from 5-6 pm at Volunteer Nanaimo. Guitars are available for use at the office.
- ◆ **Weekly Study Group Meetings - Every Wednesday** (except Wednesday, February 28), from 5-6 pm at Volunteer Nanaimo. Join us for collaborative learning in a group setting.
- ◆ **Planning Meeting - Wednesday, February 7**, from 6-7:30 pm. Share ideas about projects, events, or activities and collaborate with other youth and community partners to turn ideas into reality.
- ◆ **Introduction to Roleplaying - Every Thursday**, from 5-8 pm, our Dungeons and Dragons club meets at Volunteer Nanaimo.
- ◆ **Valentine's Dance - On Saturday, February 10**, from 5-9 pm. Join us in running the photobooth and button-making station.
- ◆ **Self-Care Workshop - Wednesday, February 21**, from 6-7 pm.
- ◆ **Maple Sugar Festival - Saturday, February 25**. We will be assisting at the door and participating in making toffee on snow.
- ◆ **Interview Skills Workshop - Wednesday, February 28**, from 5-6:30 pm at Volunteer Nanaimo. Are you between 11-29 and interested in volunteering? Join our youth programs at Volunteer Nanaimo.

Youth Network is for youth between 11-17 years old. Members volunteer at community events, join guitar lessons and share in fun activities. **For more information**, contact Cam, our Youth Network coordinator at volunteernanaimo.youthnetwork@gmail.com.

Youth 20/20 Can is for youth between the ages of 15-29. Youth co-create projects that matter to them and work closely with community partners to turn their ideas into reality. **Email Anni, our youth engagement worker** at youth2020cannanaimo@gmail.com.

Turning bottles into donations! We have a charitable account at the Regional Recycling Depot Nanaimo. Return your bottles to the Bottle Depot. Mention our charitable account name: **Volunteer Nanaimo Youth.**

Proceeds will go directly to YouthNetwork and Youth 20/20 Can

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

www.volunteernanaimo.ca

Editor Lois Peterson

If you'd like 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.