



VOLUNTEER

## We Love Volunteers!

Whether you want to volunteer for a few hours or are looking for a long-term commitment, every donation of your time means the world to us.

If you are interested in helping and are:

- Reliable
- Dedicated
- Able to demonstrate leadership skills
- Passionate
- Can work on your own or in a team setting
- Patient
- Creative
- Energetic
- Positive
- Willing to help
- Compassionate
- Organized

Then we would like to hear from you.

Please contact us at (<https://lmdss.com/contact-us/find-us>).

**Personal Information**

First name:	
Last Name:	
Mailing Address:	
Suite/ Apartment:	
City:	
Province:	
Postal Code:	
Phone Number:	
Email Address:	
Date of Birth:	
Are you a student?	Yes                  No
Languages you speak:	

If you are a student, are you looking to fill high school community service hours? If so, how many hours do you require?

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Please enter details about your completed or ongoing education.

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What are your hobbies, skills, and interests?

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Please tell us how your education, interests, and skills benefit Lower Mainland Down Syndrome Society (LMDSS).

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Please tell us why you are interested in volunteering with LMDSS.

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## What availability are you willing to provide to LMDSS?

Mon Morning (9:00 am)	Mon afternoon (12:00-2:00pm)	Mon evening (4:00-9:00pm)
Tues Morning (9:00 am.)	Tues afternoon (12:00-2:00pm)	Tues evening (4:00-9:00pm)
Wed Morning (9:00 am)	Wed afternoon (12:00-2:00 pm)	Wed evening (4:00-9:00pm)
Thur Morning (9:00 am)	Thur afternoon (12:00-2:00pm)	Thur evening (4:00-9:00pm)
Fri Morning (9:00 am)	Fri afternoon (12:00-2:00pm)	Fri evening (4:00-9:00pm)
Sat Morning (9:00 am)	Sat afternoon (12:00-2:00pm)	Sat evening (4:00-9:00pm)
Sun Morning (9:00 am)	Sun afternoon (12:00-2:00pm)	Sun evening (4:00-9:00pm)

Are you available for special assignments?

Yes

No

Maybe

Are you available to come into the office during office hours (9:00am-2:00pm) to work on a project?

Yes

No

Maybe

The following list below provides you with an idea of the different services and programs that the Lower Mainland Down Syndrome Society supplies to our families. Innovative programs are added on a regular basis. **Note:** for a full list please go to our website at [www.lmdss.com](http://www.lmdss.com). Job descriptions are available upon request.

## Volunteer Interest

Do you see yourself as a leader and like to be in charge or do you prefer to be a helper and/or work behind the scenes?

**What ages do you enjoy working with?**

Newborn/toddler (0-5)

Children (5-10)

Youth/ Young Adults (11-18)

Adults (18+)

Seniors (55+)

All of the Above

## **Recreation**

Adult Recreation (19+)	Afterschool Groups	Dance
Dance Fitness Classes	Fine Arts Programs (Arts, Crafts, Pottery, Painting, Drawing)	Kids Recreation (6-10+)
Learn & Play Group (3-5 yrs)	Life Skills (Knitting, Cooking, Other)	Social Club (13+)
Summer Camps	Yoga	Youth Recreation (9-18)
Zumba		

## **Networking & Fundraising**

Fundraising Coordinator  
Grant Writing Coordinator  
Social Coordinator  
Event Coordinator  
Public Relations Coordination  
Networking Parent Support Group Coordinator  
Ambassadors

## **Office Resources:**

IT Support  
Office Assistant  
Library Assistant  
Educational Program Coordinator  
Outreach Parent Team Coordinator (Training provided through LMDSS)  
Social Media

## **Other Areas of Service:**

Board of Director	Behaviour	Conferences
Consulting Services (Wills, Estates, Trusts, PWD, CLBC, Ministry of Children and Families)	Counselling	Hospital Liaison
Newsletter	Occupational Therapist	Other Therapist
Physio Therapist	President	Secretary
Speech Therapist	Teachers	Treasurer
Vice President	Volunteer Coordinator	

**\*\* All Therapist and Counsellors must have degrees and certification\*\***

## References 1

Reference Name:	
Reference Address:	
Reference City:	
Reference Province:	
Reference Phone Number:	
Reference Email Address:	

## Reference 2

Reference Name:	
Reference Address:	
Reference City:	
Reference Province:	
Reference Phone Number:	
Reference Email Address:	

## Other

Is there anything else you would like us to know about you?
How did you hear about LMDSS? TV/Radio Word of Mouth LMDSS Website Social Media Volunteer Website Other

I recognize that LMDSS will need to complete a Criminal Record Check **before** I can volunteer with their organization.

I understand.

**Volunteer Commitment and Pledge:**

1. I agree to adhere to the LMDSS requirements to make a minimum 6-month commitment to my volunteer positions.
2. I will be punctual and will notify LMDSS of any necessary absence from duty as far in advance as possible.
3. I will carry out my duties to the best of my abilities.
4. I will be notified if my assignment contains confidential information, and if so, I will not discuss it with anyone outside of my volunteer assignment. I will sign the confidential and privacy forms if required.
5. I will not use LMDSS equipment for personal use, including computers and any programs, photocopiers, and postage meters.
6. I will record my volunteer hours on an approved timesheet and submit the timesheet to the executive director at the end of each month.

I agree to the above commitment and pledge.