



Summer Youth Volunteer Program

Our Summer Youth Volunteer Program is a great way to prepare for your future and make a difference in someone else's life - while having fun!

It is a challenging and rewarding experience, and one of the best ways to involve yourself in the community.

We are looking for enthusiastic **students aged 12 - 25, who have a passion for helping others** and who want to have a meaningful experience this summer.

No previous experience is necessary, just:

- a willingness to help others
- patience and compassion for the elderly and people with disabilities
- time to share with others
- **a desire to have fun and learn new things!**



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For more information, please contact the **Summer Youth Volunteer Coordinator** at the following sites:

Dickinsfield 780.371.6559
14225 - 94 St., North Edmonton

Grandview 780.496.7104
6215 - 124 St, South Edmonton

Kipnes Centre for Veterans 780.442.5750
4470 McCrae Ave, North Edmonton

Lynnwood 780.341.2350
8740 -165 St, West Edmonton

Norwood 780.496.3252
10410-111 Ave, Central Edmonton

Strathcona 780.467.3366
12 Brower Dr, Sherwood Park

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leaders in continuing care

Lend a hand - gain experience

Who We Are

CapitalCare is the largest public continuing care organization in Canada. We operate 11 centres in Edmonton and area, providing care and services for more than 1,400 elderly and disabled adults living in our centres as well as over 300 clients living in the community.



How You Can Lend a Hand

Visit residents and clients

Intergenerational visits provide companionship, comfort and connection for residents.

Assist with community outings

Have fun and experience summer while accompanying residents on outings to local gardens, markets and summer festivals.

Become a mealtime companion

Help make mealtimes a special time by providing support and friendship.

Assist with recreational activities

Make crafts, play games, or start a Wii bowling league. If you have the talent, our residents have the energy to make it fun!

Arrange visits with pets

Pets are residents too! From dogs and cats, to our more exotic friends, you can help us take care of our pets and arrange visits.

Create summer events

From summer carnivals to fundraisers and sporting events, the sky's the limit to what you can organize and do!



What You'll Gain

It only takes a few hours a week to make a difference in someone else's life. When you lend a hand to an elderly or disabled adult, you will also gain:

- the satisfaction of helping others & contributing to your community
- the opportunity to learn more about careers in healthcare
- valuable work & practicum experience
- references
- new friends

Join us today!

www.capitalcare.net