

Are you interested in volunteering?

The Pregnancy Care Centre is looking for volunteers for the 2017 / 2018 year in the following areas:

Empowering Moms

A one-on-one support for a young mom to walk along side her in her journey to become an independent member of society.

- **Mentor**

- training is planned for Wednesday, August 23rd

- **Meal provider**

- cook and deliver the group meal once or twice per program year

- **Life skills facilitator**

- for one of the following workshops:

Nutrition, Cooking, Food Preservation, Exercise, Stress Management, Money Management, Legal Help, Dental Hygiene, Literacy, Children's Health, Sewing, Crafts, Gardening, etc.

Empowering Dads

A one-on-one support for a young dad, to help and encourage him to become the best dad his children can have.

- **Mentor**

- training to be announced

- **Meal provider**

- cook and deliver the group meal once or twice per program year

- **Life skills facilitator**

- for one of the following workshops:

Nutrition, Cooking, Communication, Healthy Relationships, Stress Management, Money Management, Legal Help, Children's Health, Resume and Interviewing skills, etc.



If you are interested in volunteering for our mentorship programs please call the Centre at 250-376-4646 or email: info@mypregnancychoices.ca