



Volunteering Resources

There are many ways you can contribute to your community. Below are some ideas and resources to get you started! If you are an avid volunteer, please share your favourite causes and places to volunteer. We would love to hear from you and add your cause to our *Arrow Select* list.

When you volunteer, you gain skills, make new connections, and create memories. The work itself can be manual, managerial, in person, and virtual. Either done individually or as part of a team of colleagues or even with strangers, the work can be skilled but is still enjoyable and fulfilling. It is a response to a request or the idea of a group of employees looking to make a unique impact on their community.

How to get started if you are new to volunteering:

- Take this quiz to find out what type of volunteer you are:
<https://volunteer.ca/index.php?MenuItemID=410>
- Check out a matching platform from Volunteer Canada's website:
https://volunteer.ca/searchform.php?ListType=Volunteer_Positions_Tags&MenuItemID=387

Looking for ideas to donate or fundraise online: <https://www.canadahelps.org/en/>

Take advantage of the Arrow Gold Programs:

- **Fundraising Match:** Arrow will match an employee's total funds raised from a fundraising event.
- **Donation Match:** Arrow will match donations made to a charity by an employee.
- **Employee Reward Program:** Arrow will reward employee's volunteering efforts by donating to a charity of their choice.

Refer to the Arrow Gold Information Package for more information.

Websites to find volunteer opportunities in your community:

Provincial Websites

Volunteer AB: <https://volunteeralberta.ab.ca/>

Volunteer BC: <https://volunteerbc.bc.ca/>

Arrow Community Websites

Volunteer Calgary: <https://volunteercalgary.net/>

Volunteer Chilliwack: <https://www.chilliwack.com/main/page.cfm?id=1838>

Volunteer Fort Saskatchewan: <https://www.fortsask.ca/en/things-to-do/volunteering.aspx#>

Volunteer Grande Prairie: <https://www.gpvsc.com/services/recognition-programs/list-of-programs>

Volunteer Kamloops: <https://www.volunteerkamloops.org/>

Volunteer Port Coquitlam: <https://www.portcoquitlam.ca/recreation/volunteering/>

Volunteer Prince George: <http://www.volunteerpg.com/>

Volunteer Sherwood Park: <https://volunteerstrathcona.ca/volunteer-opportunities/>

Volunteer Stewart: <http://districtofstewart.com/discover-stewart/volunteering/volunteer-opportunities-in-stewart>

Volunteer Toronto: <https://www.volunteertoronto.ca/>



Arrow Select

Below are known local charities that our employees volunteer with and recommend.

Location	Charity Name	Website/Contact Info
Ashcroft BC	Ashcroft & Area Community Resource Society	https://ashcroftbc.ca/community-organizations/
Athabasca AB	Athabasca Good Samaritan Ministries Association	http://foodbanksalberta.ca/locations/athabasca-good-samaritan-ministries-association/
British Columbia	BC Cancer Foundation	https://bccancerfoundation.com/
British Columbia	Variety - the Children's Charity	https://www.variety.bc.ca/
Calgary AB	Calgary Food Bank	https://www.calgaryfoodbank.com/
Calgary AB	Children's Cottage	http://childrenscottage.ab.ca/
Chilliwack BC	Chilliwack Community Food Bank	http://www.salvationarmychilliwack.ca/care-and-share/food-bank/
Chilliwack BC	Chilliwack Community Services	https://www.comserv.bc.ca/
Drayton Valley AB	Drayton Area Community Food Bank	(780) 514-3777
Drayton Valley AB	Pembina Crisis Connection Society	www.facebook.com/pembinacrisisconnectionsociety
Edmonton AB	Edmonton Food Bank	https://www.edmontonsfoodbank.com/
Edmonton AB	Hope Mission	https://hopemission.com/edmonton/
Fort Saskatchewan SK	Fort Saskatchewan Food Bank	https://www.fortsaskatchewanfoodbank.com/
Fort St James BC	Stuart Lake Outreach Group Society	250) 567-6744
Grande Prairie AB	Salvation Army Community & Family Services	https://salvationarmygp.ca/
Grande Prairie AB	Grande Prairie Youth Emergency Shelter Society (Sunrise House)	https://www.sunrisehouse.ca/
Kamloops BC	Kamloops Food Bank	https://www.kamloopsfoodbank.org/
Kamloops BC	A Way Home	https://www.awayhomekamloops.com/
Kamloops BC	The Mustard Seed	https://theseed.ca/services
Kamloops BC	Kamloops Hospice Association	https://www.kamloopshospice.com/
Kamloops BC	Canadian Mental Health Assoc. Kamloops -Ride Don't Hide	https://kamloops.cmha.bc.ca/
Peace River AB	Grimshaw Ecumenical Care	https://www.facebook.com/BerwynGrimshawCare/
Peace River AB	Peace River SPCA	https://www.peaceregionalspca.com/
Port Coquitlam BC	SHARE Family & Community Services	https://sharesociety.ca/
Sherwood Park AB	Strathcona Food Bank	https://strathconafoodbank.ca/
Stewart BC	Stewart Community Connections Society	https://www.facebook.com/StewartCommunityConnections/
Vancouver BC	Greater Vancouver Food Bank	https://foodbank.bc.ca/
Vancouver BC	Covenant House Vancouver	https://www.covenanthousebc.org/



USA		
Dallas TX	Cumberland Childrens Home	https://www.cpch.org/
Indianapolis IN	The Athenaeum Foundation - Regeneration Indy	https://www.regenerationindy.com/
Las Vegas NV	Three Square	https://www.threesquare.org/
Portland OR	Oregon Food Bank	https://www.oregonfoodbank.org/
Portland OR	Oregon Humane Society	https://www.oregonhumane.org/
Tacoma WA	Nourish Pierce County	https://nourishpc.org/
Tacoma WA	Humane Society of Tacoma Pierce County	https://www.thehumanesociety.org/

Volunteering Ideas:

- Sponsor a Road/Trail (cleanup), contact your local municipality.
- Volunteer at a food bank, contact your local food bank or Salvation Army.
- Clean up a beach, park, or trail, contact your local municipality or regional district.
- Coach a sports team for disadvantaged youth programs.
- Become a Big Brother/Sister; visit their website.
- Volunteer at a local hospital; contact your local hospital (and Foundation if they have one).
- Participate in a fundraising run/walk/bike event.
- Build a house for Habitat for Humanity; visit their website.
- Volunteer on a board of directors for any eligible community organization.
- Look for Community acts of caring, including shoveling for seniors or participating in spring cleanups.

Examples of activities **not** eligible:

- Coaching your child's sports team.
- Volunteering at your child's school.
- Attending a professional, religious, or personal interest conference.

Approved Charities:

Arrow will only support registered charitable organizations. You can search for the organization below or request confirmation (registration number) directly from the organization.

CRA -Canada: https://apps.cra-arc.gc.ca/ebci/hacc/srch/pub/dsplyBscSrch?request_locale=en

IRS -USA: <https://apps.irs.gov/app/eos/>

The following organizations and initiatives are **ineligible** to receive support:

- Organizations that limit their services to members of one religious group or whose services propagate religious faith or creed (exception if they represent non-denominational community and social support services).
- Retroactive funding, or for any project expenses to be incurred prior to the decision date.
- Debt retirement or reserves
- Political events
- Organizations that discriminate against race, gender, religion, and lifestyle.

Please email community@arrow.ca if you have additional resources or ideas to add.