

Community Information & Volunteer Centre

Capital News: Volunteer Centre Column 2011 August 4

Help others manage ailments

Put your skills to work helping people living with Arthritis and Fibromyalgia by volunteering with The Arthritis Society. Ten volunteers are needed to facilitate the Arthritis Self Management Program this Fall.

Through a group process, you will encourage the sharing of experiences, solving problems and practicing self-help behaviors designed to decrease stress, pain and depression. As one person stated, "this program gave me permission to deal with my arthritis and gave me my life back".

Individuals who have arthritis or who have personal experience with arthritis are eligible to apply for this volunteer position.

Volunteers are required to attend a free three day training session to be held September 15 – 17, 2011. Following successful completion of the training, volunteers lead one or two programs per year, working in teams of two. Each program is two hours per week for six consecutive weeks.

You need to be a good manager of your own arthritis, have a positive attitude, believe in the value of encouraging people with arthritis to assume responsibility for their self-management, and be comfortable facilitating small groups.

In addition to training, you will receive ongoing support from the Kelowna Arthritis Centre. You will be joining a dedicated team of volunteers who want to help others, and in the process, get so much back from those you help.

As one volunteer facilitator shared, "I didn't want the program to end. Everyone got involved, asking good questions, sharing some good ideas";

If you are interested in this volunteer opportunity, contact Trudy Battaglio at The Arthritis Society 250-868-8643 or email: tbattaglio@bc.arthritis.ca.

Look for other volunteer opportunities in the Central Okanagan at www.kcr.ca. Customize your own volunteer profile and receive matches of ways you can become involved. Follow the Okanagan Volunteer Opportunities Fair on Facebook. Over 75 organizations have signed up to attend.

Dawn Wilkinson, Coordinator
Community Information & Volunteer Centre
Kelowna Community Resources

Email. informkelowna@kcr.ca

Phone. 250.763.8008 E. 24

Website. www.kcr.ca

Address. 120 - 1735 Dolphin Avenue, Kelowna, BC V1Y 8A6



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