

## Community Services

### Capital News: Volunteer Centre Column 2014 February 6

#### **Volunteers opportunities are available around the clock**

Inn from the Cold Kelowna is looking for volunteers to join our winter shelter team.

Gain training and experience, meet new friends and give back to your community! There are many types of ways you can volunteer.

**Food Shifts:** Love to cook? This shift goes from 6 pm until 9 pm and involves purchasing, preparing and serving the meal to our guests. This is a great shift if you and friends want to help out together!

**Reception Shift:** This shift is perfect for anyone who likes to interact with others! Duties include prepping the shelter, assisting guests in getting settled in, playing games and lending an ear while waiting for dinner. This shift is scheduled from 6:00 pm to 9:30 pm.

**Overnight Shift:** From 9 pm to 6 am, this shift involves interacting with guests and helping staff with any duties. There is an extra bed in a separate room for the overnight volunteer to sleep once the guests are settled.

**Morning Shift:** If you are a smiley morning-person who likes to do things instead of chit-chat, this is the shift for you! This shift is scheduled from 6 am to 8:30 am and involves helping guests get ready for the day and cleaning the shelter, to prepare for the evening.

All shifts are scheduled online, so you create your own schedule.

Our shelter volunteers benefit from multiple training opportunities. In the near future, workshops will cover: Shelter Orientation, Harm Reduction, Working with Vulnerable Populations, Non-Violent Crisis Intervention and Problem Gambling.

Visit our website to find out more and fill out a volunteer application [www.innfromthecoldkelowna.org](http://www.innfromthecoldkelowna.org) or contact Tara at 250-448-6403 or [info@innfromthecoldkelowna.org](mailto:info@innfromthecoldkelowna.org).

These and other volunteer opportunities are available at [www.kcr.ca](http://www.kcr.ca). Click on 'Volunteer Opportunities Central Okanagan Search'.

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