

## Community Services

### Capital News: Volunteer Centre Column 2013 January 31

#### **Volunteering comes in so many different forms**

Here are two opportunities to make a statement while raising awareness about two causes: anti-bullying among children and youth, and a health condition that is the number one killer of Canadian women.

The Okanagan Boys and Girls Clubs are renewing their stand against bullying by marking Wednesday, February 27, 2013 as this year's Pink Shirt Day in the Okanagan.

You can join this national movement! Simply purchase your new 2013 designed Pink T-shirt and wear it to work, school and out in the community to help raise awareness.

All proceeds from T-shirts sales help support anti-bullying initiatives throughout the year within the Okanagan Boys and Girls Clubs. Last year over 3,500 shirts were sold and worn in the Okanagan!

To purchase your t-shirt (adult sizes are \$8 and youth sizes are \$6) contact (250) 762-3989 ext. 107 or email: [specialevents@boysandgirlsclubs.ca](mailto:specialevents@boysandgirlsclubs.ca).

February is Heart Month and you can get involved in helping the Heart and Stroke Foundation fund lifesaving research, while having a little fun this winter.

Why not volunteer to organize a heart month fundraiser for your friends or coworkers? It's fun and easy to do.

Why not try volunteering to host a Dress Red Day or a Jeans Day at your work? You can volunteer your business to sell red paper hearts or host a healthy meal/bake sale.

Your company can sign up for a "Feet on the Street" day where your corporate team goes out into the community as a blitz team canvassing one specific neighborhood together decked out in your corporate wear, badges, etc!

The ideas are endless, design a fundraiser of your own in your own style that shows your support and gives your gift of time!

Volunteers are the heart of this organization. To volunteer, please contact the Heart and Stroke Foundation Kelowna office 250-860-6275.

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

Website. [www.kcr.ca](http://www.kcr.ca)

Email. [informkelowna@kcr.ca](mailto:informkelowna@kcr.ca) Phone. 250.763.8008 E. 24

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