

## Community Information & Volunteer Centre

Capital News: Volunteer Centre Column 2012 July 26

### **Gain Skills Volunteering for the Crisis Line**

The words “back to school” evoke many feelings in people including a sense of excitement about learning and the sense of starting fresh.

After a busy summer, fall is a time to reflect on what is meaningful and is a time to explore new opportunities.

Volunteering is an ideal way to learn new skills, meet people and broaden one’s horizons while simultaneously helping others.

The Crisis Line is looking for empathetic, caring volunteers to perform the important role of taking calls from people in emotional distress or crisis.

Although many university students and graduates in the field of social work and psychology are attracted to Crisis Line work, volunteers come from all walks of life as the 20 hour training teaches communication skills and crisis intervention.

These skills are essential for handling calls but are also transferable to one’s own personal life as well as being valued in the workforce.

During this economic downturn, volunteering has become a way for people to gain important skills. In fact, past volunteers have noted that they have been offered employment based on their work on the Crisis Line.

The next training starts in September and after training, new volunteers are matched with experienced volunteers for support until they are ready to “go solo”, committing to approximately 16 hours of volunteering per month.

So, if your mind is already turning to crisp, cool nights and apples ripening in the trees, if you are a compassionate person who wants to make a difference in countless people’s lives, now is the time to consider volunteering!

Contact the Crisis Line Coordinator, Janet Roth at 250-763-8058 # 233 or email [crisisline@kcr.ca](mailto:crisisline@kcr.ca) for information.

You will find this and other ways to get involved at [kcr.ca](http://kcr.ca), “Volunteer Opportunities Central Okanagan”. Create your own volunteer profile and receive e-matches all year long.



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