

## Community Services

Capital News: Volunteer Centre Column 2013 September 19

### **Be a friend or help in a crisis**

If you are a warm, friendly person who likes to help others or if you stay calm in stressful situations and have excellent listening skills, KCR might have the perfect role for you.

KCR is recruiting Family Friends and Crisis Line volunteers.

The Family Friend Program matches volunteers as competent companions to single parents who are feeling alone due to the stresses of parenting young children.

“Being a parent is hard work,” says coordinator Bev Colbow. “If fatigue, feeling overwhelmed, guilt, temper tantrums, 2:00 feedings and loneliness sound familiar, you might be just the person we are looking for.”

Family Friends provide mentorship, friendship, practical help, emotional support, and mutually agreed upon activities.

Training is provided and you would be joining dynamic group of women who impact families throughout the Central Okanagan.

Contact Bev at 250-763-8008 ext 36 or [bev@kcr.ca](mailto:bev@kcr.ca) to learn more.

Crisis Line volunteers receive excellent training in communication skills and crisis intervention. There is hands-on experience using and developing these skills.

This type of training and experience is both practical and marketable to build your resume for finding employment.

Training takes place four times a year and consists of eight hours of home study and approximately 16 classroom hours.

The next training will be November 2013 and there is a \$40 fee for training materials.

“Because the training is extensive, we ask our volunteers to commit for at least 6 months,” says coordinator Janet Roth. “We are looking for emotionally mature, well-grounded and level headed people.”

Crisis Line volunteers listen and support callers in distress. Support includes a listening, compassionate ear, crisis intervention and referrals to resources when appropriate.

You can contact Janet Roth at 250.763.8058 ext 233 or [crisisline@kcr.ca](mailto:crisisline@kcr.ca).

To find other volunteer opportunities in the Central Okanagan go to [www.kcr.ca](http://www.kcr.ca).



Kelowna  
Community  
Resources

Dawn Wilkinson manages the Community Information and Volunteer Centre at Kelowna Community Resources. Go to [kcr.ca](http://kcr.ca) and click on Volunteer Opportunities Search to create your volunteer profile. View all the Volunteer Centre columns at: [kcr.ca/volunteercolumn](http://kcr.ca/volunteercolumn). Contact 250-763-8008 ext 24 or [informkelowna@kcr.ca](mailto:informkelowna@kcr.ca).