



YD THE YELLOW DOOR
LA PORTE JAUNE

VOLUNTEER WITH
THE YELLOW DOOR
IWGs

The Yellow Door, a non-profit organization running intergenerational programs for the community, is looking for volunteers to help run our Intergenerational Wellness Groups (IWGs).

Every week the YD runs a series of group activities that aim to: (i) to promote mental and physical health through mindfulness and artistic engagement; and (ii) to foster healthy community engagement by building and strengthening connections between older and younger generations. The YD harnesses the energy and skills of a diverse group of volunteers to provide accessible programming to at-risk populations. All of our activities are free and open to everyone in the community. We are looking to add outgoing and motivated volunteers to this team, in one of two ways:

1. IWG Volunteer

Volunteers report directly to the YD Activities Coordinator and are asked to help with one group per week (such as Knit Circle, Art Hive, Reading/Film Group, Community Hour, and Adaptive Yoga). These activities are well established and may be run by more than one volunteer. As a volunteer you would be responsible for: setting up any supplies, welcoming new/existing participants, facilitating discussion, offering guidance/skills/lessons, cleaning up at the end of the activity.

Time commitment: 2+ hours per week, plus 2 annual group meetings.

2. IWG Leader

If you have an idea for a weekly group that you would like to lead, the role of IWG Leader might be for you! You will be asked to submit an application detailing your ideas to the director, once approved you will be responsible for planning and running your group each week. Current activities initiated and run by IWG Leaders include; Art Hive, Community Music, Drum Circle, Tea Ceremony, and Woodcarving.

Time commitment: 3+ hours per week, 2 annual group meetings.

If interested in becoming a IWG Volunteer or an IWG Coordinator, or if you have any questions, please contact Kaitlin, Executive Director, at ex.dir@yellowdoor.org.

For more information about the YD please visit our website
WWW.YELLOWDOOR.ORG