



VOLUNTEER WITH THE YELLOW DOOR Activities

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

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.

Volunteers report directly to the YD Activities Coordinator and are asked to help with one group per week. 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.

CURRENT OPPORTUNITIES

Phone Call Volunteer (2 volunteers)

A dedicated volunteer that can provide a 2h window on Tuesdays or Thursdays to help with telephone calls in-office at the Yellow Door to our members, who participate in the IWG's program; and provide information of the upcoming, weekly activities.

Art Hive (1 Group Leader)

We are seeking a volunteer artist to teach our Art Hive on Mondays (4-6pm). The class is for beginners, open to all styles of visual art and crafts. This is the perfect opportunity for emerging artists, students, or anyone who is passionate about art. It is a great chance to gain experience in the art community of Montreal, build your portfolio; and receive a reference letter.

Knitting Group (1 Volunteer)

A passionate volunteer that can provide 1 hour on Mondays (3-4pm) to help with the Yellow Door Knitting group. All levels welcomed.

Community Hour (1 Volunteer)

IWG's program is looking for someone with a special sense of community work. The volunteer will work along the Activities Coordinator to facilitate 1h on Wednesdays (2-3pm) dedicated to a variety of activities (workshops, museum visits, potlucks, performances...) for our members. The person will assist with the day's activity, prepare simple beverages and snacks, clean up; and become a part of the group dynamic.

Film Group (1 Group Leader and 1 volunteer)

We need some volunteers 3h on Fridays (3-6pm) to organise film cycles, propose new movies, help with film viewings; and promote an open discussion after. Some knowledge about film industry will be appreciated.

Office Administrative (1 Volunteer)

A supportive and well-organized volunteer that can provide a 2h window on a weekday to help with administrative tasks and work side-by-side with the Activities Coordinator.

If interested in becoming a IWG Volunteer or if you have any questions, please contact Rocio, Activities Coordinator, at activities@yellowdoor.org

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