

## Potential Community Involvement Opportunities for ECSS Students

As part of OSSD graduation requirements, it is the **responsibility of each student** to find opportunities and complete their 40 community involvement hours. Please keep in mind that all activities must be pre-approved by your Guidance Counsellor and must meet the eligibility requirements, as outlined on the back of the community involvement activity form.

The following list provides students with support to achieve their community involvement hours. Students are also encouraged to listen to the announcements for updates on local opportunities and to visit the volunteer opportunities station in the Guidance and Career Education Office.

Students can search comprehensive databases for volunteer opportunities at the following websites:

[www.yorkinfo.ca](http://www.yorkinfo.ca)  
[www.getinvolved.ca](http://www.getinvolved.ca)

[www.neighbourhoodnetwork.org](http://www.neighbourhoodnetwork.org)  
[www.charityvillage.com](http://www.charityvillage.com)

[www.york.cioc.ca](http://www.york.cioc.ca)  
[www.yorkregion.com](http://www.yorkregion.com)

Students may also investigate national and/or international opportunities at the following websites:

[www.volunteer.ca](http://www.volunteer.ca)  
[www.unv.org](http://www.unv.org)

[www.coopscanada.coop](http://www.coopscanada.coop)  
[www.ontario.coop](http://www.ontario.coop)

[www.youthconnect.ca](http://www.youthconnect.ca)  
[www.pc.gc.ca](http://www.pc.gc.ca)

<p><b><u>Alzheimer Society of York Region</u></b></p> <ul style="list-style-type: none"> <li>• <b>Fundraising/Event volunteer</b></li> </ul> <p>Website: <a href="http://www.alzheimer.ca/york">www.alzheimer.ca/york</a>            Email: <a href="mailto:info@alzheimer-york.com">info@alzheimer-york.com</a>            Phone: (905) 726-3477            Toll free: 1-888-414-5550            Contact name: Emily Delaney            Contact email: <a href="mailto:edelaney@alzheimer-york.com">edelaney@alzheimer-york.com</a></p>	<p><b><u>Canadian Diabetes Association</u></b></p> <ul style="list-style-type: none"> <li>• <b>Fundraising/Event volunteer</b></li> </ul> <p>Website: <a href="http://www.diabetes.ca">www.diabetes.ca</a>            Email: <a href="mailto:info@diabetes.ca">info@diabetes.ca</a>            Toll free: 1-800-226-8464            Contact name: Maria Petrie            Contact email: <a href="mailto:maria.petrie@diabetes.ca">maria.petrie@diabetes.ca</a></p>	<p><b><u>Community Living York South</u></b></p> <ul style="list-style-type: none"> <li>• <b>Various opportunities</b></li> </ul> <p>Website: <a href="http://www.communitylivingyorksouth.ca">www.communitylivingyorksouth.ca</a>            Email: <a href="mailto:info@communitylivingyorksouth.ca">info@communitylivingyorksouth.ca</a>            Phone: 905-264-7262            Contact name : Rotu Singarayer            Contact email: <a href="mailto:rsingarayer@communitylivingyorksouth.ca">rsingarayer@communitylivingyorksouth.ca</a>            Contact phone : 1-877-737-3475, extension 523</p>
<p><b><u>Big Brothers and Sisters of York</u></b></p> <ul style="list-style-type: none"> <li>• <b>Mentoring program</b></li> </ul> <p>Website: <a href="http://www.bbbsy.ca">www.bbbsy.ca</a>            Email: <a href="mailto:general@bbbsy.ca">general@bbbsy.ca</a>            Phone: (905) 726-2149            Contact name: Allison Haskins            Contact email: <a href="mailto:allison.haskins@bigbrothersbigsisters.ca">allison.haskins@bigbrothersbigsisters.ca</a></p>	<p><b><u>Canadian National Institute for the Blind</u></b></p> <ul style="list-style-type: none"> <li>• <b>Various opportunities</b></li> </ul> <p>Website: <a href="http://www.cnib.ca">www.cnib.ca</a>            Email: <a href="mailto:info@cnib.ca">info@cnib.ca</a>            Toll free: 1 800 563-2642            Contact: Leslie Deane            Contact phone: (416) 486-2500 x. 7652</p>	<p><b><u>Daily Bread Food Bank</u></b></p> <ul style="list-style-type: none"> <li>• <b>Food sorting</b></li> </ul> <p>Website: <a href="http://www.dailybread.ca">www.dailybread.ca</a>            Email: <a href="mailto:learn@dailybread.ca">learn@dailybread.ca</a>            Phone: (416) 203-0050</p>
<p><b><u>Canadian Cancer Society</u></b></p> <ul style="list-style-type: none"> <li>• <b>Fundraising/Event volunteer</b></li> </ul> <p>Website: <a href="http://www.cancer.ca">www.cancer.ca</a>            Email: <a href="mailto:info@cis.cancer.ca">info@cis.cancer.ca</a>            Toll free: 1-888-939-3333</p>	<p><b><u>Canadian Red Cross Society</u></b></p> <ul style="list-style-type: none"> <li>• <b>Various opportunities</b></li> </ul> <p>Website: <a href="http://www.redcross.ca">www.redcross.ca</a>            Email: <a href="mailto:ontariovolunteer@redcross.ca">ontariovolunteer@redcross.ca</a></p>	<p><b><u>Epilepsy York Region</u></b></p> <ul style="list-style-type: none"> <li>• <b>Various opportunities</b></li> </ul> <p>Website: <a href="http://www.epilepsyork.org">www.epilepsyork.org</a>            Contact name: David Harper            Contact email: <a href="mailto:dharper@epilepsyork.org">dharper@epilepsyork.org</a>            Contact phone: (905) 508-5404</p>
<p><b><u>Canadian Cystic Fibrosis Foundation</u></b></p> <ul style="list-style-type: none"> <li>• <b>Fundraising/Event volunteer</b></li> </ul> <p>Website: <a href="http://www.cysticfibrosis.ca">www.cysticfibrosis.ca</a>            Email: <a href="mailto:info@cysticfibrosis.ca">info@cysticfibrosis.ca</a>            Phone: (416) 485-9149            Toll free: 1-800-378-2233</p>	<p><b><u>Community Association for Riding for the Disabled</u></b></p> <ul style="list-style-type: none"> <li>• <b>Various opportunities</b></li> </ul> <p>Website: <a href="http://www.card.ca">www.card.ca</a>            Email: <a href="mailto:info@card.ca">info@card.ca</a>            Phone: (416) 667-8600</p>	<p><b><u>Girls Incorporated of York Region</u></b></p> <ul style="list-style-type: none"> <li>• <b>Event volunteer</b></li> </ul> <p>Website : <a href="http://www.girlsincyork.org">www.girlsincyork.org</a>            Email: <a href="mailto:volunteer@girlsincyork.org">volunteer@girlsincyork.org</a>            Phone: (905) 830-0776</p>

<p><b><u>Habitat for Humanity</u></b></p> <ul style="list-style-type: none"> <li>• Construction/Events/ReStore</li> </ul> <p>Website: <a href="http://www.habitatgta.ca">www.habitatgta.ca</a>  Email: <a href="mailto:info@habitatgta.ca">info@habitatgta.ca</a>  Contact name: Alice Souvannakhily  Contact email: <a href="mailto:alice.souvannakhily@habitatgta.ca">alice.souvannakhily@habitatgta.ca</a>  Contact phone: (416) 573-1883</p>	<p><b><u>Sending Sunshine</u></b></p> <ul style="list-style-type: none"> <li>• Letters to the Elderly</li> </ul> <p>Website: <a href="http://www.sendingsunshine.ca/card-writing-help">www.sendingsunshine.ca/card-writing-help</a>  Email: <a href="mailto:sendingsunshineca@gmail.com">sendingsunshineca@gmail.com</a></p>	<p><b><u>Multiple Sclerosis Society of Canada</u></b></p> <ul style="list-style-type: none"> <li>• Various opportunities/events</li> </ul> <p>Website: <a href="http://www.mssociety.ca">www.mssociety.ca</a>  Email: <a href="mailto:info.ontario@mssociety.ca">info.ontario@mssociety.ca</a>  Phone: (416) 922-6065  Toll free: 1-800-268-7582</p>
<p><b><u>Neighbourhood Network</u></b></p> <ul style="list-style-type: none"> <li>• Building Better Communities Together</li> </ul> <p>Website: <a href="https://neighbourhoodnetwork.org/about-us/">https://neighbourhoodnetwork.org/about-us/</a></p>	<p><b><u>SPARK Ontario</u></b></p> <ul style="list-style-type: none"> <li>• Various Opportunities/events</li> </ul> <p>Website: <a href="https://www.sparkontario.ca/">https://www.sparkontario.ca/</a></p>	<p><b><u>Vaughan Food Bank</u></b></p> <ul style="list-style-type: none"> <li>• Various opportunities</li> </ul> <p>Website: <a href="http://www.vaughanfoodbank.ca">www.vaughanfoodbank.ca</a>  Email: <a href="mailto:Vaughan.foodbank@bellnet.ca">Vaughan.foodbank@bellnet.ca</a>  Phone: (905) 851-2333</p>
<p><b><u>Heart and Stroke Foundation</u></b></p> <ul style="list-style-type: none"> <li>• Canvassers</li> </ul> <p>Website: <a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a></p>	<p><b><u>Oak Ridges Trail Association</u></b></p> <ul style="list-style-type: none"> <li>• Trail maintenance/hike guide</li> </ul> <p>Website : <a href="http://www.oakridgestrail.org">www.oakridgestrail.org</a>  Email: <a href="mailto:info@oakridgestrail.org">info@oakridgestrail.org</a></p>	<p><b><u>Vaughan Public Libraries</u></b></p> <ul style="list-style-type: none"> <li>• Various opportunities</li> </ul> <p>Website: <a href="http://www.vaughanpl.info">www.vaughanpl.info</a>  Phone: (905) 653-READ (7323)</p>
<p><b><u>Hospice Vaughan</u></b></p> <ul style="list-style-type: none"> <li>• Various</li> </ul> <p>Website: <a href="http://www.hospicevaughan.com">www.hospicevaughan.com</a>  Email: <a href="mailto:info@hospicevaughan.com">info@hospicevaughan.com</a>  Phone: (905) 850-6266</p>	<p><b><u>Pet Value</u></b></p> <ul style="list-style-type: none"> <li>• Animal shelter</li> </ul> <p>Email: <a href="http://www.actionvolunteersforanimals.com">www.actionvolunteersforanimals.com</a>  Contact name: Monika Sudds  Contact email: <a href="mailto:monikasudds@live.com">monikasudds@live.com</a>  Contact phone: (416) 568-4151</p>	<p><b><u>Vaughan Recreation</u></b></p> <ul style="list-style-type: none"> <li>• Various opportunities</li> </ul> <p>Website: <a href="http://www.vaughan.ca">www.vaughan.ca</a>  Email: <a href="mailto:recvolunteers@vaughan.ca">recvolunteers@vaughan.ca</a>  Phone: (905) 832-8500 x. 7405</p>
<p><b><u>Kerry's Place Autism Services</u></b></p> <ul style="list-style-type: none"> <li>• Autism support/fundraising</li> </ul> <p>Website: <a href="http://www.kerrysplace.org">www.kerrysplace.org</a>  Email: <a href="mailto:info@kerrysplace.org">info@kerrysplace.org</a>  Phone: (905) 841-6611  Contact name: Susan Townsend  Contact email: <a href="mailto:susan.townsend@kerrysplace.org">susan.townsend@kerrysplace.org</a>  Contact phone: (905) 713-6808 x. 360</p>	<p><b><u>Rogers Television</u></b></p> <ul style="list-style-type: none"> <li>• Various opportunities</li> </ul> <p>Website: <a href="http://www.rogers.com">www.rogers.com</a>  Contact name: Gary McMahon  Contact email: <a href="mailto:garymcmahon@rci.rogers.com">garymcmahon@rci.rogers.com</a>  Contact phone: (905) 780-7152</p>	<p><b><u>Villa Charities</u></b></p> <ul style="list-style-type: none"> <li>• Various opportunities</li> </ul> <p>Website: <a href="http://www.villacharities.com">www.villacharities.com</a>  Phone: (289) 202-2222 x. 333  Contact name: Cinzia Del Zotto  Contact email: <a href="mailto:cdelzotto@villacharities.com">cdelzotto@villacharities.com</a>  Contact phone: (416) 789-7011 x. 337</p>
<p><b><u>Kortright Centre for Conservation</u></b></p> <ul style="list-style-type: none"> <li>• Various opportunities</li> </ul> <p>Website: <a href="http://www.kortright.org">www.kortright.org</a>  Contact name: Jasmine Green  Contact email: <a href="mailto:jgreen@trca.on.ca">jgreen@trca.on.ca</a>  Contact phone: (905) 832-2289 x. 239</p>	<p><b><u>Sienna Senior Living-Woodbridge Vista Care</u></b></p> <ul style="list-style-type: none"> <li>• Support for senior programs</li> </ul> <p>Website: <a href="http://www.siennialiving.ca">www.siennialiving.ca</a>  Phone: (905) 856-7200</p>	<p><b><u>Yellow Brick House</u></b></p> <ul style="list-style-type: none"> <li>• Various opportunities</li> </ul> <p>Website: <a href="http://www.yellowbrickhouse.org">www.yellowbrickhouse.org</a>  Email: <a href="mailto:volunteering@yellowbrickhouse.org">volunteering@yellowbrickhouse.org</a>  <a href="mailto:info@yellowbrickhouse.org">info@yellowbrickhouse.org</a>  Phone: Tel: (905) 709-0900  Toll-free: 1-800-263-2231</p>
<p><b><u>Maple Leaf Sports and Entertainment</u></b></p> <ul style="list-style-type: none"> <li>• 50/50 ticket sales</li> </ul> <p>Website: <a href="http://www.mlsefoundation.org">www.mlsefoundation.org</a>  Email: <a href="mailto:MLSEFoundation@MLSE.com">MLSEFoundation@MLSE.com</a>  Phone: (416) 815 5400 ext. 2049  Toll Free: 1-877-531-MLSE (6573)  Contact name: Shellie Thomas  Contact email: <a href="mailto:Shellie.Thomas@MLSE.com">Shellie.Thomas@MLSE.com</a></p>	<p><b><u>Toronto and Region Conservation Association</u></b></p> <ul style="list-style-type: none"> <li>• Conservation</li> </ul> <p>Website: <a href="http://www.trca.on.ca">www.trca.on.ca</a>  Email: <a href="mailto:info@trca.on.ca">info@trca.on.ca</a>  Phone: (416) 661-6600  Contact name: Erin Schulz  Contact email: <a href="mailto:volunteer@trca.on.ca">volunteer@trca.on.ca</a>  Phone: (416) 303-8346</p>	<p><b><u>Toronto Volunteer</u></b></p> <ul style="list-style-type: none"> <li>• Various opportunities</li> </ul> <p>Website:  <a href="https://www.volunteertoronto.ca/events/event_list.asp">https://www.volunteertoronto.ca/events/event_list.asp</a></p>

<p><b><u>York Central Hospital</u></b></p> <ul style="list-style-type: none"> <li>• Various opportunities</li> </ul> <p>Website: <a href="http://www.mackenziehealth.ca">www.mackenziehealth.ca</a>  Email: <a href="mailto:volunteers@mackenziehealth.ca">volunteers@mackenziehealth.ca</a></p>	<p><b><u>March of Dimes Canada</u></b></p> <ul style="list-style-type: none"> <li>• Various opportunities</li> </ul> <p>Website: <a href="http://www.marchofdimes.ca">www.marchofdimes.ca</a>  Email: <a href="mailto:volunteer@marchofdimes.ca">volunteer@marchofdimes.ca</a>  Phone: (416) 425-3463 x7756  Toll free: 1-800-263-3463 x7756</p>	<p><b><u>Vaughan Community Health Centre</u></b></p> <ul style="list-style-type: none"> <li>• Various opportunities</li> </ul> <p>Website: <a href="http://www.vaughanhealthcarehc.com">www.vaughanhealthcarehc.com</a>  Email: <a href="mailto:info@vaughanhealthcarehc.com">info@vaughanhealthcarehc.com</a>  Phone: (905) 303-8490</p>
<p><b><u>York Region Police</u></b></p> <ul style="list-style-type: none"> <li>• Various opportunities</li> </ul> <p>Website: <a href="http://www.yrp.ca">www.yrp.ca</a>  Email: <a href="mailto:info@yrp.ca">info@yrp.ca</a>  <a href="mailto:volunteers@yrp.ca">volunteers@yrp.ca</a>  Toll free: 1-866-876-5423</p>		