

Volunteer Today!



"Getting involved with the golf tournament was a way for me to channel my energy, meet some great people and advocate to fight back against this disease. I think it helps me to deal with the disease and to interact with new people for a cause that matters to all of us."
Beverly Zaifman

"It's (volunteering) something we can do together. When we are active in an organization we feel like we are part of something bigger – that we are making a difference!"
Kees & Liz Vreugdenhil

"I have a friend who has been living with Parkinson's for several years. I wanted to do something that might contribute to 'easing the way' for him. It's also been a great way to meet other people with similar interests but with widely different backgrounds."
Wayne McManus



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VOLUNTEER!



Why Volunteer?

- Get connected and meet new friends and contacts
- Strengthen your ties to the community and help to make it a better place
- Increase self-confidence
- Strengthen social skills
- Learn or enhance skills
- Try something new

By volunteering, you offer Parkinson Society Southwestern Ontario many benefits including:

- Being a critical link to the community
- Offering a fresh perspective and keeping us current
- Helping us become more responsive to the community
- Helping build support and awareness within the community
- Bringing experience, knowledge and expertise to the organization
- Keeping our organization accountable



Volunteer as an Individual or in a Group

What other ways can I become involved in volunteering?

Family Volunteering

As parents, we have the opportunity to show our children how volunteering can make a difference in the lives of others.

Group Volunteering

If your group is looking for something to do in the community, consider volunteering for Parkinson Society Southwestern Ontario.

If you belong to a service club, community group or business that already holds an event, ask if they would consider donating the proceeds to support people with Parkinson's.

Youth Volunteering

Young people can use their volunteer service as a way to learn work skills, establish employment experience and prove their abilities.

Healthcare Professional Volunteers

Volunteer trainers are needed for *PEP (Parkinson Education Program)* for *Community Caregivers* to ensure that people living with advanced Parkinson's receive better quality care and enhanced dignity in their home or healthcare facilities.

Corporate Volunteering

Employer supported volunteerism gives companies the opportunity to make a positive impact in their community.¹

Contact your human resources department and find out if your organization has a volunteer program. Some organizations donate or match pledges for their employees' volunteer efforts.

If your organization does not currently have a volunteer program, encourage your employer to participate in corporate volunteering and name Parkinson Society Southwestern Ontario as your charity of choice.

¹<https://www.getinvolved.ca/posts/workplace/>

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Call 1-888-851-7376
or email info@parkinsonsociety.ca
to find out how.