

Volunteer Opportunities in Montreal

1. Saint John's Ambulance:

- Become a volunteer with Saint John Ambulance to work as a first aider or first responder at events around Montreal. These include divisional events in our local communities, and provincial events at the Bell Centre for hockey games or concerts. There are also monthly trainings about emergency first aid material.
- Even during the Covid-19 pandemic, there are opportunities to get involved with first aid in the community. This includes volunteering for sécurité civile on behalf of SJA
- Link to website: <https://www.sja.ca/English/Pages/default.aspx>

2. Jewish General Hospital - In-Hospital Volunteering:

- Become a volunteer at the JGH and you will be placed on a unit to assist the patients and socialize with them.
- Unsure about the reality with COVID-19 at the moment.

3. St. Mary's Hospital - Fundraising Events:

- Volunteer at the Fundraising Gala events hosted by the St. Mary's hospital. They host an annual Wonderball and other events throughout the year.

4. The Friendship Circle:

- Volunteer and join the community of individuals with physical and intellectual disabilities in a non-judgemental supportive environment.
- Link to website: <https://www.friendshipcircle.ca>

5. Health Innovation Initiative:

- a. Become a volunteer team member to help drive health innovation by collaborating with government, industry, and research professionals.
- b. Link to website: <https://www.healthinnovationinitiative.com>

McGill Specific Events

1. Best Buddies Canada:
 - Program where you can volunteer to be paired up with an individual with intellectual disabilities and form friendships within the community.
 - Link to website: <https://bestbuddies.ca>
2. Motion Ball:
 - Fundraiser at McGill University in collaboration with The Special Olympics
3. Relay For Life:
 - Fundraiser at McGill University for cancer research in collaboration with the Canadian Cancer Society
4. McGill Students for Parkinson's Awareness
 - Volunteers interact with Parkinson's patients and share resources at the MGH and MNI movement disorder clinic kiosks
 - This semester, volunteers will be summarizing research articles to share with the general public, and conducting research for a podcast featuring clinicians and scientists!