

“We’ve got to live no matter how many skies have fallen”

- **D.H. Lawrence**

It’s been a year of restrictions, restraint, masks, social distancing, ‘phases’, social issues and public outrage, stressors, and constraints. One could make a very long list of what was wrong and what went wrong over the last twelve months. It was a hard year.

Time has elasticity in relevant terms; it speeds up and slows down, shaping our perceptions and understandings. It feels like we have been living under the shadow of COVID forever and yet it has only been 12 months and 12 days since Alberta declared that we were in a crisis. Think about this, we have been talking about, thinking about, dealing with, and fighting about the Coronavirus for 377 days. It has overtaken our lives, taken lives, destroyed livelihoods, created social unrest, fragmented common sense, and upended society. The impressionability of time keeps us longing for a past and unwilling to consider a different future. What we forget is that this will end. It is only a matter of time. What we do to make a better brighter future, is right in front of us, right now.

Our Non-profit/charitable sector is at a unique crossroads. There is destruction, yes, but there is also an opportunity to achieve what was not possible before. Access to funding and ensuring long-term sustainability may provide for cooperation and collaboration both cross-sector and across sectors. Supporting staff mental wellness may lead to finding creative new ways of delivering services and supports to client bases. Improved and economically feasible IT may decrease mission-drift and improve relationships between funders and organizations.

History has proven time and again that the non-profit/charitable sector is often the instrument of societal change. COVID-19 and the subsequent public health crisis have created a perfect storm of social awareness shedding light on topics that many would prefer to keep dark. Systemic and everyday racism, child poverty, family violence, homelessness, and a host of other historical social maladies are at the forefront of the public’s mind. Our sector response may make the difference for countless lives over many years.

Undeniably, the Post-COVID world is going to be different. How different may very well be a direct result of how the non-profit/charitable sector pulls it together.

Here’s to recovery!

Carol-Anne



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National Volunteer Week is celebrated every year to recognize and thank volunteers for the time and energy they contribute to causes that benefit our community. National Volunteer Week is also an opportunity to promote the benefits of volunteering to individuals and society.

The Grande Prairie Volunteer Services Bureau (GPVSB) is partnering with the City of Grande Prairie to celebrate National Volunteer Week. This year's theme is "The Value of One. The Power of Many." We invite individuals, groups, organizations, not-for-profits and charities to join us virtually throughout the week on social media to celebrate the vibrancy and impact of volunteerism in our community and across the region.

This year's celebration will feature various online activities that include 'Volunteer Shout Outs' from the community, volunteer interviews, a special GPVSB National Volunteer Week Newsletter covering the week, a scavenger hunt in collaboration with Grande Prairie Regional Tourism and much more.

We encourage everyone who would like to participate in honouring our volunteer community to send us a volunteer shout out video or message. For information on making your submission visit <https://www.volunteergp.com/events/national-volunteer-week>. The National Volunteer Week scavenger hunt will start on April 18 and end at midnight on April 24, with great prizes to be won. More details on the scavenger hunt will be available closer to National Volunteer Week at <https://www.cityofgp.com/events>.

GPVSB board and staff would like to thank the Government of Alberta and Volunteer Alberta for supporting our National Volunteer Week Activities. We would also like to thank all the volunteers and organizations who help make our community a great place to live.

Follow us on Facebook, Instagram and Twitter @gpvsb for future updates.

**NATIONAL
VOLUNTEER
WEEK**
**VOLUNTEER
SHOUT OUT**

Alberta Government THE CITY OF GRANDE prairie Grande Prairie Volunteer Services Bureau VOLUNTEER ALBERTA

In celebration of National Volunteer Week (April 18 to 24) the GPVSB & the City of Grande Prairie asks individuals, groups, organizations, not-for-profits & charities to send us a volunteer shout out video or written message thanking the volunteers in our community.

Your 30 to 45 second thank you video or written message will be shared on GPVSB's social media throughout National Volunteer Week!

For more information on this year's National Volunteer Week Celebration and to submit your shout out visit www.volunteergp.com/events/national-volunteer-week

Please submit your Volunteer Shout Out by April 12th.

GPVSB Members looking for volunteers?

Log into the volunteer directory at <https://gpsvb.volunteerattract.com> to post your volunteer opportunities!



MEET ME AT THE MALL



GPVSB Member Agencies reserve your day & time for this popular event & showcase your organization's programs and services to mall patrons.

To book your spot call 780-538-2727 or email membership@volunteergrandeprairie.com.

**APRIL 26
TO
MAY 1
2021**

Due to the number of no shows during past Meet Me at the Mall events, Members failing to attend their scheduled time slot will be charged \$150.00 no-show fee.





GPVSB Members your agency could be featured right here in our next quarterly newsletter! For more information email communications@volunteergp.com



Canadian Mental Health Association Alberta Northwest Region

Vision: To Provide Resources to Foster Communities of Mentally Healthy People.

Mission: To Promote Mental Health for Individuals and Our Community.

Since 1995 the Canadian Mental Health Association Alberta Northwest Region (CMHA ANWR) has been serving Grande Prairie helping those with mental health issues & addiction. A branch of the national CMHA this organization works to provide tailored programs and services to assist those in need in our area.

CHMA ANWR helps support the community in various ways; their main office located downtown at Willow Place, is an apartment building with 57 units owned & operated by the agency. Built in 2003, these Studio apartments house individuals with mental health problems and/or recovering from addictions. Tenants within Willow place; must qualify for affordable housing, be able to pay rent and live independently with support.

Willow Place is also home to CMHA ANWR's Hub Resource Centre, with funding from Alberta Health Services, this program offers those with mental health and or in recovery the chance to partake in planned activities, such as collective kitchen to prepare group meal, arts & crafts, and social gatherings. The Hub helps develop social interaction and grow community support and resources for participants, Volunteers help with planning and instructing many of the Hub activities. Our Treats & Sweets program is an Ice Cream Stand located south of Centre 2000 and is operated by our clients selling snacks to the community. The Treats & Sweets Stand also helps promote CMHA & Willow Place to the public while at the same time gives clients community engagement.



Randy Arsenault
CMHA ANWR
Executive Director

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CMHA ANWR is part of the Housing First Program funded by the City of Grande Prairie's End Homelessness Initiative. This program helps homeless individuals locate, attain, and maintain housing. The Housing First program also helps connect individuals with appropriate medical / mental health services, addiction counselling, life skills and landlord relations.

CMHA ANWR also helps those living on streets of our city with their Mobile Addictions Outreach Program, funded by Alberta Health Services. This program offers support, referrals, and information to at risk individuals with addictions and/or mental health problems. Currently the team has two fulltime employees seeing an average of 300 individuals per month.

A main area of focus for CMHA ANWR is providing one-on-one support to individuals with developmental disabilities, mental health and/or addictions issues. Our SPD (Support for Persons with Disabilities) staff members are trained and accredited to support individuals in ways to help them improve in various areas of their lives such as their well-being, social skills, housing, employment and more.

With over 25 years of providing services to the City of Grande Prairie and surrounding areas, plans for a new affordable housing apartment with an additional 32 units is in development. The new building will be located beside our Willow Place Apartment Location where resources can be shared and have units dedicated to individuals with "complex needs". Still in the initial phases of development funding for this new build is currently in the works. Our goal in building this project is to provide additional supportive units that is much needed in the City of Grande Prairie.

For more information about Canadian Mental Health Association ANWR and their programs and for those interested in their volunteer opportunities please visit their website www.gpcmha.ca, you can also contact them at their main office at 780-814-2349 or email info@gpcmha.ca. Stay up to date on CMHA ANWR news and events by following them on [Facebook](#) and [Twitter](#).

A main area of focus for CMHA ANWR is providing one-on-one support to individuals with developmental disabilities, mental health and/or addictions issues.



Thank a volunteer in Grande Prairie and Area for their contributions with Tim Hortons Volunteers of the Week, fill out the recognition form at www.volunteergp.com!



MEMBERSHIP BENEFITS

Stay connected with the community & empower your organization with:



LEADERSHIP ENHANCEMENT FREE workshops for your organization!

- Policy and Procedural Development
- Board Governance Training
- Three (3) free workshops for up to 2 participants each (\$300value)s for your organization!

Training topics include: Finance and Accounting, Governance, Technology, Marketing, Time Management, Customer Service, Organizational Change, Community Relations, Professional Skills AND MORE!



PROMOTION & ADVERTISING

Share your events and make connections!

- FREE listing and link to your website on our Members Page
- Meet Me at the Mall - half day promotional spot in the Prairie Mall twice a year
- Promotion of your events on our social media networks and our Community Calendar
- Feature in our Member Spotlight



OPERATIONAL SUPPORT

Professional advisory & support

- Executive Directors Network Meetings
- Volunteer Coordinators Network Meetings
- Human Resources Functions
- Grant Support
- Interim Management
- Furniture Fair



ORGANIZATIONAL RESOURCES

Save money for your company!

- FREE use of meeting rooms, Zoom Video conference, presentation equipment, loan of library resources AND use of mailing address
- AFFORDABLE printing and copying (high volume scanning capability)
- Access to Adobe Acrobat Pro



VOLUNTEER SUPPORT

Connect with volunteers in our community!

- FREE Listing of Volunteer Opportunities
- Access to Online Volunteer Directory
- Volunteer Appreciation Events
- Volunteer Recognition Programs

ANNUAL MEMBERSHIPS FEES

Non-Profit: \$125.00

Corporate: \$200.00

For more information on membership and the benefits of joining contact us at 780-538-2727 or email info@volunteergrandeprairie.com.



Congratulations to everyone that was recognized as Volunteers of the Week for the months of September, October and November 2020 & Congrats to those who won the Volunteer of the Month prizes.

The staff and board of the GPVSB would like to thank Tim Hortons for sponsoring our volunteer recognition program and fueling the volunteers of Grande Prairie & Area.



All Volunteers of the Week nominee (excluding those nominated by GPVSB) are entered into our Volunteer of the Month Draw. Volunteers of the Month receive a \$100 Tim Hortons gift card!

**DECEMBER 2020
VOLUNTEERS OF THE WEEK**

- Natal Bolanos**
Art Gallery of Grande Prairie
- Ainsley Miller**
Nominated by Raemona Smith
- Doug Currie**
Resource Centre for Suicide Prevention
- Charlotte Bierman**
Resource Centre for Suicide Prevention
- Leah Vanberkel**
Big Brothers Big Sisters of Grande Prairie
- Braedyn M. Reid**
Nominated by Sasha
- Steve Madden**
Grande Prairie Volunteer Services Bureau
- Heather Llewellyn**
Grande Prairie Volunteer Services Bureau
- Mark Woods**
Grande Prairie Volunteer Services Bureau
- Amber Summach**
Nominated by Kate Potter
- Caitlin Cree**
Nominated by Corey-Jo Marks



DECEMBER 2020



**NATAL
BOLANOS**

The winner of December's Volunteer of the Month draw is Natal Bolanos! Natal was nominated for Volunteers of the Week by the Art Gallery of Grande Prairie. Here is a look back at what they had to say about their volunteer:

'Natal has been a bright and happy volunteer in the few months she has been with us. Having her smiling face (through her mask of course) has been amazing in the midst of the pandemic. She is the first person visitors encounter when they come through our doors and she deserves to be acknowledged and in return have some happiness.'

Congratulations Natal!

**JANUARY 2021
VOLUNTEERS OF THE WEEK**

Susan Borthwick

Nominated by Amy Faulhafer

Paul Hammonds

Saskatoon Lake Ag. Society

Carolyn Bartsch

Beaverlodge Family & Community
Support Services

Karen Winterburn

North Peace Bracket Racing Association

Doug Scherlie

Meals on Wheels

Carmen Scherlie

Meals on Wheels

Barb Campbell

Resource Centre for Suicide Prevention

Anita Monro

Resource Centre for Suicide Prevention

Erin Wells

Nominated by Reese Theisen

Natascha Okimaw

Nominated by Barb Burroughs

Larissa Okimaw

Nominated by Barb Burroughs

Locklan Okimaw

Nominated by Barb Burroughs

Carter Diederich

Family Education Society

**FEBRUARY 2021
VOLUNTEERS OF THE WEEK**

Maxine Maxwell

Grande Prairie Branch of the Alberta
Genealogical Society

Chris Doerksen

Nominated by Marilyn Topilko

Norma Llewellyn

Nominated by Heather Llewellyn

Moira Cooke

Art Gallery of Grande Prairie

Joanne Peckham

Nominated by Drew Ells

Jaline Kayle

Grande Spirit Foundation

Mary Fisher

Nominated by Dorothea Bulford

Chris Millsap

GP Centre for Newcomers

JANUARY 2021



ANITA MONRO

The winner of January's Volunteer of the Month draw is Anita Monro! Anita was nominated for Volunteers of the Week by the Resource Centre for Suicide Prevention. Here is a look back at what they had to say about their volunteer:

'Anita was willing to help out when we needed volunteers on short notice, thank you Anita.'

Congratulations Anita!

FEBRUARY 2021



MAXINE MAXWELL

The winner of February's Volunteer of the Month draw is Maxine Maxwell! Maxine was nominated for Volunteers of the Week by the Grande Prairie Branch of the Alberta Genealogical Society. Here is a look back at what they had to say about their volunteer:

"Maxine joined our Branch in 2001, shortly after retiring from teaching. Maxine has twenty years of continuous membership. During that time, she has had served two terms as President and three stints as Secretary - a position she currently holds. Maxine brings energy, commitment and hard work to our Society and to her other volunteer endeavors. I highly recommend her as a most worthwhile candidate for volunteer of the week award.'

Congratulations Maxine!



Mental Health and Addictions Navigator Program



offers support, tools and acts as a bridge connecting individuals to mental health resources. In addition to direct client support, the program utilizes a collaborative approach to promote awareness, acceptance and advocacy of mental health & addiction.

The program's objective is to make it easier for people with mental illness and addictions to access community services and supports.

Individuals looking for support contact our Program Navigator at mhan@volunteergrandeprairie.com

Visit <https://wired2hire.ca> for helpful tools and resources

Program supported by:



NOTE: This is not a crisis service

For an Emergency call 911, or Go to the nearest emergency room.

Mental Health Helpline: 1-877-303-2642 Addiction Helpline: 1-866-332-2322

Crisis Text Line: text HOME to 686868



MEMBER SPOTLIGHT



GPVSB Member Agencies raise awareness of your Organization by being featured in our Member Spotlight! All Member Spotlights are published in our Quarterly Newsletter & online at www.volunteergp.com, they are also advertised on our social media sites!

For more information and to take your turn in the spotlight email communications@volunteergp.com

VOLUNTEERING 101



1. WHAT IS VOLUNTEERING?

An unpaid activity where an individual or group gives their time to help a not-for-profit organization, community or an individual who they are not related to.

2. WHY SHOULD SOMEONE VOLUNTEER?

People choose to volunteer for a variety of reasons. For some it offers the chance to give something back to the community or make a difference to the people around them. For others it provides an opportunity to develop new skills or build on existing experience and knowledge.

3. WHAT IS THE VALUE OF VOLUNTEERING?

The more people give, the happier they feel. Volunteering increases self-confidence. Those who are doing good for others and the community, feel a natural sense of accomplishment. Volunteers also feel a sense of pride and identity.

4. WHAT IS THE TIME COMMITMENT TO VOLUNTEER?

Time Commitments vary according to the volunteer opportunity.

5. WHAT TYPES OF VOLUNTEERING DO ORGANIZATIONS OFFER?

There are many ways to help and volunteer. They can provide manual labor or mentor someone. They can sell, plan, organize, manage or even entertain. There are volunteer jobs that can be done for years, a few weeks or even just for a day and long-term jobs like advocacy work can span a lifetime. It varies on the needs of the organization.

6. WHAT INFORMATION DO ORGANIZATIONS NEED FROM VOLUNTEERS?

Basic contact information is required; name, address, home phone number and/or cell number, and email. Depending on position they may ask for photo identification and/or record check. For instance, someone working with kids or the elderly may be required to have a background check.

7. WHAT SKILLS DO INDIVIDUALS NEED TO VOLUNTEER?

Volunteers need to be able to work well with others and have a strong work ethic. Volunteers are doing work for free, so they need to be able to have the skills to stay motivated and focused on your tasks or projects. examples of skills volunteers need to have: Commitment; Communication; Compassion; Leadership; Strong work ethic; Teamwork; Time management

8. WHAT TRAINING DO ORGANIZATIONS PROVIDE FOR THEIR VOLUNTEERS?

Most organizations provide some level of training related to the position and do not expect volunteers to be an expert at the role.

9. HOW TO FIND VOLUNTEER OPPORTUNITIES IN THE GRANDE PRAIRIE AREA?

A great place to start a volunteer search is GPVSB's Volunteer Directory at gpsvb.volunteerattract.com. Other ways are to contact not-for-profit organizations to see if they have volunteer openings or ask a friend or family member who volunteers and ask if you can join them.

GPVSB Members

check out our updated members area at www.volunteergrandeprairie.com

Missing your login information? Contact us at membership@volunteergrandeprairie.com



THE Grande Prairie Volunteer Services Bureau CAN HELP NON-PROFIT ORGANIZATIONS

RENEW
strategic plans

REVAMP
business plans

REFRESH OR REWRITE
policies

For information & pricing call 780-538-2727 or email info@volunteergp.com