

Would you like to have a rewarding volunteer position?  
Don't know where to begin?

*Join*  
**Ready, Set, Go and Volunteer!**  
A Volunteer Preparation Course



8 Sessions March 1<sup>st</sup> - March-25<sup>th</sup>

Monday s & Thursdays 1:30-3:30

**Grandview-Woodlands Team 300- 2250 Commercial Drive**

This Volunteer Preparation Course is open to anyone with a mental illness who is a resident of Vancouver

*Discover*

your special interests, skills talents & strengths

*Find out*

what kind of volunteering you might like to do

*Learn*

new skills, gain greater confidence

*Meet*

other people interested in volunteering

*Create*

your own volunteer plan

*Obtain*

a Certificate of Completion

**For further information and referral**

Contact your Rehab Therapist or Case Manager or  
April Porter, Ready Set Go and Volunteer! Facilitator  
at Canadian Mental Health Association, Vancouver-Burnaby Branch  
**604.872-4902 ext.229**