

# small groups and individuals:

## HOW CAN YOU GET INVOLVED?

Here are a list of possible work projects for you and your small group to take part in. (As of Nov 22/2017)

Where	What	Who to Contact for more details
Forward House	Make a meal; Sundays or Mondays. Can be premade, frozen & dropped off or bring the meal and stay for a visit.	Peter Harzan, PH:204-471-1244; E: peter@forwardhouse.ca
Forward House	Painting	Peter Harzan, PH:204-471-1244; E: peter@forwardhouse.ca
Forward House	Light renovations	Peter Harzan, PH:204-471-1244; E: peter@forwardhouse.ca
Forward House	Games night for the men	Peter Harzan, PH:204-471-1244; E: peter@forwardhouse.ca
Forward House	Run a food drive to collect food, paper goods, building materials, etc.	Peter Harzan, PH:204-471-1244; E: peter@forwardhouse.ca
Union Gospel Mission	Friday mornings - food bank helper - (8 AM to 11 AM)	PH: 204-943-9904 X 226   <a href="http://www.gospelmission.ca/index.php/volunteer/volunteer-opportunities">http://www.gospelmission.ca/index.php/volunteer/volunteer-opportunities</a>
Union Gospel Mission	Drop In Ministry: Mondays, Wednesdays, Dridays (1:00 pm to 5:00 pm)	PH: 204-943-9904 X 226
Union Gospel Mission	Chapel speaker (15 min @ 11:30 am or 30 min @ 7:30 PM)	PH: 204-943-9904 X 226
Union Gospel Mission	Kitchen helper: mornings, afternoons & evenings	PH: 204-943-9904 X 226
For more opportunities at Union gospel Mission, check out their website: <a href="http://www.gospelmission.ca/index.php/volunteer/volunteer-opportunities">http://www.gospelmission.ca/index.php/volunteer/volunteer-opportunities</a>		
Eastview - One88 Campus	Thursdays: join in the evening gathering / help host a potluck with your Care Group	Dave Ens; PH: 204-504-8118; E: dave@eastview.org
Eastview - One88 Campus	Tuesdays: join in the Community in Conversation or help host the lunch	Dave Ens; PH: 204-504-8118; E: dave@eastview.org
Eastview - One88 Campus	Host a Friday Movie Lunch	Greg Armstrong: PH: 204-504-8118; E: greg@eastview.org
Willowdale Fellowship	Monthly - 2nd Wednesday - Host community lunch	Norm: E: normneufeld@gmail.com
Charis Centre	Mentor for women in recovery	Adele Plett Bartel; PH: 204-415-3934 X507; adele@gospelmission.ca
Charis Centre	Kitchen helper: mornings, afternoons or evenings	Adele Plett Bartel; PH: 204-415-3934 X507; adele@gospelmission.ca
Charis Centre	Receptionist: mornings & afternoons	Adele Plett Bartel; PH: 204-415-3934 X507; adele@gospelmission.ca
Charis Centre	Driver: take program participants to appointments	Adele Plett Bartel; PH: 204-415-3934 X507; adele@gospelmission.ca
Charis Centre	Driver: Class 4 (mini bus) - for special outings	Adele Plett Bartel; PH: 204-415-3934 X507; adele@gospelmission.ca
Prairie Crocus Thrift Shop	Retail shop needing volunteer for 4 hour shifts	E: prairiecrocustriftshop@gmail.com
Donwood Manor	Birthday Parties - monthly	<a href="http://www.donwoodmanor.org/volunteers_opportunities.html">http://www.donwoodmanor.org/volunteers_opportunities.html</a> PH: 204-668-4410 or E: info@donwoodmanor.org
Dignity House	Donate items: * Warm fuzzy throw blankets * 1 single bedding in a bag * 1 bath mat, hand & bath towels, face cloths * Used dresser * Laundry soap, fabric softener, bleach, paper towels, toilet paper, Kleenex, dishwasher soap for the sink and machine * Dry goods for the pantry * Shampoos, deodorant, conditioners, bath soap, hand lotion * Rossmere bowling gift certificates * Movie tickets * PEGGO cards for 2018 * Good vacuum cleaner * Printer with refillable ink cartridges * Patio table and chairs	Cheryl Peitsch; E: capeitsch@gmail.com