

TH&VS Contact Information for Volunteer Hours

All students require **40 hours** of Community Service to graduate high school.

Below is a list of organizations that assist people.

These organizations have NOT been contacted to see if they are interested in having students volunteer to help them.

Discuss the volunteer idea with your guidance counsellor PRIOR to completing the hours to ensure that the activity qualifies as "volunteer work".

#	Organization	Telephone Number:
1.	Access Better Living	268-2240
2.	Alzheimer's Society	268-4554
3.	Bayshore Home Health	268-6088
4.	Big Brothers & Sisters Association	264-1718
5.	Brighter Futures / Ontario Early Years (for children)	360-7100
6.	Canadian Cancer Society	264-7434
7.	Canadian Diabetes Association	267-1191
8.	Canadian Hearing Society	268-0771
9.	Canadian Mental Health	267-8100
10.	Canadian Red Cross	267-4900
11.	Centre Passerelle Pour Femmes	264-1321
12.	Chateau Georgian Residence	267-7935
13.	Child & Family Services	360-7100
14.	Children's Treatment Centre	264-4700
15.	Churches	P.#30 (yellow pgs)
16.	City of Timmins	264-1331
17.	City of Timmins Non-Profit Housing Corporation	268-7722
18.	CNIB (Canadian National Institute for the Blind)	264-2312
19.	Cochrane District Social Services (Ontario Works)	268-7722
20.	Cochrane Temiskaming Resource Centre	267-8181
21.	Community Care Access Centre	267-7766
22.	Community Living Timmins	268-8811
23.	Coronation Public School	264-0998
24.	Crime Stoppers	268-8477
25.	Epilepsy-Seizure & Brain Injury (Kids on the Block)	264-2933
26.	Extencicare Timmins Nursing Home	360-1913
27.	Fire Department	360-2626
28.	Flora MacDonald Public School	264-6510
29.	Gilles Bisson, MPP	268-6400
30.	Golden Manor Residence	360-2644
31.	Heart & Stroke Foundation	267-4645
32.	Horizon Timmins Palliative Care	267-3434
33.	Kapashewekamik (Native Patient Hostel)	264-4661
34.	Kidney Foundation of Canada	235-3233
35.	Kidsport Timmins	268-1112
36.	Kunuwanimano Child & Family Services	268-9033
37.	Misiway Milopemahtesewin Community Health Centre	264-2200
38.	Multiple Sclerosis Society of Canada	268-8631
39.	Pinecrest Public School	264-7972
40.	Porcupine Diabetes Services	264-6803
41.	Porcupine Health Unit	267-1181
42.	Porcupine United Way	268-9696
43.	Positively Timmins	264-2182
44.	Queen Elizabeth Public School	267-1186
45.	R. Ross Beatie Senior Public School	264-9438
46.	Rainbox Suites (home for elderly people)	360-1130
47.	Salvation Army	568-0166

48.	South Cochrane Addictions Service	264-5202
49.	South Porcupine Food Bank	235-3450
50.	St. Martin de Porres Charities	264-0943
51.	TCN Centre	268-3220
52.	The Good Samaritan Inn	235-4663
53.	The Lord's Kitchen	264-0953
54.	The Walford (home for elderly people)	267-7277
55.	TH&VS (tutor for younger students)	360-1411
56.	Timmins & District Hospital (Volunteer Services)	267-6352
57.	Timmins & District Humane Society	264-1816
58.	Timmins Chamber of Commerce	360-1900
59.	Timmins Charities Bingo	264-9467
60.	Timmins Food Bank	264-0943
61.	Timmins Native Friendship Centre	268-6262
62.	Timmins Public Library	360-8469
63.	VCARS – Victim Crisis Assistance & Referral Services	232-4351
64.	Victorian Order of Nurses	267-8444
65.	W. Earl Miller Public School	268-5555
66.	Y.M.C.A.	360-4381

What Types of Activities are Eligible?

A list of eligible categories of activities has been developed. A few examples have been provided in each of the categories to assist students in their selection of activities.

- Charitable Organizations - assisting with special events, programs, clerical tasks
- Environmental Projects - flower/tree planting, beautification projects, recycling projects, recycling depot
- Animal Care – volunteering in a veterinarian clinic, zoo, animal shelter
- Community Organizations - special events, food banks, community support services, shelters, clerical tasks
- Religious Organizations – assisting with programs, special events, clerical tasks
- Political Organizations – activities related to legitimate and recognized political organizations; municipal, provincial and federal political activities except during an official election period
- Law Enforcement Agencies – volunteering for activities sponsored by the police
- Sports and Recreation - coaching, organizing special events, assisting with projects/events
- Health Agencies - volunteering in hospitals, hospices, blood donor clinics
- Senior Citizens - assisting in seniors' residences, providing services for seniors in the community
- Children/Youth Programs - children/youth programs, volunteering in a child care centre or camp
- Arts and Culture - volunteering in galleries, libraries, community productions
- Community Service for Individuals - assisting community members in need
- School Services - peer tutoring, assisting with school events, student council

What Types of Activities are Ineligible?

The Ministry of Education has developed a list of activities that may not be chosen as community involvement activities and that are therefore ineligible activities. An ineligible activity is one that:

- would normally be performed for wages by a person in the workplace
- is a requirement of a class or course in which the student is enrolled (e.g. coop, job shadowing, work experience)
- takes place during the time allotted for the instructional program on a school day other than during the student's lunch break or "spare" period
- takes place in a logging or mining environment if the student is under sixteen years of age
- takes place in a factory, if the student is under fifteen years of age
- takes place in a workplace, if the student is under 14 years of age & is not accompanied by an adult
- involves the operation of a vehicle, power tools, or scaffolding
- involves the administration of any type or form of medication or medical procedure to other persons
- involves handling of substances classed as "designated substances" under the Occupational Health and Safety Act
- requires the knowledge of a tradesperson whose trade is regulated by the provincial government
- involves banking or the handling of securities, or the handling of jewelry, works of art, antiques, or other valuables
- consists of duties normally performed in the home, such as daily chores, or personal recreational activities
- involves a court-ordered program (e.g., community-service program for young offenders, probationary program)