

VOLUNTEERING & GETTING INVOLVED!

Athletics

◆ Intercollegiate Sports

(Dean Howie F-130) howie@champlaincollege.qc.ca

- Soccer (M/F)
- Basketball (M/F)
- Volleyball (M/F)
- Rugby (M/F)
- Football (M)
- Badminton (M/F)
- Cross-Country Running (M/F)
- Golf (M/F)

◆ Athletic Event Staff Volunteers

(Dean Howie F-130) howie@champlaincollege.qc.ca

- Timekeepers / Scorekeepers
- Game Day Volunteers

◆ Equipment Managers

(Dean Howie F-145) howie@champlaincollege.qc.ca

◆ Intramural Sports

(Vince Amato F-139) amato@champlaincollege.qc.ca

- Badminton
- Basketball
- Volleyball
- Indoor Soccer
- Flag Football
- Midnight Madness Tournaments
- Ultimate Frisbee
- Dodgeball
- Broomball
- Cosom Hockey
- Softball

◆ Sports Council

(Vince Amato F-139) amato@champlaincollege.qc.ca

- Organize and run all intramurals on campus
- Fundraising for internal and external organizations
- Social events planning (movie nights, karting, pool tournaments, etc...)
- Student travel

CSA & Student Clubs

◆ The Champlain Student Association (CSA)

(C-100)

- Elected governing body of all fee paying students at Champlain St-Lambert.
- Oversees all club life and the Activities Committee

◆ Activities Committee

(CSA Activities Coordinator C-100)

- Organizes all CSA social events throughout the year

◆ Student Clubs

(CSA VP Internal C-100 or Vince Amato F-139)

- Champlain Theatre Club - CTC (F-128)
- Champlain Black Student Union - CBSU (F-126)
- Champlain Videogame Club - CVC (F-120)

- Champlain College Charity Club - C4 (F-118)
- Muslim Students Association - MSA (F-116)
- In Fact - Student Newspaper (F-114)
- Game & Hobby Club (F-104)
- Champlain Anime Club - CAC (F-104)
- CHAM - Student Radio (Bandring)
- Bliss - Winter Outing Club (F-104)

This is a partial list of student clubs and is by no means complete. It is also subject to change. To get a recent list of clubs on campus, please stop by the CSA office (C-100) and talk to an executive member. Want to start a club that's not on the list? Go ahead! Stop by the CSA office or See Vince Amato in Student Services!

Volunteering On-Campus

◆ Blood Drive Volunteers

(Marie Lepinay F-143 or Vince Amato F-139) amato@champlaincollege.qc.ca

- Help out with Champlain's semi-annual blood donor clinics.
- Assist with the setup and running of the event.

◆ Volunteering With the Counsellors

(Veronica Wynne, Sue Dockeray & Debra Polomeno - Student Services)

- Hallway programs
- Awareness campaigns on campus
- Helping certain students as mentors (French Connection, conversation groups, etc.)

◆ Open House Volunteers & Tour Guides

(Pauline Gregoire F-103) pgregoire@champlaincollege.qc.ca

- Give tours around the college to prospective students and parents at Open House.

◆ Student Ambassadors

(Vince Amato F-139) amato@champlaincollege.qc.ca

- Assist with new student orientation and welcome week activities.
- Provide important information to new students during registration
- Help with the continued development and growth of this program.
- Help out when required with internal receptions and meetings.

◆ Work with P.A.C.E. (Post-secondary Alternative Community-based Education)

(Patti Buchanan B-309) pbuchanan@rsb.qc.ca

"[An] innovative transition programme, for young adults with pervasive developmental disabilities, opens doors to a vocational future through classroom learning in a community college environment and community work experiences."

- Facilitating students in classroom
- Participating in field trips and activities outside the college
- Participating in Concordia University Research Project
- Aiding in travel training of the Visually impaired
- Organizing and implementing a "Best Buddies" program
- Participating in a cooperative Drama Workshop& performance

◆ Tutoring

(Doreen Kelly B-309) dkelly@champlaincollege.qc.ca

- Help other students academically in a multitude of subjects

Volunteering Off-Campus

◆ Aids Community Care Montreal (ACCM)

- "ACCM is a volunteer based, non-discriminatory, community organization. We are dedicated to providing the highest possible quality of support, service and information to people affected by HIV and AIDS."
- Various different volunteer opportunities.
- <http://www.accmontreal.org> and click on "Volunteer Department"
- Phone: (514) 527-0928
- E-mail: info@accmontreal.org
- Location: 2075 Rue Plessis, Basement Level
Montreal, QC H2L 2YA

◆ Amnesty International

- Website: www.amnesty.ca
- Click on "About Amnesty" and "How to get involved"
- Tel: (613) 744-7667 OR 1-800-AMNESTY (266-3789)
- E-mail: info@amnesty.ca
- OU site web : www.amnestie.qc.ca et clique sur « Soutenir AI »

◆ Animal Rescue Network

- "The ARN is currently made up of over 150 unpaid volunteers, organized into various teams: shelter maintenance, adoption, fostering, medication, volunteer training, communications, administration, and fundraising."
- Website: www.animalrescuenetwork.org
- Tel: (514) 859-9010 option 2

◆ Douglas Hospital Volunteer Services

- Newman Pavilion, Rm H-2110
6875 Lasalle Blvd, Verdun, QC H4H 1R3
Tel: (514) 761-6131 ext. 2256

◆ Girl Guides of Canada

- Website : www.guides-quebec.ca
- Tel : (514) 933-5839
- Email : guides-quebec@bellnet.ca

◆ Head and Hands

- "Head and Hands started... as an informal group of parents, workers and teens from N.D.G. who were concerned about the lack of alternative services available for youth. Part of the 'free clinic' movement, it was created, staffed and controlled by young people. Its goal was to provide a much broader, holistic approach in order to meet the wide spectrum of needs that emerged from the counter-culture of the times."
- **Volunteer opportunities:** working with small groups of children; being a pamphlet formatter, clerical worker, tutor, fundraiser, computer networker, and/or photographer.
- Website: www.headandhands.ca ; click on "Get Involved"
- Tel: (514) 481-0277
- E-mail: info@headandhands.ca

◆ The Jane Goodall Institute Canada for Chimpanzees

- “The Jane Goodall Institute is a global non-profit organization that supports wildlife research, education and conservation. We promote informed and compassionate action to improve the environment shared by all of Earth’s living creatures.”
 - Website: www.janegoodall.ca ; click on “How Can I Help?”
 - Some volunteer opportunities within the Montreal region and abroad.
 - Contact: volunteer@janegoodall.ca
 - Fax: (514) 489-8748
- ◆ **Jewish General Hospital**
- Website: www.jgh.ca and click on “volunteers”
 - Phone: (514) 340-8222 ext. 5983 or 5984
 - Hours of Operation: M-Th- 8:30 a.m. to 4:30 p.m. and F: 8:30 to 4:00 p.m.
 - Interview required
- ◆ **Les jeux olympiques spéciaux du Québec**
- “The Special Olympics movement is active in over 150 countries. Its mission is to enrich the lives of individuals with an intellectual disability through sport.”
 - Website: www.josq.qc.ca ; click on “Volunteers”
 - Tel : (514) 843-8778
 - E-mail : info@josq.qc.ca
- ◆ **Mackay Rehabilitation Centre**
- “The Mackay Rehabilitation Centre is dedicated to enabling children and youth with motor or language impairment as well as the Deaf or Hard of Hearing population of all ages to accomplish their activities of daily living and ensure their participation in society.”
 - Website: www.mackaycenter.org ; click on ‘Volunteers’
 - Contact: Fay Schipper
 - Tel: (514) 482-0500 ext. 263
 - E-mail: volunteers.mackay@ssss.gouv.qc.ca
- ◆ **McGill University Health Centre**
- www.muhc.ca/about/volunteering
 - Includes:
 - Montreal General Hospital
 - Contact: (514) 934-1934 ext. 43008
 - Montreal Chest Institute
 - Montreal Neurological Hospital
 - Royal Victoria Hospital
 - For the above three contact: (514) 934-1934 ext. 34300
 - Montreal Children’s Hospital
 - Contact: (514) 424-4400 ext. 22044
 - **Note:** To volunteer at any of these hospitals, please see the website for the different types of volunteering and criteria to volunteer.
- ◆ **The Montreal Association for the Blind**
- Website: www.mab.ca ; click on “Volunteer Opportunities”
 - A number of volunteer opportunities are listed on their website.
 - Tel: (514) 489-8201 ext. 9; call after 4:30 p.m.

- ◆ **The Montreal Sexual Assault Centre**
 - (514) 934-4504

- ◆ **RECLAIM (Reading Council for Literacy Advance in Montreal)**
 - "RECLAIM is a not-for-profit organization providing free and confidential literacy instruction to English-speaking adults in Montreal."
 - Volunteer Opportunities: tutoring; helping out at fundraising, publicity, and awareness events; volunteering at their Learning Centre.
 - Website: www.reclaimliteracy.ca ; next training session for tutors is at the end of August 2006
 - Tel: (514) 369-7835

- ◆ **Santropol Roulant**
 - "Santropol Roulant is a Montreal-based not-for-profit organization founded and run by young people in the community. We bring people together across generations and cultures through our innovative meals-on-wheels service, our intergenerational activities and our volunteer programs.
 - 4050, Rue St-Urbain Montreal, QC
 - Website: www.santropolroulant.org
 - Tel: (514) 284-9335

- ◆ **Women's Y (Y des Femmes)**
 - "The Women's Y of Montreal is a non-profit organization dedicated to strengthening the economic and social roles of women."
 - Website: www.ydesfemmesmtl.org ; click on "Volunteer Centre"
 - Opportunities include: "tutor, assistant, lawyer, mentor, peer helper, along with event preparation, translation, assisting food bank distribution, helping with administrative tasks and much more."
 - Contact: Lillian Lopez
 - Tel: (514) 866-9941 ext. 513
 - E-mail: llopez@ydesfemmesmtl.org

- ◆ **International Internships and Volunteer Work**
 - Consult this website for opportunities abroad in many different fields
 - http://www.campusaccess.com/campus_web/intern/i3int_hum.htm

- ◆ **Volunteer Bureaus**
 - **Centre de Benevolat de la Rive-Sud**
 - 18 rue Montcalm, Longueuil, QC J4J 2K6
 - Website : cf.geocities.com/cbrs25
 - Tel : (450) 679-5916
 - E-mail cbrs@videotron.ca
 - **Longueuil Office**
 - 16 rue Montcalm, Longueuil, QC J4J 2K6
 - Tel : (450) 677-5281
 - **St-Lambert office**
 - 45 Argyle Street, St-Lambert, QC J4P 2H2
 - Tel : (450) 465-6130
 - **St-Hubert Office**
 - 3339 rue Grande-Allée St-Hubert, QC J4T 2S9
 - Tel : (450) 656-9110

- **Volunteer Bureau of Montreal**
2015 Drummond St., Suite 300, Montreal, QC H3G 1W7
Website: www.cabm.net
Tel: (514)842-3351
E-mail: info@cabm.net

- **Service bénévole de l'est de Montréal**
2035 Sherbrooke East, Montréal, QC H2K 1C1
Website: www.sbem.org
Tel: (514) 523-6599
E-mail: info@sbem.org

- **Centre d'action bénévole de Montréal-Nord**
4642 rue Forest Montréal, QC H1H 2P3
Tel : (514) 328-1114
E-mail : adm@cabmtl-ord.org