

READY TO MAKE A LASTING DIFFERENCE?

VOLUNTEER WITH



We are seeking passionate volunteers who want to make a difference in the lives of kids and youth in our community.

Check out these great opportunities in our Community Programs:

Big Boost

What: Help youth in grades 1 through 8 with their homework after school. Your support will ensure youth who need that extra boost of support have it, helping them thrive and feel more confident in their schooling.

When: Big Boost volunteers are required during the school year. A single semester commitment is required.

Where: YWCA Regina, 1940 McIntyre Street

Commitment: 1 hour/week for 1 semester

Big Sisters of Regina

What: Provide meaningful mentorship and lasting companionship to a child aged 6-16 by engaging in regular social and community-based activities. While becoming a Big Sister requires a big commitment, it comes with big rewards too: your participation can make all the difference for a youth in our community.

When: Big Sisters operates all year round, and requires a 1-year commitment.

Where: Community-Based

Commitment: 4-8 hours/month.

Get started and learn more by clicking here or scan the link:



Y's Kids Child Minding

What: Supervise activities and play for the young children of mothers participating in our Children Exposed to Violence Program. Your support will ensure kids have stress-free fun while their moms access meaningful support.

When: Throughout the year for a 10 week period.

Where: YWCA Regina, 1940 McIntyre Street

Commitment: 1.5 hours/week for 10 weeks.

Connections

What: Provide mentorship and activities for boys aged 9-16 who have been exposed to violence and are in need of positive male role models to help them develop healthy coping skills, confidence, and have fun while being active. You will be facilitating planned activities and outings.

When: All Year round

Where: Community-Based

Commitment: 1-3 hours/month

Girlsplace

What: Deliver YWCA's Girlsplace and Upstander Curriculum to Grade 6-8 students in schools, which includes topics like bullying, gender roles, and healthy relationships. You will help students improve their social and emotional intelligence.

When: During the school year for 8 weeks.

Where: In the classroom.

Commitment: 2 hours/week for 8 weeks.

Ourspace Friday Nights

What: Help foster a safe space for youth aged 14+ to socialize and participating in learning and advocacy activities. As a positive role model, you will help youth thrive in their social and emotional well-being.

When: During the School Year on Friday Nights.

Where: YWCA Regina or virtually on Zoom.

Commitment: 1.5 hours for 2-3 Fridays/Month

Run Club

What: Get your sneakers on and come run with youth who have been exposed to violence. You will help the participants get active, have fun, set goals, and lead healthy lifestyles.

When: June to September

Where: Wascana Lake

Commitment: 3 hours/week for 4 months.

INTERESTED? FILL OUT OUR VOLUNTEER REGISTRATION FORM BY CLICKING HERE



LEARN MORE ABOUT VOLUNTEERING WITH COMMUNITY PROGRAMS:

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