



Community Volunteer Connections

YOUTH VOLUNTEER DIRECTORY



volunteerconnections.ca

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Community Volunteer Connections

Community Volunteer Connections has been rooted in the Tri-Cities since 1976. As the voice of volunteerism for our sector, we bring people together to mobilize volunteer action, and strengthen the capacity of local nonprofits. Our vision is a volunteer-engaged region where everyone can contribute and grow through meaningful action. Our values are grounded in the belief that volunteering not only strengthens communities but also empowers individuals.

- **We connect you to local nonprofits aligned with your interests**
- **Volunteer alone, with family, or as a group (e.g., work teams, friends)**
- **Explore short-term, long-term, virtual, or skills-based roles**
- **Free guidance & coaching from our team**

Check out our website for more information



01**Volunteering for individuals and groups**

As a volunteer centre, we're in touch with many nonprofits in our region. While we're not a matching service, we can empower you to start your journey towards a positive experience.

You can easily schedule an online meeting with us or simply send us an email to begin exploring your interests and volunteer needs. We provide guidance and practical tips to help make your volunteering experience both meaningful and rewarding.

02**Mental health integration support program (MHIS)**

The MHIS runs in cooperation with Fraser Health staff at assigned facilities in the Lower Mainland. This program has been operating since 2009!

Volunteering as a MHIS volunteer is the perfect opportunity for you if you're 19 years or older, want to gain hands-on experience working with residents in a public health facility, and are interested in mental health.

03**Volunteer inclusion program (VIP)**

The VIP runs with support from Community Living BC. Through this program, adults living with intellectual disabilities are supported in micro-volunteering and ongoing opportunities with local organizations.

Organizations that offer volunteer opportunities for youth

01 Arc of Tri-cities

The Arc of Tri-Cities promotes the rights of all people with intellectual and developmental disabilities by actively supporting full inclusion and participation in all aspects of the community throughout their lives.

14+

Programs available: Partners N Pals (ages 14-18) and Buddy Club (*high school*)

Location: Tri-cities

<https://arcoftricity.com/volunteer>



02 BC SPCA

The BC SPCA rescues animals from abuse and works to protect and enhance the quality of life for all animals in B.C.

12+

Programs available: Youth Volunteer Team

Location: Coquitlam

Youth ages 12-15 must volunteer with a parent or guardian.

Ages 16-18 may volunteer independently in certain roles.

<https://spca.bc.ca/ways-to-help/volunteer/youth-volunteers/>



03 Canuck Place

Canuck Place Children's Hospice provide pain & symptom management, medical respite, grief and bereavement counselling. They support families to make lasting memories and live life to the fullest.

16+

Various roles available.

Location: Vancouver and Abbotsford

<https://www.canuckplace.org/how-to-give/volunteer/>





Organizations that offer volunteer opportunities for youth

The municipal government offers a range of services and programs that volunteers can get involved with - recreation, community events, emergency preparedness, cultural programs, advisory committees, etc.

Port Coquitlam, Coquitlam, and Port Moody offer various programs and opportunities for youth to get involved.

04 City of Port Coquitlam

14+



Programs available: PoCo Youth Leadership Group (PYLG)

Location: Port Coquitlam

General information: <https://www.portcoquitlam.ca/explore-poco/volunteering/volunteer-recreation>

To apply: <https://app.betterimpact.com/PublicOrganization/a965d64c-ced6-467c-b0c9-bef7b8cb611c/1>

05 City of Coquitlam

13+



Various roles available.

Location: Coquitlam

General Information: <https://www.coquitlam.ca/415/Volunteer-Opportunities>

To apply: <https://app.betterimpact.com/PublicOrganization/e78c0d34-d751-4412-8b25-19bfc81cbe5a/1>

06 City of Port Moody

13+



Various roles available.

Location: Port Moody

<https://www.portmoody.ca/parks-recreation-and-environment/volunteering/>

Organizations that offer volunteer opportunities for youth

07 Evergreen Cultural Centre

The Evergreen Cultural Centre is a community gathering place for performing and visual arts activities in Coquitlam. They are dedicated to creating an inclusive and accessible community gathering place for visitors to immerse themselves in the magic of live performance and visual art.

15+

Various roles available

Location: Coquitlam

<https://evergreenculturalcentre.ca/get-involved/volunteer-opportunities/>



08 Low Entropy Foundation

They create opportunities for people to grow personally and professionally, build confidence, and connect with their community. Through programs, training, and real-world experiences, they help individuals develop the skills and self-reliance they need to thrive.

15+

Various roles available.

Location: Tri-cities

<https://app.betterimpact.com/PublicOrganization/4d580166-d7db-4d55-a867-aabdd6b15b6e/1>



09 Place Des Arts

Place des Arts is a not-for-profit arts education centre with a mission to inspire the artist in everyone. They have many volunteer opportunities for youth and adults throughout the year.

13+

Various roles available.

Location: Coquitlam

<https://placedesarts.ca/volunteer/>



Organizations that offer volunteer opportunities for youth

10 Port Moody Public Library

The Port Moody Public Library provides volunteer opportunities for tweens and teens ages 10 and up. You can get experience, leadership skills, and volunteer hours working with kids. All volunteers receive a reference letter with hours volunteered at the end of the program.

10+

Teen volunteer program

Location: Port Moody

<https://www.portmoodylibrary.ca/en/programs-and-events/teen-volunteer-programs.aspx>



11 PoMo Arts

They create opportunities for people to grow personally and professionally, build confidence, and connect with their community. Through programs, training, and real-world experiences, they help individuals develop the skills and self-reliance they need to thrive.

14+

Various roles available.

Location: Port Moody

<https://www.pomoarts.ca/get-involved/volunteer>



12 Tri-Cities Pride

Place des Arts is a not-for-profit arts education centre with a mission to inspire the artist in everyone. They have many volunteer opportunities for youth and adults throughout the year.

16+

Various roles available.

Location: Tri-cities

<https://tricityspride.ca/volunteer/>





Volunteering at school

Various roles available.

In-school activities offer a meaningful and accessible way for youth to earn volunteer hours while developing valuable life skills.

By participating in school-based initiatives, students can build leadership, teamwork, communication, and organizational skills in a familiar and supportive environment.

These experiences not only help meet graduation requirements but also foster confidence, civic engagement, and a sense of responsibility - preparing you for future education, employment, and community involvement.

How to get involved:

1. Talk to your teacher, counselor, or school office
2. Check your school's volunteer opportunities, newsletter, or bulletin
3. Complete the required forms or training
4. Start making a difference!

Why volunteer at school?

- Earn volunteer hours (perfect for graduation, scholarships, and resumes)
- Build leadership, teamwork, and communication skills
- Give back to your school community
- Convenience of volunteering somewhere you're already going

Examples of roles or activities

1. Supporting classroom activities - ask your teacher how you can get involved
2. Helping with school events or clubs - think: student council
3. Assisting with sports, arts, or recreation programs
4. Peer support through tuition or homework support
5. Supporting younger students during lunch or recess

8 Organizations that offer opportunities to build skills for youth (at-cost)

Below are two youth organizations that, for a participation fee, provide structured programs focused on skill-building, leadership development, and confidence-building. Through hands-on activities, teamwork, and community involvement, youth gain practical life skills and develop independence in a supportive environment.

*To clarify, these are **not** volunteer opportunities for youth. Rather, they are another means of skill and confidence development through community participation.*

1 Scouts Canada

Scouts Canada is the country's leading co-ed youth organization, offering programming for children and youth aged 5-26. With over 42,000 youth participating across the country, in multiple languages and reflecting Canada's multicultural landscape, kids and youth in Scouts chart their own path of discovery. Through a variety of fun experiences, outdoor adventures and contributions to their community, Scouts builds resilience and skills that set them up for life.

5+

Various levels available - Beaver (5-7), Cub (8-10), Scouts (11-14), Venturer (15-17), Rover (18-26)



Location: Lower Mainland

<https://www.scouts.ca/programs/sections/canadian-path.html>

2 Girl Guides BC

Girl Guides of British Columbia is a long-standing youth organization that offers fun, skill-building programs for girls ages 5-17 focused on leadership, outdoor activities, community service, creativity, and personal growth in a supportive, all-girl environment.

5+

Various programs available.



Location: Lower Mainland

<https://www.girlguides.ca/web/BC/>



Tips for volunteering

We understand that searching for volunteer roles can feel overwhelming. Here are some helpful tips to guide you:

Consider Your Preferences:

Think about location, time commitment, personal values, and what motivates you to volunteer.

Short-term vs. Long-term:

Volunteer roles vary from one-day events and short term projects up to three months, to ongoing roles with weekly shifts. Choose what fits your schedule and goals.

Virtual Volunteering:

Many opportunities allow you to contribute from home with flexible hours. Choose what fits your schedule and goals.

Skills-Based Volunteering:

Interested in building or using specific skills? Explore roles that match your expertise or help you grow professionally.

Don't be afraid to ask questions!

Reflect on your needs and the needs of the organization you are volunteering with.



>Contact Us

We're here to answer your questions and guide you through the journey of finding a volunteer opportunity.

Whether you're a student, a parent or guardian, or an educator, feel free to reach out to us.

Subscribe to our newsletter

Receive regular updates on new volunteer opportunities, upcoming events, workshops, and highlights keeping you informed.

Find the perfect fit at your convenience.



Contact Information



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