

# Virtual Volunteer Opportunities 2020

## MARCH OF DIMES



March of Dimes is dedicated to the independence and self empowerment of people with disabilities. Volunteer to connect with seniors and people with disabilities to help them with digital communication tools.

**Email:** [rkonigs@marchofdimes.ca](mailto:rkonigs@marchofdimes.ca)

**Phone:** 1-800-263-3463

**Website:** <https://www.marchofdimes.ca/en-ca>

## LETTER WRITING



Write letters to community members who are not able to have visitors such as residents in retirement homes, patients in hospitals, etc. (e.g. Cyber-Seniors)

## CANADIAN RED CROSS



Our mission is to improve the lives of vulnerable people by mobilizing the power of humanity in Canada and around the world. Do you want to raise funds for the Canadian Red Cross or organize your own fundraiser? Great! See link below for more details.

**Email:** [SharedServices@redcross.ca](mailto:SharedServices@redcross.ca)

**Website:** <https://www.redcross.ca/donate/fundraise-for-the-canadian-red-cross>

## START A FUNDRAISER



Start a fundraiser or join a peer-led program (e.g. volunteer walk organizer for Autism Speaks Canada)

## SOCIAL MEDIA



Support organizations by following them on social media (e.g. social media advocate for Children's Miracle Network) and/or ask if they need help with their social media (e.g. create graphics, videos, quotes)

## REMEMBER TO TRACK YOUR VOLUNTEER ACTIVITIES IN



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## SEWING HELPER



Make cloth masks for hospitals, long-term care homes, grocery stores, delivery services and other essential services (e.g. the Sewing for Change COVID-19 Initiative)

## SHARE YOUR SKILLS



Contribute your skills and time online for various volunteer projects and roles available to support organizations and causes in local communities or across the globe (e.g. Zooniverse, video editing, digital archiving for a library or museum, etc.)

## HELP YOUR NEIGHBOUR



Many of your neighbours may require additional support during self-isolation because they are unable to access their usual support networks. Helping with yard work is just one way you can help!

## LEVERAGE YOUR INTERESTS



Students can leverage their interests and experience by helping with tutoring and mentoring for example.

## REACH OUT TO A LOCAL CHARITY



Get creative! Reach out to individuals or groups providing charitable or general community benefit to see if you can help with phone calls, mailings, etc.  
e.g. Contribute to youth programs such as Scouts, Guides, etc.

REMEMBER TO TRACK YOUR VOLUNTEER ACTIVITIES IN **Hour Republic**