



Community Living Ontario and its member associations value volunteers as an important community resource. Volunteers come with many different skills and experiences.

Volunteers include:

- Teenagers
- Executives
- Retirees
- New Canadians
- Young mothers and fathers
- Seniors
- Business professionals

Volunteers find offering their time and energy is a meaningful experience. They find themselves learning and growing in their knowledge and friendships as a result of volunteering. The role of a Community Living volunteer is as different and varied as the volunteer themselves.

A few ways volunteers are giving their time to local associations include:

- Sharing time, interests and hobbies with people who have an intellectual disability
- Committees/Board of Directors
- Offering transportation

Local Community Living associations welcome volunteers. Please consider sharing your skills and energy with one today.

Contact info@communitylivingontario.ca for more information on volunteer opportunities.