



Name of community agency/organization: Essence of Mind Outreach Program

Description of community agency/organization: A charity in support of Mental Health. We provide essential support to obtaining treatment for families and individuals. We do this by hosting seminars, workshops, connecting with housing and financial aid. We are also known for our fundraising gala “Stimulus” which is a dinner and dance to help raise funds for our programs.

Position title: General Volunteer.

What will the students do:

- Complete various tasks via email/in-person such as the following:
 - Plug in Newsletter for mailing out quarterly
 - Create and complete google forms
 - Answer and assist callers from the 1-855 number
 - Record minutes from committee meetings
 - Compose monthly stats regarding events
 - Assist to set-up/tear down at in-person monthly events

Skills required: Must have basic knowledge of Microsoft Word, Google Documents and Internet Explorer. Must also have excellent telephone etiquette and able to meet deadlines.

Skills student will learn: A diverse look at the community and mental health, multi-task in fast-paced environment.

Length of time required: 3 months minimum

What is the registration deadline for volunteer positions? Please apply before May 21st, 2022.

Location: Brampton (Hybrid)

How students can get involved/How to apply: email info@myessenceofmind.org. indicating position applying for. Also visit our website www.myessenceofmind.org

Contact person: Volunteer Coordinator -Wayne McDonald



Volunteering with charity organizations is a great way for students to explore career paths. Furthermore, non-profit professionals can offer helpful career advice to help guide students in their studies.

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Position title: Pamphlet/Flyer Distributor

What will the students do: Students will drop off /hand out flyers to specific individuals as well business establishments for the main person of advertising. Students will make communicate with various business managers monthly.

Skills/requirements: Access to own vehicle or public transit. Must have basic knowledge of Microsoft Word, Google Documents and Internet Explorer. Must also have excellent communication and organizational skills.

Skills student will learn: A diverse look at the community and mental health, multi-task in fast-paced environment. Students will also gain real-world experience and practice important habits like leadership, problem-solving, and time-management.

Length of time required: 3 months

What is the registration deadline for volunteer positions? Please apply before June 18th, 2022

Location: Brampton.

How students can get involved/How to apply: email info@myessenceofmind.org stating title of position interested in.

Also visit our website www.myessenceofmind.org

Contact person: Wayne McDonald (Volunteer Coordinator)



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Position title: “Yard Sale Fundraiser” Volunteer.

What will the students do:

- Setup and tear down for the event
- Greet Customers
- Track inventory
- Track event traffic
- Process interac transactions
- Run small errands

Skills required: Must have basic knowledge of Microsoft Word, Google Documents and Internet Explorer. Must also have excellent communication and organizational skills.

Skills student will learn: A diverse look at the community and mental health, multi-task in fast-paced environment.

Length of time required: 2-3weeks (Event date is May 28th)

What is the registration deadline for volunteer positions? Please apply by May 15th, 2022.

Location: Brampton (Hybrid)

How students can get involved/How to apply: email info@myessenceofmind.org. indicating position applying for. Also visit our website www.myessenceofmind.org

Contact person: Volunteer Coordinator -Wayne McDonald