

# Volunteer Opportunities

Please note that the agencies listed here are not required to accept student volunteers. In addition, some agencies may require a longer commitment from the student than 40 hours. In such situations, students should consult with their parents/guardians and decide whether to try a different agency or accept the longer volunteer commitment.

VolunteerMBC (Mississauga, Brampton, Caledon)	Volunteer MBC is the local volunteer Center servicing Peel Region (Mississauga, Brampton, Caledon) and offers a referral/matching service for volunteer placement within the community for all ages. Their website connects to an on-line searchable database.  <a href="https://volunteermbc.org/">https://volunteermbc.org/</a>
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ORGANIZATION	LOCATION	DESCRIPTION
African Community Services of Peel	Various locations	ACS welcomes volunteers to assist in various programs and organizational roles.  <a href="https://www.africancommunityservices.com/volunteer-program">https://www.africancommunityservices.com/volunteer-program</a>
Archdiocese of Toronto	Various parishes	Links to various parishes throughout Brampton, Caledon, Mississauga, and Orangeville. Opportunities to assist with children's liturgy, altar serving, and other tasks.  <a href="http://www.archtoronto.org">www.archtoronto.org</a>
Boys and Girls Club of Peel	various locations	Lead children, aged 6-12 in social activities.  <a href="https://www.bgcpeel.org/index.php/contact-us/volunteer">https://www.bgcpeel.org/index.php/contact-us/volunteer</a>
Brampton Animal Services	Brampton	Brampton Animal Services is always accepting volunteers, but you must be 16 years of age or older to volunteer  <a href="https://www.brampton.ca/EN/residents/Animal-Services/Pages/Getting-Involved.aspx">https://www.brampton.ca/EN/residents/Animal-Services/Pages/Getting-Involved.aspx</a>
Brampton Meals on Wheels	Brampton	<a href="https://bramptonmealsonwheels.com/volunteers">https://bramptonmealsonwheels.com/volunteers</a>
Canadian Cancer Society - Georgetown Dufferin Peel Unit	Mississauga	Help fund valuable research by canvassing your neighborhood, selling daffodils or helping at special events.  <a href="https://cancer.ca/en/get-involved/volunteer">https://cancer.ca/en/get-involved/volunteer</a>
Canadian Diabetes Association Peel Region Branch	Mississauga	Various events (contact Volunteer Development Coordinator);  <a href="https://www.diabetes.ca/get-involved/volunteer">https://www.diabetes.ca/get-involved/volunteer</a>

ORGANIZATION	LOCATION	DESCRIPTION
Canadian Food for Children (Dr. Simone)	1258 Lakeshore Rd East Mississauga	Collects funds and food for distribution to starving children around the world. Organize food and supply drives; and assist with sorting items at warehouse. 416-231-2817
Canadian Liver Foundation	Peel Region	Assist with fundraising, awareness campaigns, and administration. <a href="https://www.liver.ca/how-you-help/ontario/">https://www.liver.ca/how-you-help/ontario/</a>
Community Living Mississauga	Mississauga	Provide support to those with an intellectual disability by taking part in a committee or participating 1 on 1 with a client doing leisure activities. March Break opportunities or assisting in a summer day camp. <a href="https://www.clmiss.ca/volunteer/">https://www.clmiss.ca/volunteer/</a>
Credit Valley Conservation	Mississauga	Better the environment of the Credit River and surrounding area through a wide variety of clean-up, restoration, and monitoring projects, and much more. <a href="http://www.creditvalleyca.ca">www.creditvalleyca.ca</a>
Credit Valley Hospital	Mississauga	Work in gift shops, clinics, and nursing units. <a href="https://www.thp.ca/aboutus/Pages/History-The-Credit-Valley-Hospital.aspx">https://www.thp.ca/aboutus/Pages/History-The-Credit-Valley-Hospital.aspx</a>
Cystic Fibrosis Canada - Peel & District Chapter	Brampton	Participate in running a wide variety of local and nationwide fundraising campaigns for the foundation; help with administrative work. <a href="https://www.cysticfibrosis.ca/get-involved/volunteer/volunteer-with-us">https://www.cysticfibrosis.ca/get-involved/volunteer/volunteer-with-us</a>
Daily Bread Food Bank	Toronto	Help sort food to provide food to the less fortunate. <a href="https://www.dailybread.ca/">https://www.dailybread.ca/</a>
Dixie Bloor Neighbourhood Centre	Mississauga	Variety of duties. <a href="http://www.dixiebloor.ca">www.dixiebloor.ca</a>
ECO Source	Mississauga	Participate in a variety of community and youth outreach programs to raise awareness about environmental issues. Community stewardship and tree planting opportunities are also available. <a href="http://www.ecosource.ca">www.ecosource.ca</a> <a href="https://peyalliance.ca/">https://peyalliance.ca/</a>

ORGANIZATION	LOCATION	DESCRIPTION
Elder Help - Peel	Brampton	Help to organize and run various educational workshops for seniors and interact with senior citizens. Must be over 16 years of age. <a href="http://www.elderhelppeel.org">www.elderhelppeel.org</a>
Erinoak kids center for treatment and development	Mississauga	Support children and youth with special needs participate in a variety of activities and programs. <a href="https://www.erinoakkids.ca/get-involved-and-give/volunteering">https://www.erinoakkids.ca/get-involved-and-give/volunteering</a>
Family Education Centre	Brampton	Assist this center which runs various parent education programs by sitting on the volunteer board of directors or other committees; help with various fundraisers, special events and mailings. <a href="https://familyedcentre.org/volunteer/www.familyedcentre.org">https://familyedcentre.org/volunteer/www.familyedcentre.org</a>
Good Measure Food Bank	Mississauga	This organization supports people who may be experiencing food insecurity and helps restore hope back into people's lives. <a href="https://goodmeasurefoodbank.com/">https://goodmeasurefoodbank.com/</a> 905-566-1208 289-242-9884
Girl Guides of Canada	various locations	Lead and organize children and youth (girls) in the Guides Program and related activities. <a href="http://www.girlguides.ca">www.girlguides.ca</a>
Habitat for Humanity	Brampton	Volunteer at the Re-Store, a variety of positions to choose from ranging from customer service to product assembly. Must be 16 years of age. <a href="https://habitatrestore.ca/pages/volunteer">https://habitatrestore.ca/pages/volunteer</a> <a href="https://habitatgta.ca/volunteer/">https://habitatgta.ca/volunteer/</a>
Heart and Stroke Foundation of Ontario	Mississauga	Help the foundation by carrying out office work and special events; <a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a>
Heart House Hospice	Brampton / Mississauga	Visit and spend time with terminally ill patients and assist with their families. Must be 16 years or older. <a href="http://www.hearthousehospice.com">www.hearthousehospice.com</a>

Heritage Mississauga	Mississauga	Help to carry out office work and with special events. <a href="http://www.heritagemississauga.com">www.heritagemississauga.com</a>
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ORGANIZATION	LOCATION	DESCRIPTION
Indus Community Services	Brampton / Mississauga	Provide culturally and linguistically appropriate services to the Peel immigrant community, enabling integration and supporting their settlement, social services, health, and educational needs. <a href="https://www.induscs.ca/">https://www.induscs.ca/</a>
Kidney Foundation of Canada -	Peel Region / Toronto	Support the foundation through canvassing <a href="https://kidney.ca/">https://kidney.ca/</a>
Knight's Table	Various locations	Help prepare and serve meals for the poor. <a href="https://knightstable.org/volunteers-program/">https://knightstable.org/volunteers-program/</a>
Milton District Hospital	Milton	Various opportunities. <a href="https://www.haltonhealthcare.on.ca/volunteer">https://www.haltonhealthcare.on.ca/volunteer</a>
Mississauga Arts Council	Mississauga	The MAC is an organization which promotes and fosters the development of all disciplines of art in the city of Mississauga. Assist with administrative work and a variety of events at different times of the year. <a href="http://www.mississaguaartscouncil.com">www.mississaguaartscouncil.com</a>
Mothers Against Drunk Driving Canada (MADD)	Mississauga	Help campaign against drunk driving by helping with administrative duties such as mailing campaigns. <a href="http://www.madd.ca">www.madd.ca</a>
Multiple Sclerosis Society of Canada	Brampton Mississauga	Brampton and Area Chapter, Mississauga, and Area Chapter <a href="http://www.mssociety.ca">www.mssociety.ca</a>
City of Mississauga	Mississauga	<a href="https://www.mississauga.ca/our-organization/jobs-and-volunteer/volunteer/">https://www.mississauga.ca/our-organization/jobs-and-volunteer/volunteer/</a>

Office of Catholic Youth	Various locations	Provide various programs, events, and initiatives for parishes, schools and the community to live a faith that acts. <a href="http://www.ocytoronto.org">www.ocytoronto.org</a>
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ORGANIZATION	LOCATION	DESCRIPTION
Ontario SPCA	Orangeville	Work with animals and help with a variety of programs to promote the welfare of animals. Must be 16 years or older. <a href="https://ontariospca.ca/volunteer/">https://ontariospca.ca/volunteer/</a>
Orchestras Mississauga	Mississauga	Assist with a variety of fundraisers and concerts throughout the year to benefit Orchestras Mississauga. <a href="http://www.mississaugasymphony.ca">www.mississaugasymphony.ca</a>
Peel Multicultural Council	Mississauga	Provides public information, awareness and education programs on equality, race relations and other community issues in Peel. <a href="https://www.peelmc.ca/services/volunteering/">https://www.peelmc.ca/services/volunteering/</a>
PLASP Childcare Services	Brampton / Mississauga	Work with elementary age children after school, play and help organize games and activities. <a href="https://www.plasp.com/volunteering-at-plasp">https://www.plasp.com/volunteering-at-plasp</a>
Rapport Youth and Family Services - Eclipse Youth Drop-in Centre	Brampton / Mississauga	Numerous varied and exciting opportunities to support troubled young people. <a href="http://www.rapportyouth.com">www.rapportyouth.com</a>
Regeneration Brampton	Brampton	Whether it's kitchen duties, serving meals, assisting in our clothes closet, or sorting food, your gift of time and loving aid will have a significant effect on the lives of others. <a href="https://regenbrampton.com/volunteer-with-us/">https://regenbrampton.com/volunteer-with-us/</a>
Region of Peel Volunteer Opportunities	Mississauga Brampton Caledon	Help with a variety of programs such as the Parent and Infant/Child Volunteer Visitor program, which assists parents in caring for new infants; annual health fairs and The Water Festival, which educates children about the importance of water. <a href="https://www.peelregion.ca/health/volunteers/volunteer-opportunities.htm">https://www.peelregion.ca/health/volunteers/volunteer-opportunities.htm</a>
Riverwood Conservancy	Mississauga	Typical Tasks include, Riverwood clean up, planting, watering, pruning, and weeding gardens and assisting with special events. <a href="https://theriverwoodconservancy.org/volunteer/">https://theriverwoodconservancy.org/volunteer/</a>

Salvation Army	Various locations	The Salvation Army welcomes volunteers to work in the store and with special events. <a href="https://www.thriftstore.ca/volunteering/">https://www.thriftstore.ca/volunteering/</a>
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ORGANIZATION	LOCATION	DESCRIPTION
Sauga Stroke Breakers	Mississauga	Work one-on-one in a program to help stroke survivors. <a href="http://www.mississauga.ca/portal/residents/volunteer">www.mississauga.ca/portal/residents/volunteer</a>
Scott Mission	Toronto	Serve food to the poor and work in Food Bank. <a href="https://scottmission.com/get-involved/">https://scottmission.com/get-involved/</a>
Scouts Canada	Mississauga	Lead and organize children and youth in the Scouts Program and related activities. <a href="https://www.scouts.ca/volunteer/overview.html">https://www.scouts.ca/volunteer/overview.html</a>
Share Life	Dufferin-Peel	Thirty-four agencies receive support through the Archdiocesan fundraising. Assist with fundraising and help parish campaigns. <a href="https://sharelife.org/how-to-help/parish-campaign/volunteer/">https://sharelife.org/how-to-help/parish-campaign/volunteer/</a>
Shelburne District Hospital	Shelburne	Visit and spend time with patients in long term care facility. <a href="https://www.headwatershealth.ca/Get-Involved/Volunteer">https://www.headwatershealth.ca/Get-Involved/Volunteer</a>
St. Francis Table	Toronto	Help provide low-cost meals to the poor in restaurant setting (preparation and serving). <a href="http://www.capuchinoutreach.org">www.capuchinoutreach.org</a>
St. John Ambulance - Peel Region	Mississauga Brampton Caledon Orangeville	Help with office duties. <a href="http://www.sjapeel.ca">www.sjapeel.ca</a>
Supportive Housing in Peel (SHIP)	Mississauga	Supportive Housing in Peel offers housing and support for people with serious mental illness. <a href="https://shipshey.ca/get-involved/volunteer/">https://shipshey.ca/get-involved/volunteer/</a>
The DAM Youth Drop-In Centre	Mississauga	Support staff by participating in a variety of recreational activities at the drop-in. Must be 16 years or older. Limited spots. <a href="https://www.thedam.org/volunteer">https://www.thedam.org/volunteer</a>
The Mississauga Food Bank	Mississauga	The largest food distribution program in Mississauga serves the city's seven food banks. <a href="http://www.themississaugafoodbank.org">www.themississaugafoodbank.org</a>

ORGANIZATION	LOCATION	DESCRIPTION
Town of Orangeville	Orangeville	Hours available for a variety of activities. Applications available at <a href="https://www.orangeville.ca/en/recreation/volunteering-in-recreation.aspx">https://www.orangeville.ca/en/recreation/volunteering-in-recreation.aspx</a>
Trillium Health Centre	Mississauga	Assist where needed throughout the hospital <a href="https://www.thp.ca/volunteers/Pages/Overview.aspx">https://www.thp.ca/volunteers/Pages/Overview.aspx</a>
Roots Community Services	Brampton	Roots Community Services Inc. provides culturally relevant programs and services to inspire and empower individuals, primarily from the Black, African, and Caribbean communities, to make positive changes in their lives and within their communities. <a href="https://rootscs.org/join-us">https://rootscs.org/join-us</a>
YMCA of Greater Toronto	Mississauga Brampton	Help organize and run various sports and fitness activities and programs. <a href="https://www.ymcagta.org/join-our-team/volunteer-opportunities/how-to-become-a-volunteer">https://www.ymcagta.org/join-our-team/volunteer-opportunities/how-to-become-a-volunteer</a>