



Ronald McDonald House Charities® Alberta

## Volunteer Opportunities

**As a volunteer, you are giving us the most valuable gift of all – your time.**

Volunteers are an integral part of Ronald McDonald House Charities® Alberta. Their generosity and commitment profoundly impacts the hundreds of families that stay at each of our Houses every year. It is our goal to maintain a comforting and caring environment for these families where they can feel supported and can focus on the well-being of their children.

In 2020 RMHC Alberta had to reduce our volunteer program, but we still had over 250 volunteers provincially that contributed to every aspect of our organization, from helping families check in when they arrive at the House to providing sanitizing and cleaning support; their contributions are what make our House feel like home. There are several ways that you can help families at RMHC Alberta through individual volunteering.

### *Individual In-House Volunteers*

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**Front Host:** Front Host: Reception position with duties including answering the phone, greeting guests (including families, donors, volunteers, and visitors to the house), taking donations/payments, and checking families in and out of the house. May also include helping around the house with dishes, laundry, activities etc. **Minimum commitment:** 1 shift per week for six months. **Current shifts available:** Monday – Sunday: 9am-1pm, 1pm-5pm, 5pm-9pm

**Comfort Cart:** Provides support to family at the Foothills Medical Centre NICU. The cart will be supplied with brand-new items such as toys, games, books and puzzles. In addition, RMHC will supply snacks, such as chips, crackers, granola bars, cookies, water, coffee, tea and hygiene products for the parents/care givers. Tasks include greeting and handing items you families, cleaning and sanitizing cart after use, track inventory of items given out. **Minimum commitment:** 1 shift per month for 1 year. **Current shifts available:** Tuesdays 8:30am – 11:30 & Saturdays 7:30pm – 10:30pm

**Shuttle Drivers:** Ensure families have safe, convenient access to the Hospital. Need to be 25+, clean driver's abstract and at fault accident free for at least 6 years, **Minimum commitment:** 1 shift per month for six months.

*All volunteers must be 18+, schedule an interview and submit a clear Police Information Check with a Vulnerable Sector Search*