



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 impact 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 2021 RMHC Alberta had to reduce our volunteer program, but we still had over 200 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

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 1 year. **Current shifts available:** Various shifts available, especially early mornings (7:00 – 9:00am and evenings 5:00 – 9:00pm)

House Refresher: Active position ensuring our kitchens are tidy, clean, organized, and well-stocked for family use. Duties include sanitizing surfaces, stocking fridges and freezers, emptying recycling and garbage bins, making coffee, etc **Minimum commitment:** 1 shift per week for six months. **Current shifts available:** Mornings (7:00 – 9:00am and 9:00 – 1:00pm)

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 (please discuss with Volunteer Manager before obtaining these), **Minimum commitment:** 2 shifts per month for 1 year. **Current shifts available:** Various shifts available, especially weekends.

Facility Support: Provides support to our Facilities Department. Activities may include daily and weekly duties, like minor painting, greasing doors, tidying storage spaces, tightening door handles, lawn care, watering flowers and trees, picking up garbage. Short-term projects could include planting gardens, trimming trees, painting iron railings, power washing benches and playgrounds. **Minimum commitment:** 2 shifts per month for six months. **Current shifts available:** Various

Bakers: The smell of fresh baking is comforting and makes our house feel like home. Using approved recipes, bakers prepare a variety of items, such as 3 – 4 dozen cookies or squares, all of which must be individually packaged. Basic ingredients are provided. **Minimum commitment:** 2 shifts per month for six months. **Current shifts available:** Various



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Program Host: Planning and executing House activities for the families staying to help create lifelong memories. Recreation programs can include arts & crafts, bingo, sports, story time, family s'mores night, holiday events, music, and more. **Minimum commitment:** 1 shift shifts per week six months. **Current shifts available:** Various shifts available

Contact:

Pam McDowell, Volunteer & Program Manager

calgaryvolunteer@rmhcalberta.org

403-240-3000 ext. 136