

# Volunteer Opportunities within the HRM:

## Health / Medicine / Disabilities

| Organization                                     | Website   | Contact                   |
|--|---|---------------------------|
| AIDS Coalition of Nova Scotia                    | <a href="http://www.acns.ns.ca/get-involved/volunteer.html">http://www.acns.ns.ca/get-involved/volunteer.html</a>   | (902) 425-4882            |
| ALS Society of Nova Scotia                       | <a href="https://www.als.ca/en/get-involved/volunteering">https://www.als.ca/en/get-involved/volunteering</a>   | (902) 454 3636            |
| Alzheimer's Society of Nova Scotia               | <a href="http://www.alzheimer.ca/en/ns/Get-involved/Volunteer">http://www.alzheimer.ca/en/ns/Get-involved/Volunteer</a>   | (902) 422 7961            |
| Athletics Nova Scotia                            | <a href="http://www.athleticsnovascotia.ca/content/volunteers">http://www.athleticsnovascotia.ca/content/volunteers</a>   | (902) 425 5450            |
| BCANS (Breast Cancer Action Nova Scotia)         | <a href="https://bcans.ca">https://bcans.ca</a>   | 902-425-5450 (Ext: 339)   |
| Brain Injury Association of Canada               | <a href="https://www.biac-aclc.ca/#contact-1">https://www.biac-aclc.ca/#contact-1</a>   | 1-866-977-2492            |
| Bryony House                                     | <a href="http://www.bryonyhouse.ca/volunteers/volunteer-application-form/">http://www.bryonyhouse.ca/volunteers/volunteer-application-form/</a>   | (902) 429 9002            |
| Canadian Blood Services                          | <a href="https://www.blood.ca/en/volunteers">https://www.blood.ca/en/volunteers</a>   | 1-888-236-6283            |
| Canadian Cancer Society (Nova Scotia Division)   | <a href="http://www.cancer.ca/en/get-involved/volunteering/ways-to-volunteer/?region=ns">http://www.cancer.ca/en/get-involved/volunteering/ways-to-volunteer/?region=ns</a>   | (902) 423-6183            |
| Canadian Cystic Fibrosis Foundation              | <a href="http://www.cysticfibrosis.ca/get-involved/volunteer/">http://www.cysticfibrosis.ca/get-involved/volunteer/</a>   | (902) 425-2462            |
| Canadian Diabetes Association                    | <a href="http://www.diabetes.ca/how-you-can-help/volunteer">http://www.diabetes.ca/how-you-can-help/volunteer</a>   | (902) 453-4232            |
| Canadian Mental Health Association               | <a href="https://novascotia.cmha.ca/get-involved/">https://novascotia.cmha.ca/get-involved/</a>   | (902) 466-6600            |
| Capital District Health Authority                | <a href="http://www.cdha.nshealth.ca/giving-volunteering">http://www.cdha.nshealth.ca/giving-volunteering</a>   | (902) 473-5420            |
| Children's Wish Foundation                       | <a href="https://www.childrenswish.ca/get-involved/">https://www.childrenswish.ca/get-involved/</a>   | 1-800-267-9474            |
| CNIB Canadian National Institute for the Blind   | <a href="https://www.cnib.ca/en/support-us/volunteer?region=ns">https://www.cnib.ca/en/support-us/volunteer?region=ns</a>   | 902-453-1480 (Ex: 226)    |
| Easter Seals of Nova Scotia                      | <a href="https://www.easterseals.ns.ca/take-part/">https://www.easterseals.ns.ca/take-part/</a>   | (902) 453-6000 (Ex: 220)  |
| Halifax Sexual Health Centre                     | <a href="http://hshc.ca/volunteer/">http://hshc.ca/volunteer/</a>   | (902) 455-9656            |
| Heart and Stroke Foundation of Nova Scotia       | <a href="https://www.heartandstroke.ca/get-involved/volunteer">https://www.heartandstroke.ca/get-involved/volunteer</a>   | 1-800-423-4432 (Ex: 3306) |
| HepNS  | <a href="http://www.hepns.ca/Sponsors.htm">http://www.hepns.ca/Sponsors.htm</a>   | (902) 420 1767            |
| High - Crest Enterprises (senior's care centre)  | <a href="http://high-crest.com/about/careers/">http://high-crest.com/about/careers/</a>   | (902) 863-2491            |
| Hospice Society of Greater Halifax               | <a href="http://hospicehalifax.org/index.php/volunteers/volunteer/">http://hospicehalifax.org/index.php/volunteers/volunteer/</a>   | (902) 446 0929            |
| IWK Health Centre                                | <a href="http://www.iwk.nshealth.ca/page/volunteer-opportunities">http://www.iwk.nshealth.ca/page/volunteer-opportunities</a>   | (902) 470-6980            |
| Kid's Help Phone                                 | <a href="https://kidshelpphone.ca/get-involved/participate/volunteer/">https://kidshelpphone.ca/get-involved/participate/volunteer/</a>   | 1-888-470-8880            |
| Learning Disabilities Association of Nova Scotia | <a href="http://www.ldans.ca/about-ldans/">http://www.ldans.ca/about-ldans/</a>   | info@ldans.ca             |
| MS Society of Canada                             | <a href="https://mssociety.ca/get-involved/volunteer">https://mssociety.ca/get-involved/volunteer</a>   | (902) 468-8230            |
| Muscular Dystrophy Canada                        | <a href="http://www.muscle.ca/get-involved/volunteering/">http://www.muscle.ca/get-involved/volunteering/</a>   | 1-800-567-2873            |
| Narcotics Anonymous                              | <a href="http://www.centralnovaarea.ca/">http://www.centralnovaarea.ca/</a>   | (902) 454-2913            |
| NS Health Authority                              | <a href="https://cdhaforms.nshealth.ca/volunteerApplication.aspx">https://cdhaforms.nshealth.ca/volunteerApplication.aspx</a>   | (902) 473-5420            |
| Parkinson Society Maritime Region                | <a href="https://www.parkinson.ca/local-offices/parkinson-canada-atlantic-office/">https://www.parkinson.ca/local-offices/parkinson-canada-atlantic-office/</a>   | (902) 422-3656            |
| Psoriasis Society of Canada                      | <a href="http://www.psoriasisociety.org/contact-us.html">http://www.psoriasisociety.org/contact-us.html</a>   | (902) 443-8680            |
| QEII Health Sciences Centre Foundation           | <a href="http://www.cdha.nshealth.ca/giving-volunteering-0">http://www.cdha.nshealth.ca/giving-volunteering-0</a>   | (902) 473 5420            |
| Terry Fox Foundation                             | <a href="http://www.terryfox.org/Volunteer.html">http://www.terryfox.org/Volunteer.html</a>   | (902) 423-8131            |
| The Epilepsy Association of Nova Scotia          | <a href="http://epilepsyns.org/get-involved/volunteer-with-eans/">http://epilepsyns.org/get-involved/volunteer-with-eans/</a>   | (902) 429-2633            |
| Therapy Dog Program                              | <a href="http://www.sja.ca/English/Community-Services/Pages/Therapy%20Dog%20Services/Become-A-Therapy-Dog-Volunteer.aspx">http://www.sja.ca/English/Community-Services/Pages/Therapy%20Dog%20Services/Become-A-Therapy-Dog-Volunteer.aspx</a> | (902) 463-5646            |

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| VON (Victoria Order of Nurses) | <a href="http://von.ca/en/volunteer">http://von.ca/en/volunteer</a> | (902) 453-5800 |
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## Arts & Culture

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| 2b Theatre Company                                   | <a href="https://www.2btheatre.com/contact/">https://www.2btheatre.com/contact/</a>   | (902) 453-6267                 |
| African Diaspora Association of the Maritimes        | <a href="https://adamns.com/volunteer">https://adamns.com/volunteer</a>   | 902-404-3670                   |
| Alderney Landing Cultural Convention Centre          | <a href="http://www.alderneylanding.com/volunteer.html">http://www.alderneylanding.com/volunteer.html</a>   | (902) 461-4698                 |
| Art Gallery of Nova Scotia                           | <a href="https://www.artgalleryofnovascotia.ca/join-give/volunteer">https://www.artgalleryofnovascotia.ca/join-give/volunteer</a>                                   | (902) 424-8935                 |
| Atlantic Film Festival                               | <a href="http://www.finfestival.ca/volunteer">http://www.finfestival.ca/volunteer</a>   | (902) 422-3456                 |
| Canadian Museum of Immigration at Pier 21            | <a href="https://www.pier21.ca/about/volunteer-at-pier-21">https://www.pier21.ca/about/volunteer-at-pier-21</a>   | (902) 425-7770 (Ex: 245)       |
| Chebucto Community Net                               | <a href="https://www.chebucto.ns.ca/">https://www.chebucto.ns.ca/</a>   | (902) 494-2449                 |
| Chebucto Orchestral Society of Nova Scotia           | <a href="https://chebuctosymphony.ca/">https://chebuctosymphony.ca/</a>   | (902) 440-6341                 |
| Dartmouth Heritage Museum                            | <a href="https://www.dartmouthheritagemuseum.ns.ca/volunteer/">https://www.dartmouthheritagemuseum.ns.ca/volunteer/</a>   | (902) 464-2916                 |
| Events Nova Scotia                                   | <a href="http://eventsnovascotia.com/be-a-volunteer/">http://eventsnovascotia.com/be-a-volunteer/</a>   | info@eventsnovascotia.com      |
| EyeLevel Gallery                                     | <a href="http://eyelevel.art/volunteer">http://eyelevel.art/volunteer</a>   | 902 425 6412                   |
| Halifax Citadel Regimental Association               | <a href="https://www.halifaxcitadel.ca/about-hcra/volunteers.html">https://www.halifaxcitadel.ca/about-hcra/volunteers.html</a>                                     | (902) 426-1990                 |
| Halifax Dance  | <a href="https://www.hfxdance.ca/contact-1">https://www.hfxdance.ca/contact-1</a>   | (902) 422-2006                 |
| Halifax International Busker's Festival              | <a href="https://buskers.ca/volunteer/">https://buskers.ca/volunteer/</a>   | Volunteers@pegentertainment.ca |
| Heritage Trust of Nova Scotia                        | <a href="http://www.htns.ca/volunteer.html">http://www.htns.ca/volunteer.html</a>   | (902) 423-4807                 |
| Halifax Regional Municipality                        | <a href="https://www.halifax.ca/about-halifax/volunteering">https://www.halifax.ca/about-halifax/volunteering</a>   | (902) 490-4535                 |
| Immigration Settlement & Integration Services (ISIS) | <a href="https://www.isans.ca/connect-with-community/become-a-volunteer/">https://www.isans.ca/connect-with-community/become-a-volunteer/</a>                       | (902) 406-8851                 |
| Mocean Dance Society                                 | <a href="http://www.moceandance.com/en/home/education/forstudents/volunteering.aspx">http://www.moceandance.com/en/home/education/forstudents/volunteering.aspx</a> | (902) 425 4908                 |
| Multicultural Association of Nova Scotia             | N/A   | (902) 423-6534                 |
| Nova Scotia Museum                                   | <a href="https://museum.novascotia.ca/contact-us">https://museum.novascotia.ca/contact-us</a>   | (902) 424-0560                 |
| Nova Scotia Sport Hall Of Fame                       | <a href="http://www.nsshf.com/AboutUs/Volunteering/tabid/548/Default.aspx">http://www.nsshf.com/AboutUs/Volunteering/tabid/548/Default.aspx</a>                     | (902) 421-1266                 |
| Opera Nova Scotia                                    | <a href="http://www.nsopera.org/becomemember.asp">http://www.nsopera.org/becomemember.asp</a>   | (902)-425-8586                 |
| Shakespeare By The Sea                               | <a href="https://www.shakespearebythesea.org/wp/participate/volunteer/">https://www.shakespearebythesea.org/wp/participate/volunteer/</a>                           | 902-422-0295                   |
| Special Olympics Nova Scotia                         | <a href="https://specialolympicsns.ca/get-involved/becoming-a-volunteer/">https://specialolympicsns.ca/get-involved/becoming-a-volunteer/</a>                       | (902) 429-2266                 |
| Theatre Arts Guild                                   | <a href="http://www.tagtheatre.com/volunteer.html">http://www.tagtheatre.com/volunteer.html</a>   | (902) 477-2663                 |

## Education / Environment

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| Adventure Earth Centre                         | <a href="https://earthrootsns.ca/partners/adventure-earth-centre/">https://earthrootsns.ca/partners/adventure-earth-centre/</a>         | (902) 490-4539 |
| Atlantic Provinces Special Education Authority | <a href="https://www.apsea.ca/about-us/employment/">https://www.apsea.ca/about-us/employment/</a>                                       | (902) 424-8500 |
| Atlantic Science Links Association             | <a href="http://atlanticsciencelinks.dal.ca/services.html">http://atlanticsciencelinks.dal.ca/services.html</a>                         | (902) 494-2831 |
| Bedford-Sackville Learning Network             | <a href="http://www.chebucto.ns.ca/Education/BSLN/volunteer.html">http://www.chebucto.ns.ca/Education/BSLN/volunteer.html</a>           | (902) 869-3838 |
| Canadian Coast Guard Auxiliary                 | <a href="http://www.ccg-gcc.gc.ca/College-and-Careers/Volunteers">http://www.ccg-gcc.gc.ca/College-and-Careers/Volunteers</a>           | (902) 220 1058 |
| Chebucto Connections                           | <a href="http://chebuctoconnections.ca/volunteer/community-volunteer/">http://chebuctoconnections.ca/volunteer/community-volunteer/</a> | (902) 477-0964 |
| Clean Nova Scotia                              | <a href="http://clean.ns.ca/action/volunteer/">http://clean.ns.ca/action/volunteer/</a>   | (902) 420-3474 |

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| Dalhousie Medical Research Foundation            | <a href="https://dmrf.ca/ways-to-give/volunteer/">https://dmrf.ca/ways-to-give/volunteer/</a>   | (902) 494-3502            |
| Dartmouth Learning Network                       | <a href="https://www.dartmouthlearning.net/volunteer/">https://www.dartmouthlearning.net/volunteer/</a>   | 1 (902) 463-9179          |
| Discovery Centre                                 | <a href="https://thediscoverycentre.ca/support/volunteer/">https://thediscoverycentre.ca/support/volunteer/</a>   | 902.492.4422              |
| Ecology Action Centre                            | <a href="https://www.ecologyaction.ca/volunteer">https://www.ecologyaction.ca/volunteer</a>   | (902) 429-2202            |
| Frontier College                                 | <a href="http://www.frontiercollege.ca/english/help/volunteer.html">http://www.frontiercollege.ca/english/help/volunteer.html</a>                       | (902) 494-7003            |
| Halifax Community Learning Network               | <a href="http://www.hcln.ca/programs/">http://www.hcln.ca/programs/</a>   | (902) 422-7648            |
| Halifax Public Libraries                         | <a href="https://www.halifaxpubliclibraries.ca/support/volunteer/">https://www.halifaxpubliclibraries.ca/support/volunteer/</a>                         | (902) 490-5753            |
| Learning Disabilities Association of Nova Scotia | <a href="http://www.ldans.ca/about-ldans/">http://www.ldans.ca/about-ldans/</a>   | info@ldans.ca             |
| Legal Information Society of Nova Scotia         | <a href="https://www.legalinfo.org/lawyers/volunteer-at-lisns">https://www.legalinfo.org/lawyers/volunteer-at-lisns</a>                                 | (902) 455-3135            |
| Lifesaving Society Lifeguard Experts             | <a href="http://www.lifesavingsociety.ns.ca/index.php/contact">http://www.lifesavingsociety.ns.ca/index.php/contact</a>                                 | (902) 425-5450 (Ext: 323) |
| Nova Scotia Nature Trust                         | <a href="http://nsnt.ca/participate/volunteer/">http://nsnt.ca/participate/volunteer/</a>   | (902) 425-5263            |
| Nova Scotia Trails                               | <a href="https://nstrails.com/get-involved/">https://nstrails.com/get-involved/</a>   | (902) 425-5450 (Ex: 325)  |
| Saint Mary's University                          | <a href="https://smu.ca/campus-life/career-services/careers-volunteering.html">https://smu.ca/campus-life/career-services/careers-volunteering.html</a> | 902-420-5499              |
| Sierra Club Atlantic                             | <a href="http://www.sierraclub.ca/en/about-us">http://www.sierraclub.ca/en/about-us</a>   | (902) 444-3113            |
| Skills Canada (Nova Scotia)                      | <a href="https://www.skillsns.ca/about-us/#volunteers">https://www.skillsns.ca/about-us/#volunteers</a>   | (902) 491-4640            |

## Family & Community Services

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| AIDS Coalition of Nova Scotia                | <a href="http://www.acns.ns.ca/get-involved/volunteer.html">http://www.acns.ns.ca/get-involved/volunteer.html</a>   | (902) 425-4882           |
| Alice Housing                                | <a href="https://alicehouse.ca/volunteer">https://alicehouse.ca/volunteer</a>   | 902-466-8459             |
| Amnesty International                        | <a href="https://www.amnesty.ca/activism#volunteer">https://www.amnesty.ca/activism#volunteer</a>   | 1-800-266-3789           |
| Big Brothers Big Sisters Halifax             | <a href="https://halifax.bigbrothersbigsisters.ca/volunteer/">https://halifax.bigbrothersbigsisters.ca/volunteer/</a>   | (902) 466-5437           |
| Birthright                                   | <a href="https://birthright.org/get-involved/">https://birthright.org/get-involved/</a>   | (800) 550 4900           |
| Boys & Girls Clubs of Greater Halifax        | <a href="http://www.bgcgh.ca/join-us/volunteer-opportunities">http://www.bgcgh.ca/join-us/volunteer-opportunities</a>   | 902-435-3204             |
| Brigadoon Children's Camp                    | <a href="https://brigadoonvillage.org/team/camp-volunteers/">https://brigadoonvillage.org/team/camp-volunteers/</a>   | (902) 422-3387           |
| Caledonia Boys and Girls Club                | <a href="https://www.bgcgh.ca/our-programs/service-locations/east-dartmouth/">https://www.bgcgh.ca/our-programs/service-locations/east-dartmouth/</a>   | 902-435-3204             |
| Canadian Parents for French                  | <a href="https://cpf.ca/en/chapters-volunteers/volunteers/volunteer-opportunities/">https://cpf.ca/en/chapters-volunteers/volunteers/volunteer-opportunities/</a>   | (902) 453-2048           |
| Chebucto Links                               | <a href="https://www.chebuctolinks.ca/programs">https://www.chebuctolinks.ca/programs</a>   | (902) 422-3525           |
| Children's Aid Society of Halifax            | <a href="https://hrcaf.org/contact/">https://hrcaf.org/contact/</a>   | (902) 422-1316           |
| Children's International Summer Villages     | <a href="https://cisv.org/volunteer/">https://cisv.org/volunteer/</a>   | 416-417-2591             |
| Community Action on Homelessness             | <a href="https://housingandhomelessness.ca/get-involved/">https://housingandhomelessness.ca/get-involved/</a>   | 902-461-3037             |
| Community Justice Society                    | <a href="http://communityjusticesociety.org/Volunteers">http://communityjusticesociety.org/Volunteers</a>   | (902) 424-5473           |
| Community Volunteer Income Tax Program       | <a href="https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program/lend-a-hand-individuals.html">https://www.canada.ca/en/revenue-agency/services/tax/individuals/community-volunteer-income-tax-program/lend-a-hand-individuals.html</a> | 1-800-959-8281           |
| Correctional Services Canada                 | <a href="http://www.csc-scc.gc.ca/volunteers/index-eng.shtml">http://www.csc-scc.gc.ca/volunteers/index-eng.shtml</a>   | (613) 992-5891           |
| CUSO-VSO                                     | <a href="http://www.cusointernational.org/volunteer/about-volunteering">http://www.cusointernational.org/volunteer/about-volunteering</a>   | 1-888-434-2876           |
| DalOUT                                       | <a href="http://www.dalout.ca">http://www.dalout.ca</a>   | dalout@dal.ca            |
| Dress for Success                            | <a href="https://halifax.dressforsuccess.org/get-involved/volunteer/">https://halifax.dressforsuccess.org/get-involved/volunteer/</a>   | (902) 493-7377           |
| Duke of Edinburgh's Awards                   | <a href="https://www.dukeofed.org/volunteer-opportunities">https://www.dukeofed.org/volunteer-opportunities</a>   | (902) 425-5454 (Ex: 329) |
| Family SOS                                   | <a href="https://www.familysos.ca/get-involved">https://www.familysos.ca/get-involved</a>   | 902.455.5515             |
| Federation of Foster Families of Nova Scotia | <a href="http://www.fosterfamilies.ns.ca/recruitment">http://www.fosterfamilies.ns.ca/recruitment</a>   | 902-424-3071             |

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| Feed Nova Scotia                                 | <a href="https://www.feednovascotia.ca/get-involved/volunteer-information">https://www.feednovascotia.ca/get-involved/volunteer-information</a>   | (902) 457-1900                       |
| Girl Guides of Canada                            | <a href="https://www.girlguides.ca/web/GGC/Volunteers/Interested_In_Volunteering/GGC/Volunteers/Interested_In_Volunteering/Interested_In_Volunteering.aspx">https://www.girlguides.ca/web/GGC/Volunteers/Interested_In_Volunteering/GGC/Volunteers/Interested_In_Volunteering/Interested_In_Volunteering.aspx</a> | (800) 565 8111                       |
| Habitat for Humanity                             | <a href="https://www.habitat.ca/en/get-involved/volunteer-opportunities-in-canada">https://www.habitat.ca/en/get-involved/volunteer-opportunities-in-canada</a>   | (800) 667 5137                       |
| Halifax & Region Military Family Resource Centre | <a href="https://halifaxmfrc.ca/index.php/en/about/volunteer">https://halifaxmfrc.ca/index.php/en/about/volunteer</a>   | (902) 427-7780                       |
| Halifax Independent School                       | <a href="http://halifaxindependentschool.ca/">http://halifaxindependentschool.ca/</a>   | (902) 423-9777                       |
| Halifax Meals on Wheels                          | <a href="http://halifaxmealsonwheels.ca/volunteers.html">http://halifaxmealsonwheels.ca/volunteers.html</a>   | hfxmealsonwheels@n<br>s.sympatico.ca |
| Halifax Regional Development Agency              | <a href="http://www.chebucto.ns.ca/Government/EmpGuide/CAP/NONCAP/hrda.html">http://www.chebucto.ns.ca/Government/EmpGuide/CAP/NONCAP/hrda.html</a>   | (902) 869-4040                       |
| Heartwood Centre for Community Youth Development | <a href="http://heartwood.ns.ca/about-us/get-involved/">http://heartwood.ns.ca/about-us/get-involved/</a>   | (902) 444-5885                       |
| Home of the Guardian Angel                       | <a href="http://homeoftheguardianangel.ca/volunteer-employment-opportunities/">http://homeoftheguardianangel.ca/volunteer-employment-opportunities/</a>   | (902) 422-7964                       |
| Hope Cottage (hot meals)                         | <a href="http://www.hopcottage.ca/volunteer/">http://www.hopcottage.ca/volunteer/</a>   | (902) 429-7968                       |
| Hospice Society of Greater Halifax               | <a href="https://hospicehalifax.ca/volunteer-application-form/">https://hospicehalifax.ca/volunteer-application-form/</a>   | (902) 446-0929                       |
| Independent Living Nova Scotia                   | <a href="https://www.ilns.ca/membership">https://www.ilns.ca/membership</a>   | (902) 453-0004                       |
| Junior Achievement of Nova Scotia                | <a href="http://www.janovascotia.ca/volunteer">http://www.janovascotia.ca/volunteer</a>   | (902) 454-4564                       |
| Junior League of Halifax                         | <a href="http://juniorleagueofhalifax.org/membership/">http://juniorleagueofhalifax.org/membership/</a>   | (902) 429-9437                       |
| Metro Community Housing Association              | <a href="http://www.mcha.ns.ca/contact.html">http://www.mcha.ns.ca/contact.html</a>   | (902) 453-6444                       |
| Narcotics Anonymous                              | <a href="http://www.centralnovaarea.ca/">http://www.centralnovaarea.ca/</a>   | (902) 454-2913                       |
| Northwood  | <a href="http://nwood.ns.ca/become-involved/">http://nwood.ns.ca/become-involved/</a>   | (902) 454-8311                       |
| Nova Scotia Gambia Association                   | <a href="http://novascotiagambia.ca/get-involved/volunteer-with-us/">http://novascotiagambia.ca/get-involved/volunteer-with-us/</a>   | (902) 423-1360                       |
| Operation Come Home                              | <a href="http://operationcomehome.ca/how-to-help/">http://operationcomehome.ca/how-to-help/</a>   | 613-230-4663 (Ex: 228)               |
| Parker Street Food & Furniture Bank              | <a href="http://www.parkerstreet.org/index.php/volunteer">http://www.parkerstreet.org/index.php/volunteer</a>   | (902) 425-2125                       |
| Phoenix Youth Programs                           | <a href="https://phoenixyouth.ca/volunteer">https://phoenixyouth.ca/volunteer</a>   | (902) 422-3105                       |
| Rainbow Action Project                           | <a href="http://nsrap.ca/get-involved/volunteer">http://nsrap.ca/get-involved/volunteer</a>   | 902-444-3206                         |
| ReachAbility                                     | <a href="https://www.reachability.org/get-involved">https://www.reachability.org/get-involved</a>   | (902) 429-5878                       |
| Ronald McDonald House Atlantic                   | <a href="https://rmhcatlantic.ca/ways-to-help/volunteer/">https://rmhcatlantic.ca/ways-to-help/volunteer/</a>   | (902) 482-1249                       |
| Salutary Angels                                  | <a href="http://www.salutaryangels.org/volunteer.html">http://www.salutaryangels.org/volunteer.html</a>   | (902) 425-6961                       |
| Salvation Army                                   | <a href="http://www.salvationarmy.ca/volunteer/">http://www.salvationarmy.ca/volunteer/</a>   | (902) 455-1201                       |
| Scouts Canada                                    | <a href="http://www.scouts.ca/volunteer/overview.html">http://www.scouts.ca/volunteer/overview.html</a>   | (902) 423 9227                       |
| Spencer House Senior's Centre                    | <a href="http://spencerhouse.ca/online_registration/online_vol_form.php">http://spencerhouse.ca/online_registration/online_vol_form.php</a>   | (902) 421-6131                       |
| United Way Halifax                               | <a href="https://www.abroaderview.org/about-us">https://www.abroaderview.org/about-us</a>   | (902) 422 1501                       |
| Ward 5 Neighborhood Centre                       | <a href="http://www.ward5.org/Mainpages/contact-us.html">http://www.ward5.org/Mainpages/contact-us.html</a>   | (902) 454-0018                       |
| YMCA of Greater Halifax                          | <a href="http://www.ymcahfx.ca/volunteers/become-a-volunteer/">http://www.ymcahfx.ca/volunteers/become-a-volunteer/</a>   | (902) 425 3464 (Ext: 221)            |
| Young Women's Christian Association              | <a href="https://ywcahalifax.com/how-to-help/volunteer/">https://ywcahalifax.com/how-to-help/volunteer/</a>   | 902.423.6162                         |
| Youth Project                                    | <a href="https://youthproject.ns.ca/volunteer/">https://youthproject.ns.ca/volunteer/</a>   | (902) 429-5429                       |

## Animals

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|-----------------------------------|---|---------------------------------|
| Bide Awhile Animal Shelter        | <a href="https://bideawhile.org/volunteer/">https://bideawhile.org/volunteer/</a>                                     | (902) 469-9578                  |
| ElderDog Canada Inc.              | <a href="http://www.elderdog.ca/Volunteer/Volunteer.aspx">http://www.elderdog.ca/Volunteer/Volunteer.aspx</a>         | (855) 336 4226                  |
| Greyhound Friends of Nova Scotia  | <a href="https://www.gpac.ca/volunteering/">https://www.gpac.ca/volunteering/</a>                                     | (902) 889-2214                  |
| Litters 'n Critters Animal Rescue | <a href="https://www.facebook.com/pg/littersncritters/about/">https://www.facebook.com/pg/littersncritters/about/</a> | littersncritters@bellaliant.net |

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|---------------------------------------|---|----------------------------------|
| Marine Animal Response Society (MARS) | <a href="http://www.marineanimals.ca/help/volunteer_eng.html">http://www.marineanimals.ca/help/volunteer_eng.html</a> | (902) 423-2883                   |
| Sable Island Preservation Trust       | <a href="https://sableislandfriends.ca/friends/">https://sableislandfriends.ca/friends/</a>                           | membership@sableislandfriends.ca |
| SPCA Nova Scotia                      | <a href="http://www.novascotiaspca.ca/volunteer/">http://www.novascotiaspca.ca/volunteer/</a>                         | (902) 835-4798                   |
| World Wildlife Federation             | <a href="http://www.wwf.ca/takeaction/volunteer/">http://www.wwf.ca/takeaction/volunteer/</a>                         | (902) 482-1105                   |



