



SCARBOROUGH  
WOMEN'S  
CENTRE

## SCARBOROUGH WOMEN'S CENTRE VOLUNTEER OPPORTUNITIES

### ONE TO ONE MENTORING PROGRAM

SWC offers a one-to-one mentoring program for women in life transition who are working towards specific goals. Each woman is matched with a volunteer and the pair meets once a week. All volunteers participate in an 6-session training course prior to being matched.

**Supportive Mentor** - Supportive mentoring addresses the needs of women who are coping with various life changes; such as divorce, separation, a death in the family, job loss, leaving an abusive situation or moving to a new city. Trained volunteers assist women to increase their support system, break their isolation and be more in charge of their lives.

**Adult Literacy/English Conversation Mentor/Tutor** - Trained volunteers assist in developing conversation skills with women who are new to Canada, or whose first language is not English. Though participants will have completed their formal ESL training, they can practice their English in an informal, comfortable setting. Through conversations with their mentors, women are given the opportunity to improve their communication skills outside of a classroom.

### WORKSHOP HOST

Educational workshops are continuously taking place at SWC. Volunteer host assist the facilitator with tasks revolved around the set-up of the workshops, as well as signing in participants. They are considered "person in-charge" of the operations around the workshop and make sure that registration and start of our educational workshops goes smoothly, contribute to a welcoming and safe environment for participants and assist the workshop facilitator wherever possible to set up materials for the course.

*If you are interested in volunteering at Scarborough Women's Centre, please contact us at 416-439-7111 or email at [volcoord@scarboorughwomenscentre.ca](mailto:volcoord@scarboorughwomenscentre.ca).*

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