



# Friends

Connecting volunteers with children in need



Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
Waterloo Wellington

## ■ What is the Friends Service?

The Friends Service operates in partnership with local school boards and matches trained adult volunteers with children and youth who are experiencing significant difficulties in their lives.

Volunteers commit to two to three hours each week working with a child at the child's school. Volunteers act as positive role models and confidantes, providing emotional support to children and assisting them to build/enhance their self-esteem, self-confidence and problem solving skills while developing strong social skills.

These relationships support children who have experienced significant difficulties in their lives. Enhanced social skills, self-esteem and ability to cope in school and in life are just some of the benefits children experience.

## Contact Information:

For more information about becoming a FRIENDS volunteer please call

**519-744-7645 Ext. 4007**

Or call us toll-free

**1-877-627-2642 Ext. 4007**

## ■ Befriending a Child through Volunteerism

Volunteers are 16 years of age or older. They are reliable, patient, sincere and enthusiastic. They have a keen interest in children and their well-being. Volunteers honor a 2-3 hour weekly commitment to visit a child in an area school during regular school hours for the majority of the child's school year. Volunteers are able to supply two references and undergo a current police records check.

## ■ Volunteer training is provided and covers topics including:

- Listening Skills
- Self-Esteem & Self Confidence Building
- Social Skills Development in Children
- Child Abuse Awareness
- Conflict Resolution and Problem Solving
- Activity Planning

## ■ Privacy

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