



VOLUNTEERING SERIES

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Becoming a volunteer: resources to explore



What is a Volunteer Bureau?

There are volunteer bureaus (VB) in every region of Quebec, which are members of the Fédération des Centres d'action bénévole du Québec (FCABQ).

Volunteer Bureau Services

They offer services through volunteers or have links with community organizations or non-profit organizations to which they can refer volunteers:



Accompagnement-transportation



Thrift shops



Meals on wheels, food banks, collective kitchens



Tax clinics, occasional odd jobs, translation



Friendly visits or calls



Reception and referencing, safety check-up calls



Contacting a volunteer centre to become a volunteer

Thinking of volunteering at a volunteer centre?

To find the volunteer centre nearest you, visit the FCABQ website and browse the list of member volunteer centres.

You will then be able to contact a volunteer centre and apply.

Go to fcabq.org

Find your
local volunteer centre

Contact the reception desk or
department of your choice

State your needs



CRIMINAL RECORD CHECK



Organizations are encouraged to carry out criminal background checks on all their volunteers in “high-risk” positions, to ensure user safety as much as possible.

High-risk volunteer positions

A volunteer position is said to be “high-risk” when it implies that the volunteer works with clientele at risk of abuse or exploitation.

Je bénévol♥le

Jebenevole.ca is the provincial platform for matching Volunteer Centres and non-profit organizations (NPOs) with volunteers. The site features volunteer opportunities with search tools and filters to match organizations and individuals with volunteer human resources.

Explore jebenevole.ca to discover the wealth of volunteer work and find volunteer opportunities that match your aspirations and availability.

This project for active retirement is part of a larger project, the Plan d'impact collectif – Réseau Résilience Aîné.es Montréal (RRAM) that aims to foster resilience, inclusion and social participation of seniors in Montréal.