



Carefirst Seniors & Community
Services Association

Volunteer Development &
Coordination

Youth Volunteer Leadership Summer Training Program

**A Five-Day Leadership Training Program for
High School Students:**

♥ **Caring for Seniors**

- ◆ Understand Aging (psychological & physiological)
- ◆ Aging Simulation
- ◆ Safe Transfer Skills

♥ **Personal & Professional Skills**

- ◆ Communication and Team Building
- ◆ Wing Chun Self-Defense Workshop
- ◆ First Aid/CPR Certificate Course

♥ **Creative projects & Volunteering**

- ◆ Program Planning
(plan and lead activities for seniors in Adult Day Program
or Transitional Care Centre)
- ◆ 1-2 hours volunteer service in different departments
each day
(you can earn 10 community service hours)

**INSPIRE,
DEVELOP,
LEAD.**



| | |
|--------------|---|
| Who | Grade 9 to Grade 12 |
| When | July 23 - 27, 9:30am — 4:30pm OR August 13 - 17, 9:30am—4:30pm |
| Where | Carefirst One-Stop Multi-Services Centre 300 Silver Star Blvd. Scarborough |
| Fee | \$200 (St. John Ambulance First Aid/CPR Certificate Course Fee \$120 & Lunch included) |

Information & Registration:

Contact No.: 416-847-0274 | 416-847-0273

Email: volunteer@carefirstontario.ca

WhatsApp/WeChat: 416-670-3068



**United Way
Greater Toronto**

青年義工領袖夏季訓練營

耆暉會青年義工活動將為高中學生舉辦為期五天的青年義工夏季訓練營：

♥ 關愛長者，接觸長者服務

- ◆ 認識老年化（生理及心理的轉變）
- ◆ 安全幫扶技巧
- ◆ 老年化模擬活動

♥ 個人及專業技能

- ◆ 溝通技巧與團體建設
- ◆ 詠春自衛術工作坊
- ◆ 急救證書課程

♥ 參與長者活動企劃及義工服務

- ◆ 活動規劃（為成人日間中心或康復護理中心的長者設計及帶領團體活動）
- ◆ 安排每天到不同部門參與1-2小時的義工服務（你可記錄10小時社區服務時數）

INSPIRE,
DEVELOP,
LEAD.



| | |
|------|---|
| 招收對象 | 九至十二年級學生 |
| 活動時間 | 7月23日至27日，早上9時30分至下午4時30分 或 8月13日至17日，早上9時30分至下午4時30分 |
| 活動地點 | 耆暉會一站式綜合服務中心 300 Silver Star Blvd., Scarborough |
| 活動費用 | \$200（含聖約翰急救證書學費\$120及午餐費） |

Information & Registration:

Contact No.: 416-847-0274 | 416-847-0273

Email: volunteer@carefirstontario.ca

WhatsApp/WeChat: 416-670-3068

