



Carefirst Seniors & Community Services Association

Youth Leadership & Volunteer Development

# Youth Volunteer Leadership Training Program

**A five-day leadership training program for high school students, focusing on:**

## ♥ Geriatric Care

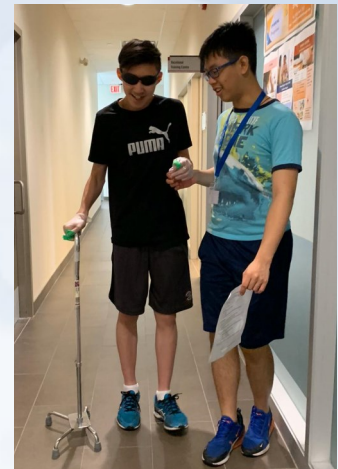
- ◆ Understand Aging (Psychological & Physiological)
- ◆ Aging Simulation
- ◆ Safe Transfer Skills

## ♥ Personal & Professional Skills

- ◆ Communication & Team Building
- ◆ Leadership Training (with St. John's Ambulance Cadets)
- ◆ Relaxation Yoga Workshop
- ◆ Healthy Cooking & Nutrition (with a Registered Dietitian)
- ◆ First Aid/CPR Certificate Course (certified by St. John Ambulance)

## ♥ Community Involvement & Program Development

- ◆ Program Development (Plan & lead Intergenerational Program for seniors)
- ◆ Earn volunteer hours



<b>Who</b>	Grade 9 to Grade 12 Students
<b>When</b>	March 16—20, 2020 9:30am — 4:30pm
<b>Where</b>	Carefirst One-Stop Multi-Services Centre 300 Silver Star Blvd. Scarborough
<b>Fee</b>	\$200 (St. John Ambulance First Aid/CPR Certificate Course Fee & Lunch included)

## Information & Registration

Phone | (416) 572-3824

E-mail | [volunteer@carefirstontario.ca](mailto:volunteer@carefirstontario.ca)



United Way  
Greater Toronto