



Carefirst Seniors & Community  
Services Association  
耆暉會

Youth Leadership & Volunteer  
Development  
青年領袖與義工發展

# Youth Volunteer Leadership Training Program

a newly revamped year-long volunteer program focusing on:

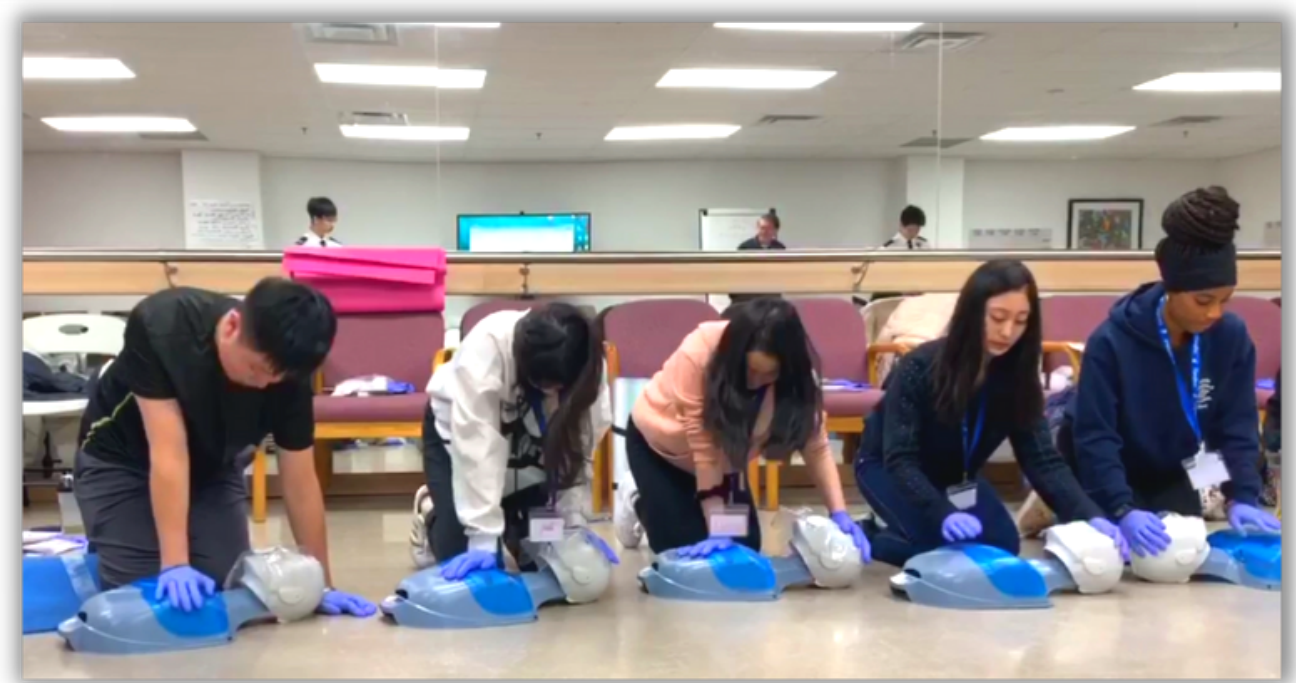
## Geriatric Care

- Understanding current issues in the senior community



## Personal & Professional Skills

- SJA Connect & 2-day Standard First Aid/CPR-C certification with St. John Ambulance (\$150)
- Healthy Eating workshop with Registered Dietician
- Career path planning with featured guest speakers



## Community Involvement & Program Development

- Impactful volunteering
- Researching & creating a community service project to address seniors in need



**Who:** Grade 9-12 students

**When:** Starting August 2022

**Where:** Virtual & in-person (hybrid)

**Registration:** <https://forms.gle/nZp38gmHwwwxi1rqm9>

**Join our virtual Info Session on Friday, July 22 @ 3:30 pm:**

**Zoom Meeting ID: 837 6237 3796**

For more information:

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