

CALGARY ALPHA HOUSE VOLUNTEER NEEDS:

1. We can use another sandwich group similar to the one Bertha takes part in on Thursday. Time slots that are open are Tuesday afternoon or Thursday morning or we could look at another time depending on your groups need. Because we are 24/7 we try to accommodate evening gigs as well.
2. If the congregation wanted to donate sandwiches work out to be \$1.00 each.
3. We could use 2-3 volunteers to do a laundry shift: usually volunteers straighten out the shelter laundry room and help catch up on the laundry for clients. I prefer if people work with the shelter staff and get to know clients as well and not get shut up just doing laundry...so those volunteers could also help clients with mat cleaning which usually starts at 10 am any given day or hand out baskets. In terms of clothing donations we always take jeans, t shirts, sock clean underwear...ant goods that are clean and unisex.
4. Donation of towels and body wash, razors and hygiene products for women helps reduce our costs.
5. Volunteers can help sort out needle kits that we hand out to people on the street...this is mostly creating a work station and putting kits with clean syringes together.
6. As we progress we might pin point other areas...friendly visitors in Detox can be arranged for instance.
7. We are struggling to get an Art Program for detox, Shelter and Housing clients. Any group wanting to take that on could create from the ground floor a program that would assist the self expression of the client