



"SENIORS HELPING SENIORS"

BECOME A SENIOR PEER SUPPORT VOLUNTEER

The Seniors Peer Support Program will..

- Offer volunteers a 50 hours of online training every Wednesday for 3 hours starting April 6th.
- Match trained volunteers with seniors who are interested in receiving peer support

Volunteer requirements:

- You must be 55 years or older and registered as a volunteer with Burnaby Neighbourhood House
- Be a good listener and want to help seniors in Burnaby's diverse community
- Commit to the training and at least one year to the program
- Be willing to connect with your matched senior every week by Zoom, phone or in-person for 3-6 months

FOR MORE INFORMATION,
CONTACT KATHY AT
236.885.7303 OR
KATHYB@BURNABYNH.CA



THANK YOU FOR YOUR
INTEREST!

