

FOR IMMEDIATE RELEASE

*Hope, BC - November 28, 2017* – December 5 is International Volunteer Day and the Hope and Area Volunteer Program is mobilizing the community to spread joy. International Volunteer Day, founded by United Nations in 1985, is a day to celebrate volunteers and their impact.

On December 5, 2017 all community members are invited to volunteer for the day and learn to make Christmas cards and snowflakes to give away to senior's homes, non-profits, businesses, and neighbors.

"The idea is to get people out, socializing and doing something fun together that encourages others. Many people don't have time to volunteer regularly, but can make it out for one day to make a difference and brighten someone else's day" said Alex Dagnino, "Making and giving cards away is a beautiful way to reach homebound individuals or others who may be alone during the holiday season."

International Volunteer Day is a fun way to build community and reduce isolation by making connections and cultivating friendships. The event kicks off with a rejuvenating workshop for Hope's volunteers, and community groups are encouraged to invite their volunteers to attend.

### **Workshop 1:00-2:00pm**

Presented by Momentum Works Life Coach, Michelle Richardson.

### **Card/Snowflake Making 2:00-4:30**

Volunteers from the Art Machine's paper card making class will guide card making stations, sharing their gifts by teaching participants to make a variety of cards. Card stations and a three-dimensional snowflake station are varied for all skill levels, including children.

### **Delivery – throughout the day**

Once cards and snowflakes are made, participants can select from a list of community locations to deliver their creations to. Participants unable to deliver cards can leave them at a designated station for others to deliver.

### **Other ways to get involved**

- Donate card making supplies
- Help set-up/take-down
- Deliver cards and snowflakes
- Invite friends and volunteers to come!

### **Location**

Grace Baptist Church Gym  
949 3<sup>rd</sup> Ave., Hope BC  
December 5, 2017, 1:00-4:30pm

Hope and Area Volunteer Program, funded by Fraser Health, is new in Fraser Cascade Region and seeks to reduce isolation, and increase health outcomes by coordinating, supporting, and promoting

volunteerism. Local volunteer opportunities are found online at [Volinspire.com](http://Volinspire.com), or by contacting Read Right Society. For assistance accessing Volinspire, contact Read Right Society.

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