



BECOME A COMPANION VOLUNTEER

YOUR TIME CAN MAKE A DIFFERENCE

Dementia can lead to feelings of isolation for both individuals and their care-givers. By volunteering as a companion you help restore a sense of community and belonging .

JOIN OUR MISSION

Extensive training provided.
Connections between people with common interests.
Making a difference in the quality of lives.

SHARE YOUR PASSION

Whether it's music, storytelling, gardening and simply sharing a cup of tea. Maybe your hobby is golf, or hiking even fitness.

SUPPORT FOR CARE GIVERS

Offer Caregivers a much needed respite by providing companionship to their loved ones, allowing caregivers to rest and rejuvenate .

GET INVOLVED TODAY

CONTACT US: 250-563-2551; volunteer@pghpcs.ca

VISIT OUR WEBSITE: www.pghpcs.ca



Compassionate Dementia Inclusive Communities.