

# Are you (or somebody you know) interested in volunteering? .....

## How to Get Involved

### Step 1. Inquire

Go to [innerhope.ca/volunteer](http://innerhope.ca/volunteer) and complete our online form. Contact our volunteer coordinator, [priscila@innerhope.ca](mailto:priscila@innerhope.ca), for more information.

### Step 2. Screen

An initial meeting is held, which is followed by the collection of personal references, a criminal background check and a driving record check.

### Step 3. Orient

An in-person 1-hour orientation is held to review our policies, learn about your responsibilities and have your questions answered.

### Step 4. Match\*

If you choose to mentor, you will be matched with a youth based upon multiple variables, with a goal of creating a long-term supportive relationship.

### Step 5. Start

Volunteering can be building meaningful relationships with youth, serving behind the scenes to meet the needs of the community (cooking, doing repairs), or offering your expertise in a variety of ways (groups welcome). It is about sharing life with youth and their families.

### Step 6. We Support You

We offer volunteer training and cultural workshops, and are always a phone call away to help you problem-solve when you need it.

**We look forward to hearing from you!**

If volunteering doesn't fit your current location or life situation, would you consider passing this information on to someone you think is suited to volunteer with us?



## “Mutually Transformative”- Meaning What? ..

Each youth in Boundless is matched with a mentor, who walks with them as they pursue their dreams. It is our desire that the youth and their mentors form a friendship that is “mutually transformative.” This just means that as our youth and adults get to know each other they both grow – learning from each other to become more whole people.

A beautiful example of this is the relationships one of our mentors has built with two youth over the past 4.5 years. In that time he has witnessed a graduation from high school and embarked on teaching driving skills. This is how he explains his volunteer journey.

“ I have grown in so many ways since I started volunteering.

I am blown away by my mentees' openness to accepting me. I feel like a random person, but they receive me. They sit for two hours and chat in the car or in Tim Horton's sharing their

lives. This is incredibly powerful.

I'm challenged all the time like recently in teaching them to drive. This took me out of my comfort zone. You're both so scared getting into the car together and yet, you see their confidence rise. At the end, one of them turned to me and said, “You're such a good teacher.” That was a huge boost.

I've also learned about Canada's history in a whole new way – through both the blanketing ceremony at my youth's graduation and through John and Jenn (Inner Hope's Cultural Mentors).

Growing with the youth is a steady process that involves showing up and even if they can't meet, you're texting them.

One of my most precious moments with my youth was when he honoured me by giving me his blanket after the blanketing ceremony. I will never forget that.



## Annual Community Meeting



May 10th, 7-9pm

Join us for a time of learning as we celebrate the achievements of the past year. Youth, staff, and community members will be sharing with us over desserts.

Location: TBA

## GO PAPERLESS

Help us save on printing costs! To switch your newsletters to email, just ask. [office@innerhope.ca](mailto:office@innerhope.ca)

## JOIN OUR PRAYER TEAM!

Prayer is one of the most important ways you can support us. To receive our monthly prayer letter, visit [www.innerhope.ca/pray](http://www.innerhope.ca/pray)

Inner Hope Youth Ministries' mission is to journey alongside youth and their families in East Vancouver; nurturing hope, belonging and growth through support, discipleship, life skills and housing.

- support nurturing community and loving youth, young adults and their families in practical ways
- discipleship providing opportunities for youth, young adults and their families to grow in their relationship with the creator
- life skills journeying alongside youth and young adults while nurturing the development of skills needed to build their futures
- housing offering a safe, stable and supportive home for youth, young adults and their children

## WHAT'S INSIDE

Volunteering with Inner Hope



# Volunteering with Inner Hope

## THE SPECTACULAR VOLUNTEERS OF 2022!

Over 99 individuals/groups gave their time in 2022

These amazing individuals:

- Renovated The Home (old and new).
- Did a prayer walk through The Home before our move.
- Helped us move The Home.
- Ran a regular game night with the youth
- Journeyed with our youth as they accomplished their goals - helping with 1850 hours of mentoring!
- Helped facilitate monthly life skills workshops.
- Helped host summer events.
- Made life long memories with the youth and young adults at our summer camping trips.
- Made the Ride for Refuge run smoothly.
- Baked over 500 cookies, bought gifts, made care packages and provided dinner for our Christmas events.
- Cooked frozen meals for almost EVERY Inner Hope gathering!!  
... AND MORE!!!

This offers a glimpse of volunteering at Inner Hope. The gift of time is invaluable in our community. We really could not journey in East Vancouver without this support.

**THANK YOU TO ALL OUR VOLUNTEERS!!**

## CURRENT VOLUNTEER NEEDS

### BOUNDLESS MENTORS

The Boundless Life Skills Program is for youth 13-18 years old who desire to move forward and make positive changes in their lives. Each youth comes into the program with their unique set of life circumstances and is matched with a "one-on-one" mentor who develops a caring long-term relationship with a youth and their family.

Mentors are invited to meet regularly with their youth, set goals together and attend life skills workshops as they support them in their journey. Training and reimbursement for some activities are provided.

**Commitment:** 2+ years 5-8 hours a month.

### POST SECONDARY VOLUNTEERS

The Post Secondary Program is for young adults 19-26 years old who desire to grow and pursue their future after high school.

The Post Secondary Coordinator is committed to partnering with each young adult in achieving their education, employment and/or life skill plan.

Volunteers support this program by developing relationships with young adults as tutors, career coaches, event support, sharing meals and providing rides.

**Commitment:** 2+ years, 1-4 hours a month.

## WHAT MAKES A "GOOD VOLUNTEER?"

Someone who desires to live out their faith to "act justly, love mercy, walk humbly."

Inner Hope Youth Ministries is a community created to provide a place of belonging, of love, and growth for inner-city youth and their families. All of our programs are formed around mutually transformative, long term relationships, treating those we journey alongside with dignity and respect; valuing cultural heritage and supporting our community's desire for greater stability. This can involve helping to address systemic oppression and breaking down barriers that are often faced by oppressed people groups.

Someone who cares about reconciliation.

Currently, around 85% of individuals Inner Hope serves are Indigenous. These youth and families have chosen to be a part of our community and have put a lot of trust in our staff and volunteers. We seek to learn from our community, listening to their desires in terms of vision and mission for our programs, and responding to the Calls to Action expressed in the Truth and Reconciliation Commission's Final Report.

Someone who is willing to make a long-term commitment and recognizes that impact takes time.

Our youth face barriers. As they progress through their goals, they may find things overwhelm them. Encouragement and committed presence through these challenges can make a life-changing difference. However, the road is usually far from smooth. Intergenerational trauma has left very real scars in our youths' lives. They need a cheerleading squad - encouraging them as they take steps towards greater stability and helping them navigate the ups and downs of whatever they may face.

