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## **What can volunteering offer you?**

**Volunteering** is an expression of community involvement and is one of our greatest natural resources. It is a commitment of time and energy for the benefit of society.

**Volunteering provides many *personal benefits and acquired skills* such as:**

**interpersonal skills** - an understanding of people, the ability to motivate others, confidence to deal with difficult situations

**communication skills** - public speaking, conducting meetings, writing and public relations

**organizational and managerial skills**

**meeting interesting people**

**networking opportunities**

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## **As volunteers we accept the following responsibilities:**

to make a sincere commitment

to choose an organization that matches our expectations, and whose objectives we respect

to accept tasks that fit our skills and interests

to understand clearly what is expected of us

to honor our commitment and to be well prepared to do so

to inform the volunteer coordinator if we cannot meet our commitment

to observe the rules of confidentiality

to accept advice and direction from our supervisors

to undertake tasks efficiently and honestly

to express feelings of satisfaction or discontentment about our volunteer work

to suggest changes or improvements

to seize every opportunity for training

to thoroughly understand the organizations policies, procedures and structure

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## **Our rights as a Volunteer:**

a job corresponding to our interests and expectations

be assigned tasks suitable to our physical and intellectual capabilities

benefit from advice and training

be given a clear and comprehensive description of our working conditions, including duties, responsibilities and benefits

be assigned a clearly defined task

receive appropriate guidance

have a suitable workplace

receive continuous training

be shown gratitude for a job well done

be given the opportunity to make suggestions to the organization

receive feedback on my performance

be informed about the organization, its structure, funding, social benefits and management policies

**IF YOU ARE INTERESTED IN  
VOLUNTEERING WITH THE  
ELIZABETH FRY SOCIETY OF  
MAINLAND NS**

Please Contact

**The Volunteer Coordinator**

**454-5041**

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## AVAILABLE VOLUNTEER OPPORTUNITIES

Recreational and craft activities with the women incarcerated at the Halifax Correctional Centre in Burnside.

One on one support for the federally sentenced women at Nova Institute in Truro NS

Literacy Program

Management Team Members

Fund Development Committee

Community Education, Public Speaking

Systems and Office Administration Support

Social Action Committee

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## OUR MISSION STATEMENT

**Our society continues to work with, and on behalf of women in conflict, and those at risk of becoming in conflict with the law by:**

Responding to the needs of women in prison

Developing programs and services for women in the community who have been charged with offences, and those at risk of coming in conflict with the law

Encouraging public awareness and the understanding of issues related to women in conflict, and those at risk

Lobbying for the improvement of conditions for women in provincial penal institutions

Lobbying for changes in the criminal justice system

ELIZABETH FRY SOCIETY, MAINLAND NS  
1 TULIP ST.  
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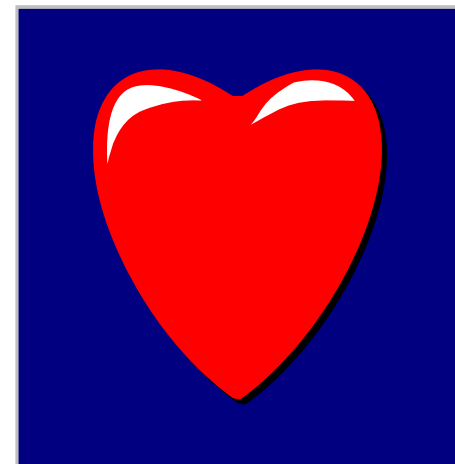
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ELIZABETH FRY  
SOCIETY  
MAINLAND NOVA SCOTIA

## VOLUNTEERS



THE *HEART* OF OUR  
ORGANIZATION

Visit our Website @  
[www.efrynovascotia.com](http://www.efrynovascotia.com)