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## **"Promoting and supporting volunteerism in the Sooke Region"**

**Written: August 12, 2015**

### **Local Training Within Reach of Everyone**

Whether you are already a volunteer, considering volunteering, or even just plain curious, check out the local training being offered under the Sooke Region Volunteer Centre's "Recruit, Retain and Retrain" project. The project is funded in part by the Government of Canada's New Horizons for Seniors Program, and will not likely be this affordable again.

Free 'Lunch and Learn' opportunities means this training fits everyone's budget. Discounts are offered to Volunteer Centre members, with further discounts when 2 or more volunteers from a non-profit organization register for the same workshop. Travel subsidies are available for residents from Beecher Bay to Port Renfrew who are travelling 20 Km or more. If there is enough interest we will bring training to the regional communities.

Topics range from Board Governance and Fundraising to Volunteer Management and Memorable Meetings, and quite a range in between. The Lunch and Learn Series runs on the first and third Tuesdays from 12:00 – 1:00 at our office, starting September 22<sup>nd</sup>. Two hour week-day afternoon and week-day evening workshops will be supplemented with the occasional 4 hour or full day Saturday opportunities. For the full schedule go to [www.sookeregionresources.com/calendar-events](http://www.sookeregionresources.com/calendar-events)

In addition to increasing the skills of existing volunteers, we are looking to engage people in new and improved ways. If you are not already volunteering, though have considered it, we want to know what is holding you back. Are there training or education opportunities you believe would give you the confidence to take action?

If you haven't done so already, please complete our short survey at <http://tiny.cc/lvmqyx>

To find out or share information please contact Marlene Barry, Coordinator, at [sookeregionvolunteers@gmail.com](mailto:sookeregionvolunteers@gmail.com), check out our website [www.sookeregionresources.com](http://www.sookeregionresources.com), or stop by our office at the Sooke Child, Youth & Family Centre, 6672 Wadams Way Tuesday or Thursday 12:30 – 4:30 p.m.

The logo for Canada features the word "Canada" in a black serif font. A small Canadian flag is positioned above the letter "a".