



*An enriching
experience...*

The CAMH Corporate Volunteer Program



transforming lives

The CAMH Corporate Volunteer Program is about creating partnerships to build healthy communities. We provide an opportunity for your employees to make a difference by volunteering at CAMH.

Employee volunteerism:

- allows employees to use their skills and talents in rewarding ways
- has a positive impact on the lives of CAMH clients
- enhances your organization's teamwork, develops leadership skills and boosts morale.

The CAMH Corporate Volunteer Program offers:

- hands-on volunteer opportunities within a wide range of CAMH services
- volunteer opportunities that meet the needs and match the values of your organization
- on-site program orientation and supervision
- flexible schedules for volunteer placements.

Did you know?

According to Health Canada, one in five Ontarians experience a mental illness in their lifetime. So chances are that someone you know has been affected.

The day felt "real," because most of us are parents and we could easily have kids involved with CAMH, like the ones we interacted with. It was also important to spend time with our colleagues doing non-work activities. We are grateful for the good work that CAMH does in our community.

— Sabre Holdings
Corporate Volunteer Team Leader

How can the CAMH Corporate Volunteer Program benefit my organization?

Participating in the program:

- demonstrates good corporate citizenship
- encourages networking between organizations and creates opportunities to increase your organization's community profile
- improves morale and productivity
- promotes opportunities for team-building.

How can my organization promote employee volunteerism?

- Encourage and support employee participation in volunteer activities.
- Create a corporate volunteer committee.
- Invite speakers on volunteerism and publish articles on volunteering in your newsletter.

How does volunteerism benefit employees?

Volunteering benefits employees by:

- improving work/life balance
- creating a sense of social commitment and responsibility
- reflecting personal values and beliefs
- increasing employees' understanding of mental health and addiction issues
- improving sense of loyalty and job satisfaction.

What volunteer opportunities are available?

Activities may include leading or assisting in:

- hospital-wide special events
- music, yoga, art and exercise groups
- computer or other tutoring, poetry and creative writing, friendly visits, coffee chats, patients' library events
- helping CAMH clients with their shopping in our on-site used clothing store
- gardening and other seasonal activities
- site beautification projects.

For more information
contact:

Corporate Volunteer Program

Centre for Addiction and Mental Health

1001 Queen Street West, Room 1029

Toronto, Ontario M6J 1H4

Tel.: 416 535-8501 ext. 6238

Fax: 416 583-4612

E-mail: corporate_volunteering@camh.net

Or visit the *Careers and Volunteers*
section of our website

www.camh.net

For information on addiction and mental health issues or
other resources, please contact CAMH's R. Samuel McLaughlin
Information Centre:

Ontario toll-free: 1 800 463-6273

Toronto: 416 595-6111

To make a donation, please contact the CAMH Foundation:

Tel.: 416 979-6909

E-mail: foundation@camh.net

If you have questions, compliments or concerns about services
at CAMH, please call Client Relations Services at:
Tel.: 416 535-8501 ext. 2028 or 2078.

Website: www.camh.net



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

A Pan American Health Organization /
World Health Organization
Collaborating Centre

Affiliated with the University of Toronto