

Volunteer Opportunities in Healthcare

IMG FACT SHEET

Why should IMGs volunteer?

Volunteering provides an opportunity to:

- help in the community by sharing your talents and skills
- meet new people and make new friends and contacts
- develop new skills, such as interpersonal, communication, organizational, and fundraising skills
- gain practical knowledge of a Canadian workplace
- improve your English skills
- gain volunteer experience to put on your resume
- gain local references for your resume
- build a sense of belonging to a community
- show potential employers that you are hard-working
- feel comfortable at work if you have been away from the workplace for an extended period
- build your self-esteem and self-confidence

Formal volunteering is often overlooked as an option because of lack of knowledge about:

- the need for volunteers
- how to become a volunteer

Volunteer Resources (on the right) is a list of organizations with potential volunteer positions related to the health care system.

Volunteer Resources

[Blood services](#)

[IWK](#)

[IWK \(Extra Support for Parents Volunteer Service\)](#)

[Dalhousie Learning Recourse Center](#)

[Doula program](#)

[Canadian Cancer Society](#)

[Canadian Diabetes Association](#)

[North End Community Health Centre](#)

[Queen Elizabeth II Health Sciences Centre](#)

[Dartmouth General Hospital](#)

[Halifax Sexual Health Centre](#)

[Cobequid Community Health Centre \(CCHC\)](#)

[Nova Scotia Hospital](#)

[Addiction Prevention and Treatment Services](#)

[Breast Cancer Action Nova Scotia](#)

[Heart and Stroke Foundation](#)

[Lung Association of Nova Scotia](#)

[Arthritis Society of Nova Scotia](#)

[Epilepsy Association of Nova Scotia](#)

[Eating Disorders Action Group](#)

[Canadian Red Cross](#)

[Canadian Red Cross \(Disaster Response Volunteers\)](#)

