



We are looking for people who would like to become visiting volunteers.

Ancoura is a small Ottawa charity that provides a nurturing and fulfilling environment for persons living with a mental illness, through permanent, affordable housing and a supportive community.

We believe in the possibility of a compassionate society, free from stigma and discrimination, where people living with mental illness are full, contributing members.

We have seven homes with three residents living in each home and a circle of four or five volunteers in each home. Ancoura Coordinators visit the homes weekly to see how the three residents are getting along and meets with one resident once every three weeks on a one-to-one basis.

Our residents must be able to live independently, have a support team in the community and be taking their medication. They must want to live with others and participate in activities with volunteers.

Visiting volunteers are assigned to a home and develop supportive friendships with the residents. They have potluck suppers to celebrate birthdays or a change in seasons, go to the movies, for walks in the community, visit art galleries and museums, have a coffee at Tim Hortons and can have dinner and watch a movie together.

They meet every month with the other volunteers in the home and with the Ancoura Coordinator to share how the residents are doing, to learn the Coordinator's experience of the residents and to plan monthly activities.

Visiting volunteers are expected to volunteer for at least a year, to have contact with a resident at least once every two weeks, to attend monthly volunteer team meetings and to attending orientation and training sessions in the spring and fall. We have community wide activities such as a Christmas party and a summer barbecue.

We are looking for people who are

- non-judgmental and compassionate, respectful and positive;
- responsible and reliable and able to work with minimum supervision;
- with good listening skills, patience and empathy; and
- with good relationships building skills

The benefits of volunteering are many. They include

- to learn more about mental illness and the challenges faced by people who live with a mental illness.
- to develop meaningful relationships with a person living with a mental illness.
- to become part of the Ancoura community and to attend annual social activities.
- to deepen your own life experience, while enjoying the company of someone who appreciates the companionship.
- to appreciate a flexible, fun break in your routine.

We would look forward to hearing from you!

If you would like more information, please contact Liz Tyrwhitt at 613-233-8130 or liz@ancoura.ca