

# Connecting **Volunteers** with their **Communities** since 1984



Over 150 Local Organizations  
who are looking for YOU!

**VolunteerWR.ca**



Mon–Thu: 9am–4pm  
info@volunteerwr.ca

## Membership List 2023–2024

Organization Name	Phone Number	Email
98.5 CKWR	519-886-9870	bmarskell@ckwr.com
Adults In Motion	519-577-3723	Kitchener@adultsinmotion.org
Alzheimer Society Waterloo Wellington	519-742-1422 ext 2021	thomas@alzheimerww.ca
Bereaved Families of Ontario – Midwestern Region	519-603-0196	mirjana@bfomidwest.org
Big Brothers Big Sisters of Waterloo Region	519-745-0180 ext 222	stacey.robertson@bbbswr.org
Block Parent Program – Waterloo Region	519-745-8410	info@blockparents.ca
Bridges to Belonging	519-603-0998 ext 211	spanchaud@bridgestobelonging.ca
Business & Education Partnership of Waterloo Region	226-642-0880	Jennifer@bepwr.ca
Cambridge Food Bank	519-622-6550 ext 106	volunteer@cambridgefoodbank.org
Cambridge Memorial Hospital Volunteer Resources	519-621-2333 ext 2401	tmoxon@cmh.org
Cambridge Shelter Corporation	519-624-9305 ext 106	pcorkery@cambridgesheltercorp.ca
Cambridge Thrift Store	website	cambridge.ssvp@gmail.com
Camino Wellbeing + Mental Health	519-743-6333	kmcarthur@caminowellbeing.ca
Canadian Arab Women's Association	519-576-0540 ext 3732	asmaalwahsh@cawakw.ca
Canadian Cancer Society	1-888-939-3333	mark.kahan@cancer.ca
Canadian Mental Health Association, Waterloo Wellington	1-844-264-2993 ext 2524	jschumacher@cmhww.ca
Capacity Canada	519-513-2606	andrew@capacitycanada.ca
Canadian Wildlife Federation	1-613-599-9594	volunteer@cwf-fcf.org
Child Witness Centre	519-744-0904	linda.mark@childwitness.com

Organization Name	Phone Number	Email
Children's Mental Health Ontario	416-921-2109 ext 125	atagalakis@cmho.org
City of Cambridge	519-623-1340 ext 4603	hooperm@cambridge.ca
City of Cambridge - Neighbourhood Associations	519-249-1200	sandra@silverheightsneighbourhood.com
City of Kitchener	519-741-2200 ext 7564	volunteer@kitchener.ca
City of Waterloo	519-888-6488	christine.rushton@waterloo.ca
City of Waterloo - Neighbourhood Associations	519-886-1177 ext 27253	julie.legg@waterloo.ca
Community Justice Initiatives	519-744-6549 ext 245	melissahl@cjiwr.com
Community Living Cambridge	519-621-0680 ext 1202	mbugeja@clcambridge.ca
Community Support Connections	519-772-8787 ext 205	ashlynn@cscomow.org
Compass Community Services	519-824-2431 ext 26	cura@compasscs.org
COMPASS Refugee Centre	519-571-1912	compass@compassrefugee.ca
Conestoga College, School of Community Services	519-748-5220 ext 2497	dyoung@conestogac.on.ca
Contemporary Art Forum Kitchener and Area (CAFKA)	519-744-5123	outreach@cafka.org
Cystic Fibrosis Canada	1-800-378-2233	kgriffiths@cysticfibrosis.ca
Elmira District Community Living	519-669-3173 ext 224	lreizel@elmiracl.com
Elmira Maple Syrup Festival	519-669-6000	emsfvolunteer@gmail.com
Epilepsy South Central Ontario	905-450-1900 ext 206	josh@epilepsysco.org
Explore Waterloo Region	226-751-3805	ascorgie@explorewaterloo.ca
Extend-A-Family Waterloo Region	519-741-0190 ext 253	michelle.scala@eafwr.on.ca
Fairview Seniors Community	519-653-5719 ext 4601	lherold@fairviewmh.com
Family & Children's Services of the Waterloo Region	519-576-1329 ext 3411	Bonnie.Caza@facswaterloo.org
Food4Kids Waterloo Region	519-576-3443	volunteer@food4kidswr.ca
Grand River Film Festival	website	volunteer@grff.ca
Grand Valley Trails Association	website	volunteering@gvta.on.ca
GreenHouse, United College	519-885-1460	lily.viggiano@uwaterloo.ca
Habitat for Humanity Waterloo Region	519-747-0664	dhind@habitatwr.ca
HomeworkHub	678-900-9210	volunteers@homeworkhubtutoring.ca
HopeSpring Cancer Support Centre	519-742-4673	Volunteer@HopeSpring.ca
Hospice of Waterloo Region	519-743-4114	volunteercoordinator@hospicewaterloo.ca
House of Friendship	519-742-8327 ext 141	brittanyk@houseoffriendship.org
Humane Society of Kitchener Waterloo & Stratford Perth	519-745-5615 ext 234	Denise.rowse@kwsphumane.ca
Idea Exchange - Cambridge Public Library Board	519-621-0460 ext 127	smarkle@ideaexchange.org
iHelp International	519-572-7256	info@can-ihelp.com
Independent Living Waterloo Region	519-571-6788	dan.lajoie@ilwr.ca
John Howard Society of Waterloo-Wellington	519-743-6071 ext 208	lynnteixeira@jhsw.ca
Junior Achievement of South Western Ontario	519-576-6610	agall@jaswo.org
K-W Habilitation	519-744-6307 ext 1264	kheimpel@kwhab.ca
K-W Oktoberfest Inc.	519-570-4267	volunteer@oktoberfest.ca
K-W Seniors Day Program Inc.	519-893-1609	deanne@k-wseniorsdayprogram.ca
KidSport Kitchener Waterloo Chapter	519-772-4399 ext 7	hr@kidsportkw.ca
Kinbridge Community Association	519-740-8565	roseb@kinbridge.ca
Kind Minds Family Wellness	226-336-1988	info@kindmindsfamilywellness.org

Organization Name	Phone Number	Email
Kitchener Blues Festival	website	volunteers@kitchenerbluesfestival.com
Kitchener Public Library	519-743-0271 ext 222	sherry.erb@kpl.org
Kitchener-Waterloo Art Gallery	519-579-5860 ext 100	YTan@kwag.on.ca
Kitchener-Waterloo Chamber Orchestra	519-591-8763	chamberorchestrakw@gmail.com
Kitchener-Waterloo Multicultural Centre	519-745-2531	volunteer@kwmulticultural.ca
Kitchener-Waterloo Symphony Volunteer Committee	519-883-7470	LAdams-Hauser@kwsymphony.on.ca
KW Youth Basketball Association	416-220-8448	coachqwu@hotmail.com
Langs Community Health Centre	519-653-1470 ext 232	sandrac@langs.org
LAUNCH Waterloo	519-590-3551	jenelle@launchwaterloo.ca
Lisaard & Innisfree Hospice	519-208-5055 ext 258	vc@lisaardandinnisfree.com
Lutherwood	519-707-1958 ext 1238	jbester@lutherwood.ca
MADD Waterloo Region	website	krystal.mueller@live.com
March of Dimes Canada	437-234-5367	kforrest@marchofdimes.ca
Marillac Place	519-571-0722 ext 202	admin@marillacplace.ca
Martin Luther University College	519-884-0710 ext 4840	dkrugerallen@luther.wlu.ca
Mennonite Central Committee Ontario (MCC)	519-745-8458 ext 366	hollymcclement@mcco.ca
Mission Thrift Store	519-579-4116	kitchener_volunteer@missionthriftstore.com
MT Space (The Multicultural Theatre Space)	519-585-7763	info@mtspace.ca
National Service Dogs	519-623-4188 ext 20	lauren@nsd.on.ca
oneROOF Youth Services	519-742-2788 ext 205	funddeveloper@oneroof.org
Parents for Community Living	519-742-5849	brendavh@pclkw.org
Parkinson Society Southwestern Ontario	519-652-9437 ext 207	meagan.warwick@psso.ca
Parkwood Mennonite Home Inc.	519 747 2151 ext 333	dmccance@parkwoodmh.com
Pet Helpers of Ontario	519-749-9325	johndunbar@execulink.com
Pride Stables (Central Ontario Developmental Riding Program)	519-653-4686	volunteering@pridestables.com
rare Charitable Research Reserve	519-650-9336 ext 126	Jessica.OConnell@reresites.org
Ray of Hope Inc.	519-578-8018 ext 225	jwright@rayofhope.net
Reception House Waterloo Region	519-743-0445	narayani@receptionhouse.ca
Red Raccoon Bike Rescue	519-954-9205	jimmarst@gmail.com
Reep Green Solutions	519-744-6583 ext 234	office@reepgreen.ca
Region of Waterloo Museums	519-748-1914 ext 3272	dmoxam@regionofwaterloo.ca
Regional Municipality of Waterloo	519-575-4400	CCollver@regionofwaterloo.ca
Robin in the Hood Medieval Festival	website	recruitment@robininthehood.com
Rohingya Centre of Canada	519-904-9966	zafor.a@rohingya.ca
Royal Medieval Faire	519-279-4018	volunteer@royalmedievalfaire.org
Saint Luke's Place	519-658-5183 ext 244	rfeil@stlp.ca
Salvation Army Community & Family Services	519-745-4215 ext 3	meagan.clark@salvationarmy.ca
Sexual Assault Support Centre of Waterloo Region	519-571-0121 ext 102	volunteer@sascwr.org
Shelter Movers Waterloo Region	855-203-6252 ext 6	courtney@sheltermovers.com
SHORE Centre	519-743-9360	director@shorecentre.ca
Social Development Centre Waterloo Region	519-579-3800	sdcwr@waterlooregion.org
SPECTRUM Waterloo Region's Rainbow Community Space	226-779-9695	fabian@ourspectrum.com

Organization Name	Phone Number	Email
Special Olympics Ontario Kitchener-Waterloo	website	volunteercoordinator@specialolympicsontario.ca
St. Mary's General Hospital	519-749-6551	prasmussen@smgh.ca
St. John Ambulance	519-579-6285	tony.lea@sja.ca
Stanley Park Community Association,	519-741-2504	jenn@spcakitchener.ca
Strong Start Charitable Organization	519-743-9578 ext 107	csmith@strongstart.ca
Sun Life Financial Waterloo Busker Carnival	website	theokeefes333@yahoo.ca
Sunbeam Community and Developmental Services	519-893-6200 ext 253	c.rinaldi@sunbeamcommunity.ca
Sunnyside Seniors' Services, Region of Waterloo	519-893-8482 ext 6372	jklassen@regionofwaterloo.ca
Supportive Housing of Waterloo	519-886-8200	brian.paul@showaterloo.org
Sustainable Waterloo Region	519-603-2223	yvonne.stoll@sustainablewaterlooregion.ca
The Canadian Clay & Glass Gallery	519-746-1882	Keith@theclayandglass.ca
The Food Bank of Waterloo Region	519-743-5576 ext 231	volunteer@thefoodbank.ca
The Literacy Group of Waterloo Region	519-743-6090	stuart@theliteracygroup.com
The Ripple Effect Education (TREE)	website	laurel@therippleeffecteducation.ca
THEMUSEUM	519-749-9387 ext 221	kyla.wright@THEMUSEUM.ca
Third Age Learning Kitchener-Waterloo	519-469-9487	president@tal-kw.ca
Toronto Cat Rescue - KW Chapter	416-233-0207	suzannevokey@torontocatrescue.ca
Traverse Independence	519-741-5845	info@travind.ca
Tri-County Mennonite Homes	519-622-2718	szehr@tcmhomes.com
Trinity Village	519-893-6320 ext 245	mnenounos@trinityvillage.com
United for Literacy	519-496-3079	edrobinson@unitedforliteracy.ca
United Way Waterloo Region Communities	519-888-6100	BKamm@uwaywrc.ca
Uptown Waterloo Jazz Festival	519-279-0189	Volunteersuwjf@gmail.com
Victim Services of Waterloo Region	519-585-2363	annette.penney@wrps.on.ca
Waterloo Public Library	519-886-1310 ext 119	swright@wpl.ca
Waterloo Region Community Legal Services	519-743-0254	peterstuart@rogers.com
Wilfrid Laurier University	519-884-1970 ext 3714	spennington@wlu.ca
Women That Give	website	preetsodhih@gmail.com
Woolwich Community Health Centre	519-664-3794	rbentley@wchc.on.ca
YMCA of Three Rivers	519-584-7479 ext 8108	jenny.goodwin@ytr.ymca.ca
Youth in Food Systems	226-600-7782	info@youthinfoodsystems.ca
YW Kitchener-Waterloo	519-576-8856 ext 0	jennifer.carroll@ykwk.ca
YWCA Cambridge	519-662-9960	t.kleinsteuber@ywcacambridge.ca
Volunteer Waterloo Region	519-742-8610	dianne@volunteerwr.ca

**Organizations working together  
to build stronger Communities**

Find opportunities at

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**Volunteer**  
WATERLOO REGION



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## CAMBRIDGE ORGANIZATIONS

**Organizations** working together to  
build stronger **Communities**

**VolunteerWR.ca**

Volunteer Waterloo Region

Membership List 2023–2024

Last Updated:  
August 2023

1454 King Street East, Unit 3  
Kitchener, ON, N2G 2N7  
Mon–Thu: 9am–4pm

# Volunteer Contacts

Organization Name	Phone Number	Email
Adults in Motion	519-577-3723	volunteercamb@adultsinmotion.org
Bereaved Families of Ontario - Midwestern Region	519-603-0196	support@bfomidwest.org
Big Brothers and Big Sisters of Waterloo Region	519-745-0180	stacey.robertson@bbbswr.org
Block Parent Program	519-745-8410	info@blockparents.ca
Business & Education Partnership of Waterloo Region	226-642-0880	Jennifer@bepwr.ca
Cambridge Food Bank	519-622-6550	volunteer@cambridgefoodbank.org
Cambridge Memorial Hospital	519-621-2333	tmaxon@cmh.org
Canadian Cancer Society	1-888-939-3333	mark.kahan@cancer.ca
Canadian Mental Health Association, Waterloo Wellington	1-844-264-2993	jschumacher@cmhaww.ca
Cambridge Shelter Corporation	519-624-9305	pcorkery@cambridgesheltercorp.ca
City of Cambridge	519-623-1340	hooperm@cambridge.ca
Community Living Cambridge	519-621-0680	mbugaja@clcambridge.ca
Fairview Mennonite Home	519-653-5719	lherold@fairviewmh.com
Grand River Film Festival	email only	volunteer@grff.ca
Grand Valley Trails Association	email only	volunteering@gvta.on.ca
Greenway-Chaplin Community Centre	519-623-4220	kathleen@silverheightsneighbourhood.com
Habitat for Humanity Waterloo Region	519-747-0664	dhind@habitatwr.ca
Idea Exchange	519-621-0460	smarkle@ideaexchange.org
John Howard Society of Waterloo-Wellington	519-743-6071	lynnteixeira@jhsww.ca
Kinbridge Community Association	519-740-8565	roseb@kinbridge.ca
Langs Community Health Centre	519-653-1470	sandrac@langs.org
Lisaard & Innisfree Hospice	519-208-5055	vc@lisaardandinnisfree.com
MADD Waterloo Region	email only	maddwaterlooregion@gmail.com
National Service Dogs	519-623-4188	lauren@nsd.on.ca
Preston Heights Community Group	519-650-2971	sandra@silverheightsneighbourhood.com
rare Charitable Research Reserve	519-650-9336	chris.ainsworth@raresites.org
Saint Luke's Place	519-658-5183	rfeil@stlp.ca
Shelter Movers Waterloo Region	855-203-6252	courtney@sheltermovers.com
Silverheights Neighborhood Association	519-249-1200	sandra@silverheightsneighbourhood.com
SPECTRUM Waterloo Region's Rainbow Community Space	226-779-9695	scott@ourspectrum.com
The Literacy Group of Waterloo Region	519-743-6090	chris@theliteracygroup.com
The Ripple Effect Education (TREE)	website	laurel@therippleeffecteducation.ca
United Way Waterloo Region Communities	519-888-6100	BKamm@uwaywrc.ca
Victim Services of Waterloo Region	519-469-9487	annette.penney@wrps.on.ca
YMCA of Three Rivers	519-584-7479	jenny.goodwin@ytr.ymca.ca
YWCA Cambridge	519-662-9960	t.kleinsteuber@ywcacambridge.ca

Explore and find more!

GET CONNECTED !

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519-742-8610

[info@volunteerwr.ca](mailto:info@volunteerwr.ca)