



## ABOUT US

Volunteering connects us with each other and our communities. It helps reduce stress and improves our self-confidence. If you would like more information about volunteering in this beautiful, peaceful setting, please phone or email:

[administration@gowardhouse.com](mailto:administration@gowardhouse.com)

GOWARD HOUSE  
Adult Activity Centre:  
M-F, 9-4  
2495 Arbutus Rd  
Victoria BC  
V8N 1V9

250-477-4401

[gowardhouse@shaw.ca](mailto:gowardhouse@shaw.ca)  
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*We acknowledge with respect the Lekwungen peoples on whose traditional territory the neighbourhood of Cadboro Bay lies, and the Songhees, Esquimalt and WSÁNEĆ peoples whose historical relationships with the land continue to this day.*



## GOWARD HOUSE Volunteering







Volunteer shifts are weekdays, and generally 2 to 3 hours long. There are a variety of areas that need volunteers to operate, including our reception, our kitchen and our special events. As well, volunteers may wish to host or lead a program or activity. In addition, our Board of Directors, our Librarians and our Decorators are all entirely volunteer positions.



The Goward House Society is a non-profit organization, employing a small staff and relying on member volunteers to operate. Our volunteers are the heart of the House – we could not operate without them!



If you wish to donate your time working in the Woodlands, please contact the Municipality of Saanich directly.

All training is supplied. We welcome requests to “shadow” a current volunteer, at no obligation. All volunteers must be members.