

**Volunteer Process**

- 1) Submit your application at [lookingglassbc.com/volunteer/](http://lookingglassbc.com/volunteer/)
- 2) Register for, and attend, a Volunteer Information Session
- 3) Complete an interview with the Volunteer Manager
- 4) Participate in program trainings & follow-ups

*"My LGF mentors support me and help me learn to show up for myself, and that has made all the difference in my wellness story." - Participant*

**Info Sessions:** Required for all new volunteers. One-hour information session covering LGF programs, roles, processes, etc. Can attend in-person or online Zoom video conference.

**EDs 101:** Essential introductory module to digital peer support volunteering (OPS chats & ISS forums). Offered via online Zoom video conference.

**Hand in Hand:** In-person, one-to-one peer support training. 2-day intensive, both days required. Catered.

**\*\*ALL DATES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE\*\***

**APRIL**

**Info Sessions**

Sat. 13<sup>th</sup>, 10:30 - 11:30am  
Wed. 17<sup>th</sup>, 6:00 - 7:00pm

**Hand in Hand**

Sat. 13<sup>th</sup> & Sun. 14<sup>th</sup>, 9:30 - 5:00pm

~~EDs 101~~ **CANCELED**

~~Mon. 29<sup>th</sup>, 6:00 - 9:00pm~~

**MAY**

**Info Sessions**

Sat. 4<sup>th</sup>, 10:30 - 11:30am  
Wed. 8<sup>th</sup>, 6:00 - 7:00pm

**EDs 101**

Sat. 25<sup>th</sup>, 9:30 - 12:30

**JUNE**

**Info Sessions**

Sat. 8<sup>th</sup>, 10:30 - 11:30am  
Wed. 12<sup>th</sup>, 6:00 - 7:00pm

**Hand in Hand** **\*\*DATE CHANGE**

Sat. 8<sup>th</sup> & Sun. 9<sup>th</sup>, 9:30 - 5:00pm

**EDs 101**

Mon. 24<sup>th</sup>, 6:00 - 9:00pm

**JULY**

**Info Sessions**

Sat. 6<sup>th</sup>, 10:30 - 11:30am  
Wed. 10<sup>th</sup>, 6:00 - 7:00pm

**EDs 101**

Sat. 27<sup>th</sup>, 9:30 - 12:30

**AUGUST**

**Info Sessions**

Wed. 14<sup>th</sup>, 6:00 - 7:00pm  
Sat. 17<sup>th</sup>, 10:30 - 11:30am

**EDs 101**

Mon. 26<sup>th</sup>, 6:00 - 9:00pm

**SEPTEMBER**

**Info Sessions**

Sat. 7<sup>th</sup>, 10:30 - 11:30am  
Wed. 11<sup>th</sup>, 6:00 - 7:00pm

**EDs 101**

Sat. 21<sup>st</sup>, 9:30 - 12:30

**OCTOBER**

**Info Sessions**

Sat. 5<sup>th</sup>, 10:30 - 11:30am  
Wed. 9<sup>th</sup>, 6:00 - 7:00pm

**EDs 101**

Mon. 28<sup>th</sup>, 6:00 - 9:00pm

**NOVEMBER**

**Info Sessions**

Sat. 2<sup>nd</sup>, 10:30 - 11:30am  
Wed. 6<sup>th</sup>, 6:00 - 7:00pm

**EDs 101**

Sat. 30<sup>th</sup>, 9:00 - 12:30pm

**Hand in Hand**

Sat. 23<sup>rd</sup> & Sun. 24<sup>th</sup>, 9:00 - 4:30pm

**DECEMBER**

**Hand in Hand**

Sat. 7<sup>th</sup> & Sun. 8<sup>th</sup>, 9:30-5:00pm

*There are no Info sessions or EDs 101 trainings scheduled in December. See you in 2020!*