

# The VOLUNTEER FACTOR

Lifting Communities

NATIONAL  
VOLUNTEER WEEK  
APRIL 7 - 13, 2019

Volunteering with KEYS Job Centre:

## IT'S ALL ABOUT THE PEOPLE



Volunteer Youth Mentor, Tatiana Alvarado (R) with Mentee, Braydynna Kruz (L).

At KEYS Job Centre, volunteers connect with people from diverse communities to guide them in reaching their employment and life goals. In three mentorship programs, volunteers act as mentors for newcomers with professional education and experience, recent post-secondary graduates and youth facing multiple barriers to employment. As well, KEYS continues to welcome families to Kingston through its Refugee Resettlement Program, now in its third year. Family support team volunteers help refugees settle in Kingston and adjust to life in Canada. From board members to those who offer personal support, each of KEYS volunteer roles is about making meaningful connections with others – helping to lift our community.

The InSight Youth Mentoring Program connects youth ages 16-24 with a caring, consistent adult mentor who can have fun and talk about

life's challenges over five months. Braydynna joined the program as a youth mentee to build her confidence, get out more and learn about becoming a mother. Braydynna was matched with mentor Tatiana. As a mentor, Tatiana brings to the program her valuable experiences of parenting and entrepreneurship. Tatiana helped to reduce Braydynna's stress over having a child. "She really listens and offers suggestions if you're stressed," says Braydynna. "She's more than willing to answer any questions and open up and give you advice."

Tatiana is one of the hundreds of volunteers at KEYS who are helping to open doors and change lives every day. KEYS salutes its volunteers and thanks them for their dedication and passion.

**For more information about KEYS Job Centre's volunteer programs, contact 613-546-5559 info@keys.ca**

### VOLUNTEERS

We Help Change People's Lives

Job Centre  
d'emploi



Bénévoles... nous contribuons  
à changer la vie des gens

Thanks so much  
Merci beaucoup

On the occasion of national volunteer week, KEYS Job Centre would like to thank all of the dedicated volunteers in our mentoring and refugee resettlement programs who help to build community and open doors for youth, newcomers and recent graduates in Kingston.

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Services novateurs pour l'ensemble de la communauté

**KEYS**  
Job Centre d'emploi  
Innovative Services  
for the Entire Community

À l'occasion de la semaine nationale des bénévoles, le Centre d'emploi KEYS souhaite remercier tous les bénévoles dévoués de nos programmes de mentorat et de réinstallation de réfugiés qui contribuent à l'établissement de la communauté et ouvrent des portes aux jeunes, aux nouveaux arrivants et aux récents diplômés à Kingston.

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VOLUNTEER  
BÉNÉVOLES  
CANADA

United Way  
Kingston, Frontenac,  
Lennox and Addington

National Volunteer Week: April 7-13, 2019

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United Way  
Volunteer  
Centre  
Volunteers Grow  
Community