

Become a Volunteer



Give Life
New
Meaning

The Extended Family for Lonely Elders

Affectionately referred to as our “Elder Friends,” the seniors served by Little Brothers are 75 years of age or over and alone, with no family or other sources of social support to rely on.

By sharing in their everyday joys and providing support through difficult times, volunteers enhance the quality of life of seniors who would otherwise be left behind.

A story of love and dedication

Little Brothers is a place where Elder Friends and volunteers form close bonds, share experiences and bring a ray of sunshine into one another’s worlds. With caring, compassion and commitment, we transform the lives of everyone in our extended family.

Get involved

You, too, can volunteer with Little Brothers and make a real difference for elderly women and men aging alone.

Give the Gift of TLC to an Elder Friend



When you volunteer with Little Brothers, you will be:

- Reaching out to isolated seniors who need you
- Engaging in warm, meaningful relationships
- Listening, caring and being a friend
- Sharing special moments
- Celebrating important events
- Doing something purposeful and rewarding
- Valued and appreciated.

Show how much you care

Whether you’re a student, a retiree or somewhere in between, your time with Little Brothers will allow you to expand your horizons, enjoy new experiences and develop life-changing friendships.

Join the 1,300 people across Québec who are committed to brightening the lives of our Elder Friends.

Training and support

As a volunteer, you will receive initial training and be eligible for additional workshops and seminars to hone your skills as you see fit.

Recognition

We celebrate the contributions of each and every one of our volunteers through receptions, awards and other activities held in their honour.



Changing Lives



"You became a second family for me when I was at my lowest, after my wife passed away. We really need people like you by our side!" **Mr. Hardy, Elder Friend, with Pierre Forcier, volunteer**

"On my first visit, I was struck by how warmly our Elder Friends are treated. I felt honoured to be welcomed into this world and become a part of the family." **Danielle Robitaille, volunteer, with her Elder Friend, Mrs. Verret**



"There was a twinkle in her eye when I delivered a bouquet of roses picked just for her. When we got back to the residence, I was proud to let the staff know she is a favourite sweetheart of ours." **Paul Samson, volunteer, with Mrs. Perron, Elder Friend**

"I'm proud to be part of this extraordinary team and to have been one of 'Santa's helpers' at the Christmas party. A single smile from one of our Elder Friends is worth a million dollars. So we're very rich people indeed!" **Marie-Ève Arsenaault, volunteer, with Mrs. Groulx, Elder Friend**



"I had the pleasure of sharing a holiday meal with an Elder Friend at the hospital. What a joy it was to engage in a vibrant conversation with her and see how pleased she was with the feast prepared by our volunteers." **Marjolaine Gaudreau, volunteer, with Mrs. Papillon, Elder Friend**

Volunteering

Programs and activities vary from team to team. There are many volunteering opportunities open to you at Little Brothers, depending on your interests, talents and availability.

Long-term pairing

Develop a uniquely warm and rewarding relationship with an Elder Friend.

Holidays and outings

Help organize celebrations at special times of the year and accompany our Elder Friends to various social activities and day trips.

One-on-one visits

Spend time with an Elder Friend in their home, hospital or care facility. Share a meal together and be an ongoing source of comfort and companionship.

Vacation getaways

Pamper our Elder Friends to a spirit-lifting, unforgettable stay in the heart of nature.

Special support

Be there for Elder Friends with a cognitive impairment or palliative needs.

Organizational assistance

Plan and/or lead outings and activities, or join one of our organising committees.

Regional teams

Lend your management or administrative expertise to your local coordinating committee.



A Precious Gift

Being there for our Elder Friends is the best way to make them feel loved, valued and appreciated. Everything our volunteers do is vital in fighting the exclusion and isolation faced by so many seniors in our society.



Become a Member of Our Extended Family

Little Brothers plays an important role in over a dozen communities across Québec. Want to change the lives of our Elder Friends for the better? Contact us today!



LITTLE BROTHERS | The Extended Family for Lonely Elders

Toll Free:

1 866 627-8653

volunteer@littlebrothers.ca

littlebrothers.ca



@pfquebec

We are members of:

