



Welcome Interested Volunteer,

Thank you for your interest in volunteering with Anova. This information package will give you more details about becoming a volunteer with us.

At Anova trained volunteers form the foundation of our organization and play a vital role in the delivery of service.

We want your experience as a volunteer to be mutually enjoyable and beneficial. We cannot do this without our volunteers; we want our team to be a place of belonging, learning, community mobilizing and impact. Use your passions and skills to make a difference in our community.

At this time of COVID19 our processes and the way we are functioning with volunteers has been adjusted and continues to change. Please be patient with us as we all work through this together.

Please take a look through this information package and return the application to volunteer@anovafuture.org

We are looking forward to hearing from you soon!

Your Volunteer Coordinators;

Carolyn Smale carolyns@anovafuture.org
Chantelle Lowes chantellel@anovafuture.org



The founding organizations of Anova have been part of the London community since 1975. We are driven by 4 pillars to end gender-based violence in the community of London & Middlesex:

Shelter
Support
Education
Advocacy

Our Vision

An inclusive world of shared power where everyone lives freely without fear of violence.

Our Mission

Creating communities of safe spaces.

Compassion

Healing

Renewal

Hope

Resilience

Advocating for social & political change

Core Values

Grounded in our feminist roots, we value:

Equality, Respect, Integrity, Connection, Accountability

Who We Serve

ANOVA provides a variety of services to survivors and those impacted by gender-based violence which includes: Shelter, Counselling, Crisis & Support Line, Outreach, Public Education, Advocacy and much more.



Are you a Survivor of Violence?

We have learned from volunteers who are survivors that it is important to have a clear understanding of how the violence has impacted one's life. We also know that although violence impacts each person uniquely, lived experience can be valuable to support and understand where another survivor is in their journey.

Working in this environment can bring old memories forward and stir up many feelings. We ask, therefore, that volunteers who are survivors be at a place in their healing journey where they can cope with these memories and feelings.

Due to confidentiality and safety if you have accessed Anova services it is requested that you wait 1 year before applying and pursuing volunteerism with anova.

Diversity

As part of Anova's work against oppression, we strive to reflect the diversity of the communities we serve. Volunteers who are, First Nations, Métis, Inuit, immigrant, refugee, LGBTQ+, from the Trans community, racialized communities, and those with varying abilities, are encouraged to apply.

As a volunteer you will become a community mobilizer helping us create safe(r) inclusive communities.



COVID19 & Anova Volunteers

Thank you for your passion to continue to give back to our community during these uncertain times. Yes! We are still accepting volunteers.

Here are some things you need to know:

- Not all positions are running or being recruited for at this time (such as; Family Court Support, Community Engagement & Events).
 - It's possible that positions may be put on hold with minimal advanced warning.
- Positions that are available are always dependent on direction from our Funding Ministries, the Health Unit and Assessment of Health & Safety at Anova.
- Our Training Sessions are all done virtually at this time through Zoom and anticipated to be so for the coming year (Nov, Mar. June)
- If you are volunteering at any of our sites (after training is complete) Anova will provide any PPE required (masks, gloves etc).
- Anova has practices in place to help stop the spread and exposure of COVID19.
- No position has any minimal hourly requirement at this time.
 - Crisis & Support Line Volunteers will be given a minimum of 1 month notice when hourly requirements are reinstated (max 12hrs/month)

Volunteer Opportunities Include:

Shelter Opportunities

- Child Care
- Kitchen Support
- Donations Support



Crisis & Community Opportunities

- Crisis & Support Line (Must be 18yrs+)
- Accompaniments (Must be 18yrs+)
- ~~Community Engagement (Pub Ed Events, Anova Awareness etc.)~~
- Office Supports

Other Opportunities

- Retail at Mine 101 Store
- Committees
- Fundraising/Events
- Special Projects

Requirements:

1. 15 years of age or Older (Must be 18yrs of age for Crisis & Support Line or Accompaniments)
2. Able to provide a Vulnerable Sector police check before completion of training (For those 18yrs+).
3. Act within the spirit of our Vision/Mission/Core Values.
4. Adhere to our policies and procedures.
5. Maintain confidentiality as outlined in the Confidentiality Policy.
6. Commit to the time requirements.
7. Attend all required training sessions and/or orientation sessions.

Process to Becoming a Volunteer

1. Once we receive your application, you will be invited to a screening interview and/or orientation with the Volunteer Coordinator(s). If both you and the coordinator agree you are a good candidate, you will be invited to enter the training program.



2. Although prospective volunteers will complete an initial screening interview, training is an on-going screening process and the training coordinator will address concerns as they come up.
3. Training attendance is mandatory.
4. You will be asked to show us a current (within 6 months) Vulnerable Sector police check by the end of training.

Anova accepts all individuals as potential volunteers. Anyone who is interested is eligible to apply for a position.

Training Requirements:

Training requirements vary depending on your volunteer interests and are as follows:

Volunteer Position of Interest:	Training Hour Commitment:
Kitchen Support, Child-minding, Donation Support, Seasonal/Special Events & Mine 101 Store.	6 hours of in-class or virtual training/Info Sessions + On-Site Orientation
Crisis & Support Line, Community Engagement, Office Support & Accompaniments	36 hours of in-class training or virtual + On-Site Orientation (Crisis Line & Office Support)

Applicants are welcome to attend additional training if they'd prefer regardless of their primary area of interest.

Food for Thought:

Volunteering at Anova enables you to practice and build skills that will help you in your future endeavors. Our Volunteer Coordinators are happy to provide letters of volunteer confirmation throughout your



time volunteering, however letters of reference will be provided upon request once you've volunteered for the course of 1 year. Any exceptions to this will be at the request of the volunteer and the discretion of the volunteer coordinators.

In Closing

You have reached the end of the information package. Hopefully, it has given you the information you need to make your decision. If you have questions or require more information, please feel free to contact us at the office or through e-mail at volunteer@anovafuture.org. We are looking forward to meeting you.

Apply Now

To apply please click the 'Apply Online Now to Volunteer' button on the website, create your account and answer the questions. We look forward to getting your application.