



How old do I have to be to volunteer?

15yrs for most roles. 18yrs for Crisis Line



I am not woman identified, can I still volunteer?

Yes! We welcome folks of all identities to volunteer.



What are the hour requirements?

8-10hrs per month (12hrs for Crisis Line)



Do you have any virtual volunteer opportunities?

Generally we do not have virtual volunteer opportunities.



How often do you onboard volunteers?

We onboard folks for support roles approx. 6x per year and 2x per year for Crisis & Support Line



I used Anova services in the past, can I be a volunteer?

Yes but we do ask you wait 2 years from your exit date from Anova before applying to volunteer for confidentiality and safety protections. Your lived experience will aid you in providing great support for other survivors.



What happens after I apply?

You will receive information on our upcoming volunteer training sessions and invited to choose which suits your volunteer goals with Anova. You will then be invited to an interview where we can get to know each other a little more.



What are your qualification expectations?

If you meet our minimum age requirement for the role we will provide all the training needed to ensure you feel prepared and equipped for your role.



What training is provided/required?

For Support Roles (Child-Care, Mine 101 Retail, Donation Support):

One 2.5hr training session about Anova and Understanding Trauma, online document/policy review and on-site orientation for the specific role.

Crisis Support Roles (Crisis & Support Line)

24hrs (3hr sessions) In-Class Training, online document/policy review and 24hrs (3hr sessions) on-site orientation on the Crisis Line

Events & Fundraising - Episodic Volunteers

Document & Policy Review.