**Befriending® Program Offices**

- **Brockville and Ottawa**
  1-888-252-9008 Ext. 6408

- **Sarnia and Lambton**
  519-332-4702 Ext. 5506

- **Sudbury, North Bay, Timmis, Elliot Lake, Kirkland Lake and Sault Ste Marie**
  1-888-260-5269 Ext. 221

- **Niagara Region**
  905-687-8484 Ext. 238

- **Mississauga, Brampton, Oakville and surrounding areas**
  1-877-427-6990 Ext. 5247

- **Toronto, York Region, and Simcoe**
  1-800-567-0315 Ext. 6216

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**Thank You**

for your support!

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**Programs and Services at March of Dimes Canada:**

- AccessAbility® Advantage
- Acquired Brain Injury Services
- Aphasia and Communication Disabilities Program
- Assistive Devices Program
- Attendant Services
- Befriending® Program
- Canadian Veterans Vocational Rehabilitation Services
- Conductive Education® Program
- DesignAbility® Program
- Employment Services
- Home & Vehicle Modification® Program
- Information Services & Advocacy
- Northern Medical Clinics
- Post-Polio Canada
- Recreation & Integration Services
- Stroke Recovery Canada®

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**March of Dimes Canada**

[Head Office]

10 Overlea Boulevard
Toronto, Ontario M4H 1A4

Toll-free: 1-800-263-3463

info@marchofdimes.ca

www.marchofdimes.ca/volunteer

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March of Dimes Canada
Charitable Registration No. 10788 3928 RR0001

87SE 04/16
Developing friendships can be difficult for people with disabilities, who may feel lonely and isolated due to limited social interactions.

March of Dimes Canada’s BeFriending® Program matches screened Friendship Volunteers with local adults with disabilities, promoting new friendships.

FRIENDSHIP VOLUNTEERS NEEDED

Your friendship with a local adult with a disability could change a life for the better. Help bring social interaction and company to someone’s life.

If you are at least 18 years of age, reliable, flexible with your time, patient with others, and a good listener, then please join our program!

TO VOLUNTEER FOR THE PROGRAM:

- Complete the Application Form (visit us online or call your local office)
- Provide two personal references
- Authorize a Criminal Reference Check
- Be interviewed by March of Dimes Canada

Volunteers selected for the program will be matched with a friend in their area.

To establish a trusting relationship, volunteers must be able to make contact via e-mail or phone once a week and visit at least once a month. Suggested ‘friendship’ activities include phone calls, spending time over a shared interest such as watching movies or sports, chatting over a cup of coffee, visiting the local mall, or any other activity that is of mutual interest. It’s up to you!

A few hours of your time could mean the end of social isolation for your new friend.

The most I can do for my friend is simply be his friend. 

— Henry David Thoreau

VOLUNTEER TODAY

1-800-263-3463
www.marchofdimes.ca/volunteer

ARE YOU AN ADULT WITH A DISABILITY? ARE YOU LOOKING FOR NEW FRIENDS?

Expand your circle of friends and enjoy spending time with someone in your area!

If you have a disability and are 18 years of age or older, you are eligible to be matched with a new friend in your area.

Please visit us online or call your local office today in order to apply for the BeFriending® Program.