

ABOUT CANAVUA

CANAVUA (Canadian Volunteers United in Action) is a bilingual (French-English) non-profit organization whose mission is to **promote and enhance volunteering** in Edmonton's francophone community. We **recruit, train and dispatch volunteers** to serve in events throughout the year in our city.

CANAVUA partners with other non-profit organizations to recruit volunteers for community events. In this way, match volunteers seeking placements with partners in need of volunteers.

Volunteers are also involved in our own volunteering programs, including a **weekly food bank**, **monthly driver training course**, **Health Navigator medical transportation** and **French-English interpretation program**, **Meals by Bus** distribution service and **Moving Crew**.



For over 10 years, we have worked at the forefront of Edmonton's **newcomer settlement and integration** sector. Volunteering is an excellent way for newcomers to Canada to **meet new people, develop their skills, practice English (and French), build professional and social networks and become acquainted with their communities**.


Furthermore, we help **newcomers** (and others) acquire **driver's licenses**, provide **food assistance** through our **weekly food bank** and help immigrants to navigate the complexities of **Alberta's healthcare system**.

Volunteering is an integral part of **Canadian culture**. Did you know that **more than half of all Canadians volunteer**? Volunteering is also a key part of educational curricula. **CANAVUA welcomes student volunteers** each semester to promote learning through community service.



If you wish to volunteer with us or benefit from our many programs and services, please get in touch today!



 (780) 729-1709

 info@canavua.org

 www.canavua.org/english

CANAVUA

128, 8627 rue Marie-Anne Gaboury (91st Street) NW
Edmonton, AB T6C 3N1



PROGRAMS AND SERVICES

COMMUNITY VOLUNTEERING

DRIVER TRAINING COURSE

WEEKLY FOOD BANK

STUDENT VOLUNTEERING

TIME TO VOLUNTEER!



CANADIAN VOLUNTEERS UNITED IN ACTION

CANAVUA

FOLLOW US ON SOCIAL MEDIA!

 www.facebook.com/Edmontoncanavua

 www.canavua.org/youtube

 canavua.blogspot.com

Through many volunteering and other programs and services, CANAVUA helps newcomers to integrate successfully in Edmonton.

OUR PROGRAMS

VOLUNTEERING

CANAVUA recruits volunteers for partnering non-profit organizations in Edmonton's English- and French-speaking communities. We notify volunteers of upcoming opportunities every month via email.

To subscribe to CANAVUA's volunteer mailing list, please visit www.canavua.org/inscription. You may unsubscribe at any time.

WEEKLY FOOD BANK

We partner with [Edmonton's Food Bank](#) to offer alimentary assistance to families and individuals every week. Clients are eligible to receive hampers once a month. We serve French- and English-speaking clientele. To register for our food bank, please visit our office at [La Cité Francophone](#). Our food bank is held every Wednesday afternoon from 1:00 – 5:00 P.M.

DRIVER TRAINING COURSE

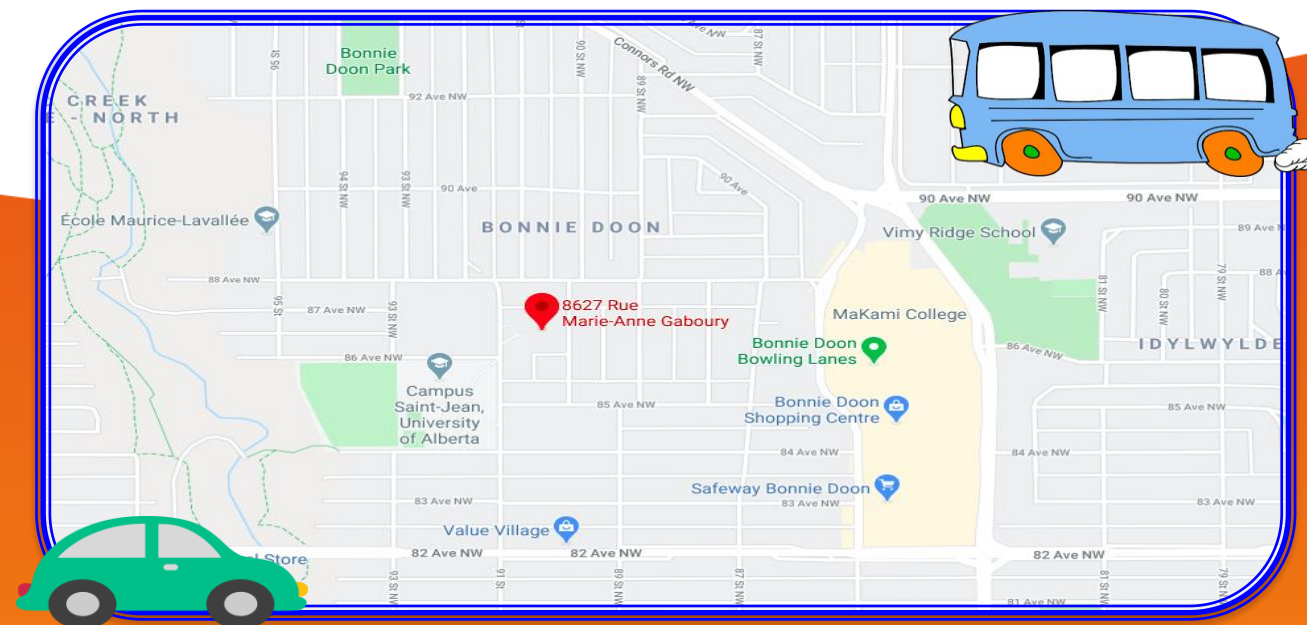
One Saturday per month. CANAVUA offers a bilingual (French-English), six-hour driver training class for people wishing to prepare to write the Class 7 (learner's licence) exam in Alberta. Beginning at 8:00 A.M., our certified instructor revises every chapter in *Alberta's Basic Licence Driver's Handbook*. A lunch is served part way through. At 2:00 P.M., a team of volunteer drivers takes students to a local registry office ([Registrations Are Us](#) by Mayfield Road) so they can write the exam immediately after reviewing the material to be tested.

Our driver training course is the best way to pass your driving knowledge test on your first try. To register, please visit www.canavua.org/cours.

We also refer students to qualified, bilingual driving instructors to help them prepare for more advanced road tests (Class 5 GDL and higher). If you have a learner's licence and wish to upgrade, please visit www.canavua.org/classes.

HEALTH NAVIGATOR

Medical appointments can be stressful, especially if you lack a reliable means of transportation or if English isn't your first language! CANAVUA's volunteer-run *Health Navigator* service has two aims: we offer transportation to and from medical appointments in the Greater Edmonton Area and offer French-English, real-time interpretation at medical appointments.



This service is indispensable for French-speaking patients who need to communicate with English-speaking doctors.

Our volunteer interpreters are professionally trained and are highly knowledgeable in medical terminology. We always respect patient confidentiality. This service is offered *free of charge*.

MOVING CREW

Anyone who has moved knows it's a lot of work! Through the *Moving Crew*, CANAVUA offers a team of up to 3 volunteers who help families and individuals move between houses in the Edmonton area for up to 3 hours at a time. If you're in need of some helping hands while moving, be sure to get in touch with us.

Please note that families who are moving are still responsible for making necessary vehicle arrangements, such as renting a U-Haul van.

PROTOCOL CREW

The *Protocol Crew* is at the very heart of our organization and what we do. CANAVUA

partners with other non-profit organizations in Edmonton to recruit volunteers for their events. When other organizations need a hand, we recruit our team of volunteers via email. Volunteers can sign up for community events by simply replying to our emails, which are sent on a roughly weekly basis.

CANAVUA's Protocol Crew volunteers can be seen in their yellow t-shirts at notable events in Edmonton throughout the year, including the Heritage Festival in August at William Hawrelak Park, the Tour de l'Alberta cycling race in Beaumont in July and the Flying Canoe festival every January in Bonnie Doon.

NEWCOMER SETTLEMENT & INTEGRATION

CANAVUA works tirelessly to facilitate the integration of newcomers to Canada. Through glowing letters of reference for volunteers to referrals to partnering organizations working in the same sector, CANAVUA is ready to help recent immigrants to Canada integrate successfully into our community.



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