



## **Volunteering with Main Street Project**

### **About Main Street Project**

Main Street Project Inc. (MSP) is a not-for-profit charitable Community Health Agency with a mandate to address social determinants of health which give rise to issues of addiction, mental and chronic health conditions and homelessness. MSP uses housing-first and harm reduction principles in the provision of a safe, respectful and accessible place for individuals who are homeless or at risk of homelessness in the community. Since its formal inception in 1972, the organization has been providing a range of services to Winnipeg's most vulnerable residents, including emergency shelter and nutrition services, drug and alcohol detoxification, health advocacy/support, and counselling and housing support services.

### **About Volunteering with Main Street Project**

Volunteers are an essential part of Main Street Project's operations. There are a variety of tasks and duties volunteers are expected to perform, based on the agency and client needs and at the coordinator's discretion. Volunteers are expected to work independently, as well as harmoniously with other volunteers, staff and management.

Volunteers are required to provide an updated criminal record and vulnerable sector check and are responsible for the cost of these checks.

### **Emergency and Drop In Shelter**

Main Street Project operates Winnipeg's only low barrier emergency shelter. We offer safe, respectful and non-judgmental emergency respite to those that are homeless, displaced, dealing with mental health issues or struggling with addictions. As a volunteer, you may help serve food, clean up, hand out clothing, hygienic products, and harm reduction supplies to our community members.

### **Detoxification & Stabilization**

Main Street Project's men's and women's detox facilities programming helps community members who are struggling with addiction create attainable goals including stabilization and decreased risk, accessing longer treatment programs, managing stressful life issues and processing previous traumatic events. As a volunteer, you may participate in activities with community members such as playing basketball, chess, yoga, bingo, and more.



### **Mainstay Residence Transitional Housing**

Mainstay Residence is a short-term, 34 bed transitional housing facility, which offers on-site programming and client supports 24 hours a day, 365 days a year. Community members are given a stable place to live while working through self-identified goals, such as stable reintegration into the community and securing stable housing. Using both harm reduction and housing first philosophies, staff actively engage with each individual's transition plans throughout the duration of their stay. As a volunteer, you may work on a puzzle, play crib, watch a movie, or set up a group exercise with our community members.

### **The Bell Hotel**

The Bell Hotel is a housing first initiative that opened in 2011. The Bell Hotel provides affordable housing and access to support services to individuals who have experienced homelessness. We work together closely with community members to deliver health, eviction prevention, harm reduction, life skills, counseling, and goal-setting. Have fun with our community members by playing cards and board games, watching movies, gardening, going out to special events, and more.

### **Donation Room**

All in-kind donations to Main Street Project are received, sorted and distributed to Main Street Project programs through our donation room. As a volunteer, you may help sort, fold and organize clothing, hygienic products, and all other donations.

### **Food Bank and Essentials Market**

In partnership between Main Street Project and Lighthouse Mission, and supported by Winnipeg Harvest, MSP holds food bank services for community members every Thursday morning. As a volunteer, you may help sort, shelve and organize delivery, assist community members with food care packages, collecting grocery food and supplies.

### **Main Street Project's Food Services**

Main Street Project's kitchen feeds clients in our program areas, such as Emergency Shelter, men's detox, Mainstay Residence and Van Patrol, as well as preparing food for events such as board or committee meetings. As a volunteer, you may help with meal preparation, serving, and cleanup.



### **Special Events Volunteers**

Be a part of Main Street Project events such as Women's Spa Day, Summer Whiteout Street Hockey Festival, assist with our Holiday Gift Donation Drive, or help us gift wrap at the mall as part of our fundraising. We also have volunteer opportunities available to assist us with fundraising events.

### **Additional Opportunities**

Want to do more with Main Street Project and for our clients? Here are some other ideas:

- You could facilitate a workshop such as bingo, painting, cooking, or beading
- There are opportunities to assist with personal grooming such as providing haircuts to our community members
- We also need assistance with offering entertainment
- We need help with cleaning services
- Host and serve a holiday meal in MSP's Emergency Shelter or other program area