

ABLE2

Volunteer Information Session



ABLE2

ABLE2 is a charitable organization that empowers individuals with disabilities to lead fulfilling lives by supporting them with programs, services, and resources.

We work with partners to provide the tools, choices and connections that empower people with disabilities to build lives of meaning and joy.

We believe in an inclusive community where every person is seen as able, important, and valued.

**OVER
2,000**
people with disabilities
and families served
annually in the
Ottawa region

**MORE
THAN
500**
dedicated
volunteers
annually

72%
of Canadians
experience some
type of barrier to
accessibility
because of their
condition

**50
YEARS**
of empowering
people with
disabilities to build
lives of meaning
and joy

How ABLE2 Began

Initiated from a project in the United States aimed at **helping individuals with intellectual disabilities transition from institutions to community life.**

Citizen advocacy emerged as a response, **recruiting volunteers from local communities to provide one-on-one assistance to individuals with intellectual disabilities.**





**Ability Benevolence Liberty Empowered
Aptitudes Bienveillance Liberté Engagé**

Our Mission

We work with partners to provide the tools, choices and connections that empower people with disabilities to build lives of meaning and joy.

Our Vision

An inclusive community where all people are seen as able, important and valued.

Our Values

Honesty

Responsibility

Open Access

Personal Advocacy

Value in all people

Independence



ABLE2 Programs & Services



Reach Legal Referral Services

Access to justice and legal support



Matching Program

Building meaningful friendships and expanding social connections



Funding Brokerage

Managing finances and increasing financial capacity

ABLE2 Programs & Services



Fetal Alcohol Resource Program (FARP)

Support, education, and community navigation for children & youth with FASD



Housing Support - Adult-Protective Services Worker (APSW)

Housing support and skills-training to gain independence



GROW Education Series

Education and resources on disability-related topics



Open link in new tab to view the video

Volunteering with ABLE2



Every year, ABLE2 works with more than **500 dedicated volunteers, contributing over 16,000 hours annually**. Our volunteers are the heart of our mission, and we could not do what we do without the time, effort, and skills of our committed volunteers!

Ways to get involved as a volunteer

Matching Program Allies

Connect Friendly Callers Program

Reach Legal Referral Services

GROW Education Series

Events

Other opportunities available



Matching Program

- Connects a volunteer (Ally) with a person living with a disability (Friend) in a **1-1 intentional match**
- In the past year, **100+** people with disabilities have been waiting for a volunteer
- Get together and **do things that friends do**: shared activities, chats, peer support, and more!
- Reduce isolation through relationship building
- Weekly social outings, 1-2 hours a week, for 6 months



Connect Friendly Callers - Matching Program



- Virtual matching between Allies and Friends to connect **over preferred virtual platforms** (phone, text, video calls)
- **Offers accessibility and flexibility** for Friends and Allies who may be experiencing barriers to an in-person match such as mobility, health, or financial barriers
- Reduce isolation through relationship building
- Ideal for those with limited time or who **prefer virtual engagement**

Reach Legal Referral Services

- Provides **access to justice by connecting people with disabilities** to legal support and education
- Mobilizing a network of **200+ legal professionals** who provide up to three hours of free, confidential, and personal legal services for clients referred
- **Run by law student volunteers** who manage intake, coordinate referrals, and support legal education activities.



GROW - Workshop Facilitation



- Expert-led workshops and webinars on **disability-related topics**
- Contribute your professional expertise to **support evidence-informed learning sessions** attended by parents, caregivers, service providers, and community members
- Empower the community by creating a **safe space for participants to connect, ask questions, and build knowledge that supports a life of meaning and joy for people with disabilities**

Event Volunteers

- **Create inclusive, welcoming experiences at ABLE2's signature events** such as Evening in the Maritimes, the Annual Picnic, and the Holiday Dinner & Dance
- **Volunteers play an essential role in helping events run seamlessly** and ensuring participants have what they need to fully engage.
- Roles include registration, setup, teardown, activity leaders, accessibility support, and more!



Have talents and skills you want to share?



Other Opportunities:

- Administrative Assistance
- Event Photography
- Fundraising Support
- Social Media & Content Creation
- Special Projects

Have something else in mind?

Reach out to our Volunteer Coordinator:

volunteer@able2.org

The Joys of Volunteering

- Making friends and expanding your social connections with folks from all walks of life
- Finding meaning in knowing that your work has a direct impact on others in your community
- Discovering new learning and growing opportunities
- Building on skills in a supportive environment





“I’ve been volunteering with ABLE2 since 2007, and the experience has had a real impact on my life. What initially drew me to ABLE2 was its mission—to **connect vulnerable and isolated individuals in our community with volunteers** who can be their friends and allies. That simple but powerful idea continues to inspire me.

Being part of ABLE2—as a volunteer, a donor, and a board member—has been a significant part of my life. It’s shown me **how powerful a simple human connection can be, and how small acts of friendship can change lives.**”

- *Peter, long-time volunteer and advocate*

Your Next Steps

- 1 Submit your Volunteer Application
- 2 Complete Supporting Documents
- 3 Onboarding & Training
- 4 Make a difference!

Scan to fill out the Volunteer Application Form





Questions?

We're here to support your
volunteering goals!

Volunteer Coordinator
613-761-9522 x229
volunteer@able2.org



ABLE2
HOLIDAY DINNER
AND DANCE

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*Thank you for believing
inclusivity matters.*

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