



Helping Hands
Platform



Volunteer 120

For more info:
outreach@helpinghandsapp.com

What's Volunteer 120?

- Complete 120 volunteer hours
- Get matched with opportunities
- Gain real-world experience
- Build skills & confidence

Am I eligible?

- Ages 15-29
- Living in Ontario
- Canadian citizen, PR, or refugee status

What's in it for me?

- FREE** career & résumé workshops
- Mentorship and support
- Transit & volunteer cost support
- Networking & community connections
- Recognition for your contributions

What are the commitments?

- Attend check-ins & workshops
- Participate in volunteer placements
- Work toward completing 120 hours

Helping Hands Young Leaders and Changemakers is funded by Canada Service Corps, a national movement that empowers youth aged 12-30 to gain experience and build important skills while giving back to their community. Learn more at Canada.ca/CanadaServiceCorps.