



The Good Companions
Community Support Services
670 Albert Street, Ottawa, ON, K1R 6L2

Volunteer Opportunity

Grocery Bus Volunteer

Volunteers are needed in central Ottawa to assist seniors with their personal grocery shopping.

You must be able to provide assistance with shopping, reaching, carrying groceries and reading labels.

For more information about this and other volunteer opportunities, please contact:

Volunteer Services Coordinator
(613) 236-0428, extension 230