



Support survivors using crisis intervention skills, coping techniques, and grounding strategies on our 24/7/365 Crisis and Support Line. Empower survivors from the comfort of your own home using your own phone.

What does this entail?

This one of a kind virtual volunteering opportunity allows you to connect to the line from anywhere you have access to the internet. At the beginning of each shift, log into our online portal to forward the Crisis and Support Line to your personal number – all while being confidential!

What skills to I need?

Those with an interest in empowering survivors of sexual violence using a feminist, trauma-informed mindset. Individuals with an understanding of sexual violence, responses to trauma, and empathy would succeed in this role.

What skills will I gain?

By volunteering on our Crisis and Support Line, you will gain an understanding of how sexual violence impacts individuals, how to use empathy and active listening skills to be present with individuals in distress and an opportunity to practice setting professional boundaries.

What's the time commitment?

Volunteers are required to commit to the Centre for a minimum of 6 months. Each volunteer is required to complete 2-3 shifts per month on the line.

What's the application process?

1. Submit an inquiry to the Volunteer Coordinator.
2. The Volunteer Coordinator will email you with dates and times for an interview.
3. Complete and interview and receive next steps.
4. Submit your Vulnerable Sector Police Clearance and Responding to Disclosures Certificate. The certificate takes approximately 2 hours to complete and can be done on your own time.
5. Attend a 6 hour in-person training session covering trauma responses, coping skills, local resources in the Kingston area, and how to respond to disclosures using a trauma sensitive framework.
6. Start volunteering!