Stride and StrideMen are seeking kind, mature, and dedicated volunteers to engage in group and individual activities with criminalized people in Waterloo region. Our programming takes place in Grand Valley Institute, New Directions Halfway House, Stonehenge Therapeutic Treatment Centre and in the community. Volunteers in Stride and StrideMen participate in a diversity of activities such as games, sports, crafts and discussion groups. Volunteers are able to choose if they would prefer to work with men, or women.

What do you give?
   a) A one year, once a week commitment to participate in recreational activities alongside criminalized men or women
   b) The opportunity to get to know people as they are today
   c) Openness to building connections with people that are maintained after incarceration

What do you get?
   a) A comprehensive training about incarceration in Canada
   b) An introduction into Restorative Justice
   c) An fun and interesting activity planned out for you each week to simply attend and enjoy with other like-minded people
   d) A chance to see what a Federal prison, Therapeutic Treatment Centre or Halfway House is like
   e) Peer Support and Supervision
   f) Additional training on issues of mental health, trauma and addictions
   g) The knowledge that your interaction with a criminalized person made a meaningful difference in their life

Skills, Competencies and Requirements
   • 25 years of age or older
   • To pass a Reliability Clearance process which allows volunteers access to enter each of the facilities Stride Programming is run
   • Caring, friendly, open-minded, reliable
   • Ability to adhere to all Grand Valley Institution for Women protocol
   • Participation in crafts, music, and games always modelling openness to new experiences
   • Exhibit good judgment and have the ability to balance setting safe and friendly boundaries
   • Attend all peer support/supervision meetings when scheduled
   • Openness to supporting women at GVI in Stride Circles: post-incarceration (this requires a separate training)
   • Second language an asset
   • Access to a car, as Grand Valley Institute is not on a bus route

Time Commitment: Tuesday evenings, 6-9pm. We require a minimum commitment of one year.

For information on Stride Training or to Register, please contact:
Peggy LaFlamme, Volunteer Coordinator
519-744-6549 x 208
peggyl@cjiwr.com

Thank you!

This is my thing I do for me. Sometimes it’s relaxation, it’s also growth, and it’s a bit of everything. It’s friendship... I think we’ve all helped each other. Like I said, I’ve gone back and taken courses that I probably wouldn’t have taken if I hadn’t got involved.

- Stride Circle volunteer