



**St. John Ambulance**

**SAVING LIVES**  
at work, home and play



## St. John Ambulance – Aid for the Resume

St. John Ambulance – Mississauga – March 16, 2009 – Many have recently felt the effects of the economic downturn – first hand. This period of discontent will most certainly result in a period of unemployment for some who are completely unprepared and as the headlines warn, with the numbers likely to be affected, this is not the time to become complacent. There is lots to do and one of the first things is to make sure the resume is brought up to date. A concern often raised is what to include and what to leave out. A daunting question when this is all so new. How should this period without work be dealt with on the resume or during a future interview? It is imperative that something be put down. The answer is really quite simple. Volunteering. Regardless of whether you have lost your job or not, volunteering has many side benefits and hidden rewards which will complement a resume, as well as your life. As a volunteer, you will certainly benefit from the experience of giving to your community, and the skills learned may also help you in your search for new employment.

Many skills required by employers may be learned through the hours spent volunteering with an organization, and a community-based organization is a great place to begin your networking. Leadership, research, team building, counselling and advocacy are just some of the skills that are required by an employer and can be developed while doing something that you really enjoy. And then of course there is networking. Volunteering will fill voids in your employment history and every person you meet is a potential lead to a new career opportunity. The challenge is in finding the volunteer position that is right for you.

At St. John Ambulance – Mississauga, the need is great. Five very different areas are in urgent need of volunteers.

**Medical First Response** - St John Ambulance is looking for individuals 16 years of age or older, with an interest in first aid and health care who wish to provide volunteer emergency health related service within their community.

**Therapy Dogs** - The Therapy Dog Program brings comfort, joy and companionship to members of the community who are sick, lonely or reside in full-time care facilities. If you own a well-groomed dog with a wonderful temperament, consider this rewarding program.

**Car Seat Safety** - Our Car Seat Safety Team is comprised of dedicated Car Seat Volunteers who donate their time and effort to help families in our community to make sure that their child restraint is properly secured. With four different stages of child restraint systems now required by law, the demand for our services far outnumbers the Car Seat Volunteers available.

**Youth Group** - St. John Ambulance has programs for youth which focus on fun, health, home safety skills, caring for others, providing training in Emergency First Aid, encourage the expansion of personal skills, team building, patient care, individual leadership qualities and encourage community service.

**ECSpeRT Team** - The University of Toronto at Mississauga (UTM) has increased first aid coverage and first response and the safety of UTM students on Campus with the presence of St. John Ambulance's ECSpeRT members. Students on campus have volunteered their time not only by making the campus a safer place, but by placing themselves in a better position for future employment.

While St. John Ambulance volunteers touch the lives of people in our community, they also build many bonds which can last a lifetime. As a St. John Ambulance volunteer, you'll have direct access to Canada's most respected first aid, CPR and health promotion training network and learn life skills which will benefit personal career development. If you are interested in any of these volunteer programs, or a position on the Board of Directors where fundraising skills and contacts within the business community are required, please contact the Mississauga Branch office.

One-hour Volunteer Information Sessions are held at the Mississauga Branch – 110 Matheson Blvd., Suite 110, every month.

**For more information on St. John Ambulance volunteer opportunities, community services, training programs as well as available products, please call 905-568-1905 or visit our web site at [www.sja-mississauga.ca](http://www.sja-mississauga.ca).**

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*St. John Ambulance is dedicated to improving the health and the safety  
of the community through training and community service.  
Saving lives – at work, home and play.*