



**Little Brothers** Embracing the Elderly

Change a life,  
become a **volunteer!**



By **bridging the gap** with the elderly, we can **put an end** to their isolation.

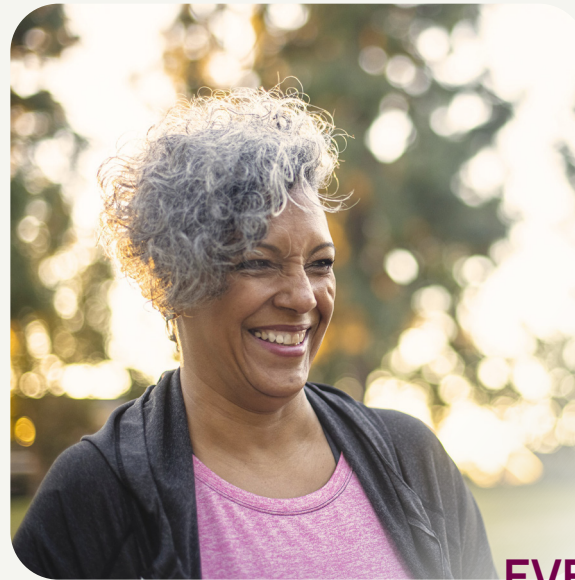
littlebrothers.ca

## Our mission

To counter the isolation of seniors until the end of their lives.

## Who are our Great Friends?

At Little Brothers, the seniors who join our extended family are affectionately referred to as "Great Friends".



**EVE — LYNE**



## A commitment that changes lives

**In Québec, more than one out of five seniors lives without the support of family and loved ones.**

Since 1962, we have been supporting people aged 75 and over who suffer from social isolation. Regardless of their physical and cognitive condition, we provide free companionship. They can count on us for lasting and caring relationships.



This year I turned 101! I am fortunate to be able to count on Marjolaine, with whom I was paired at Little Brothers. We met eight years ago, and we immediately developed a great friendship. I hope all seniors who live alone and suffer from social isolation get this chance."

Marie-Thérèse, Great Friend since 2011

## Be at the heart of the action

Thanks to the commitment of volunteers like you, socially isolated seniors can rediscover the joy of feeling cared for.

Each kind gesture and sometimes even a simple presence can bring happiness and serenity to older persons who have little social contact. By showing that you care, you help a senior break free of isolation. Giving a little of yourself changes their lives... and yours.



## A host of volunteer opportunities

Whether you volunteer alone, as a pair, or as a family, there are many ways to contribute, including companionship pairing, phone calls and home, residence or hospital visits, administrative support, organization of activities, transportation assistance, as well as general management and maintenance at the Little Brothers Boutique.

## Why choose Little Brothers?

A warm welcome, tailored training sessions, recognition programs and unforgettable encounters: your involvement with us will be memorable.

### In brief



**2,600 seniors** whose lives are changed on average each year



**2,900 volunteers** recruited and trained on average each year



**15 local teams** located in 12 Québec regions



My experience volunteering with Little Brothers has made me more compassionate and has helped me become aware of the realities of old age. It is an understanding about life revealed to me in a very simple way: sometimes candidly, sometimes emotionally.”

David, volunteer

## A tailor-made volunteer position for you

- Flexible hours according to your availability;
- Tasks and objectives adapted to your interests;
- Volunteering opportunities near your place of residence;
- No special experience or skill required (other than kindness and the ability to listen);
- Personal development and recognition of your commitment;
- Increased social network;
- Sense of belonging to the Little Brothers extended family.

[Become a volunteer](#)

Would you like to learn more?  
[littlebrothers.ca](http://littlebrothers.ca)

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