

MAKE THE SUN SHINE FOR SENIORS BY BECOMING A “SUNNY”!

Baie-Comeau, April 12, 2024 – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord, in collaboration with the Fondation Sunny, launches a recruitment campaign for the summer among young people of the region, for a second year running.

The Sunny Action volunteer program gives young people between 12 and 17 years old an opportunity to get involved in their community and to create intergenerational relationships with our seniors in CHSLD on the North Shore.

A rewarding experience!

Volunteers, called “Sunny,” are trained by a recreation technician in order to take part in activities with seniors. “Sunny” volunteers will invest an average of three hours per week to take concrete actions as part of the program. By working with recreation workers, they will acquire valuable leadership, activity organization and communication skills. Many former “Sunny” volunteers have been inspired to pursue a career in the health field after going through significant experiences with the Fondation Sunny.

Invite your children and young people around you to get involved and have a rewarding experience!

Young people who are interested in participating and making a difference in their community can register on the [website](#) of the Fondation Sunny.

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