



**Metropolitan Action Committee on
Violence Against Women and Children**

Volunteer Application Form

This application form is for screening purposes only. It will be reviewed and you may be contacted to attend an interview to determine the best placement for you. If there is a match, you will participate in a training and orientation session (usually held twice per year).

METRAC is a community-based, not-for-profit organization dedicated to preventing and ending violence against women, youth, and children. We work from an anti-oppression, non-discriminatory framework. Volunteers must be comfortable learning about and working within this framework during their training period and volunteer placement. METRAC's office is open Monday to Friday from 9:00 AM to 5:00 PM. However, meetings, special events and trainings are often held outside of normal hours of operation. We work with volunteers to determine the best day and time for their activities. Volunteers are expected to make at least a six month commitment to the organization.

Note: METRAC welcomes applications from diverse people, especially members of historically marginalized communities. Unfortunately, METRAC's office space is currently not wheelchair accessible.

Yes! I understand METRAC is committed to promoting the rights of diverse women and children to live free from violence, and I endorse this mission.

Name: _____

Email address: _____ Phone number: _____

Mailing address: _____

Yes, I am 16 years of age or older.

1. How did you learn about METRAC? _____

2. Please outline your reasons for wanting to volunteer with METRAC. _____

3. Please list your experience, skills and/or special interests that might be useful to METRAC's work and goals. _____

4. What does the term violence against women mean to you? _____

5. Please outline your understanding of the terms anti-oppression and systemic discrimination. _____

6. Please indicate what area(s) of volunteering you are most interested in (choose all that apply):

- | | |
|---|--|
| <input type="checkbox"/> Board of Directors | <input type="checkbox"/> Research |
| <input type="checkbox"/> Fundraising | <input type="checkbox"/> Safety audits |
| <input type="checkbox"/> Administration/office help | <input type="checkbox"/> Writing and editing |
| <input type="checkbox"/> Graphic design | <input type="checkbox"/> Multi-media (e.g. website, video, blogging) |
| <input type="checkbox"/> Legal information | <input type="checkbox"/> Special community event |
| <input type="checkbox"/> Committee and/or planning work | |

Note: if you would like to apply to join the board, fill out the Board Application form.

7. We welcome applications from diverse people. With which communities do you identify (e.g. racialized communities, LGBTTIQQ2S communities, Deaf communities, Aboriginal communities, youth communities, faith communities, etc.)? _____

8. Can you make the required six month commitment to volunteering at METRAC? Please explain. _____

9. How much time are you able to commit each month? (Choose one)

- 1 to 3 hours
- 4 to 6 hours
- 7 hours or more

10. Which days of the week would you be available for volunteer work? (Choose all that apply)

- | | |
|------------------------------------|--|
| <input type="checkbox"/> Monday | <input type="checkbox"/> Thursday |
| <input type="checkbox"/> Tuesday | <input type="checkbox"/> Friday |
| <input type="checkbox"/> Wednesday | <input type="checkbox"/> Saturday/Sunday |

10. Do you prefer to volunteer (check all that apply):

- Mornings
- Afternoons
- Occasional evenings

11. Please give any additional information about yourself that you wish to share.

12. Please give us contact information for two people outside of your family who can act as references. _____

13. Please give us contact information for someone who can act as an emergency contact. _____

I declare that all of the information on this form is true and complete to my knowledge.

Please return to METRAC: 158 Spadina Road, Toronto, ON, M5R 2T8
Phone: 416-392-3135 | Fax: 416-392-3136
info@metrac.org | www.metrac.org