# Make a difference in your community by volunteering to help support seniors and the most vulnerable during COVID-19

Your community needs your help!

On March 30, Ontario's Chief Medical Officer of Health recommended that individuals over 70 years of age self-isolate and, where possible, seek services over the phone or internet or ask for help from friends and family with essential errands. During this difficult time, it is more important than ever to come together and help those in need, ensuring all Ontarians have access to food, medicine and basic necessities.

## How can I help?

**If you are an individual interested in volunteering** or an **organization in need of volunteers**, visit SPARK Ontario at www.sparkontario.ca to get connected and start helping those impacted by COVID-19.

**Spread the word about volunteering** and let's give back to the community.

## What is SPARK Ontario?

SPARK Ontario is an online platform that connects not-for-profit organizations with potential volunteers.

SPARK Ontario supports volunteer recruitment and retention by gathering volunteer opportunities from across the province, as well as other resources into a single, accessible website that encourages Ontarians to volunteer and support their communities.

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