



# BECOME A VOLUNTEER TELEPHONE OR CHAT COUNSELOR

Do you want to learn about human nature, improve your communication skills & your interpersonal relationships, generally develop yourself, give back and save lives?

Volunteering as a Telephone or Crisis Chat Specialist for Contact Lifeline will offer you all these opportunities. We offer extensive training, supervision and life changing experiences as well as the opportunity to become part of a larger community of volunteers across the nation, that provide essential information, resources and emotional support to people in need.

## Benefits to You:

<ul style="list-style-type: none"> <li>• Free Quality Education</li> </ul>	<ul style="list-style-type: none"> <li>• Connections</li> </ul>
<ul style="list-style-type: none"> <li>• Improve listening skills</li> </ul>	<ul style="list-style-type: none"> <li>• Positively influence your career</li> </ul>
<ul style="list-style-type: none"> <li>• Positively influence you to be a better parent/partner/friend/colleague etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Accreditation from a National Body</li> </ul>
<ul style="list-style-type: none"> <li>• Knowledge that you are making a difference</li> </ul>	<ul style="list-style-type: none"> <li>• Supervision</li> </ul>
<ul style="list-style-type: none"> <li>• Personal Development in <b>many</b> areas</li> </ul>	<ul style="list-style-type: none"> <li>• Being part of a national cause</li> </ul>
<ul style="list-style-type: none"> <li>• Socialization Parties/picnics/awards /rewards/retreats</li> </ul>	<ul style="list-style-type: none"> <li>• Save Lives</li> </ul>

**Locations:** Clifton Park: Captain Youth and Family Services  
 Albany: Family and Children's Services of the Capital Region (FCSCR)  
 South Glens Falls: Moreau Community Center

For more detail visit our website at [www.fcscr.org](http://www.fcscr.org) or call Natalie Fourie at Tel.: 491 1478