

## Ways to Give

-  **Third-Party Fundraisers**  
Host a third-party fundraiser where all/part of the proceeds support the Foundation .
-  **Monetary Donations**  
One-time or recurring donations to fund programs and resources.
-  **In-Kind Contributions**  
Donate your time volunteering at events, venues for events, expert advice/services, etc.
-  **Corporate Sponsorships**  
Partner with us to support large-scale initiatives.
-  **Legacy Giving**  
Include us in your will or estate planning to create lasting change.

## How to Donate

- <https://www.schealthfoundation.ca/donation-page>
- P.O Box 739 Grand Falls–Windsor, NL A2A 2K2
- 32 Queensway, Grand Falls–Windsor, NL A2B 1J3

Together,  
We Can Make  
a Difference!

  
Contact Us



32 Queensway, Grand Falls–  
Windsor, NL  
1 (709) 292–2360  
[schf@centralhealth.nl.ca](mailto:schf@centralhealth.nl.ca)



Jenna Budgell – Development Officer  
1 (709) 292–2623  
[jennal.budgell@nlhealthservices.ca](mailto:jennal.budgell@nlhealthservices.ca)

Wendy Houlihan – Executive Director  
1 (709) 292–2393  
[wendy.houlihan@nlhealthservices.ca](mailto:wendy.houlihan@nlhealthservices.ca)

South and  
Central  
Health  
Foundation  
Volunteer  
Opportunities



South and Central Health Foundation



<https://www.facebook.com/schf83>  
<https://www.schealthfoundation.ca/>

**JOIN US**

in Creating a Better Future!

# Who We Are

Our registered charity was formed in 1983 to help build healthier communities. We serve individuals and families accessing the healthcare services of NL Health Services, Central Zone throughout the central and south coast regions of the island of Newfoundland.

# Mission

Enhancing the health and well-being of our communities.

# Vision

To inspire generosity to achieve excellence in health close to home



## Why Your Help Matters

Your contributions—whether time, skills, or donations—help us expand our outreach and serve those in need.

# Ways to Get Involved



## Community Service

Volunteer for office duties, managing our mascot, selling tickets for fundraising lotteries, and being support during events



## Event Planning

Assist us in organizing events and fundraising campaigns.



## Skilled Volunteering

Use your professional skills and expert advice to support our mission.



South and Central Health Foundation



Facebook



Website

# How to Sign Up



Visit our website

<https://www.schealthfoundation.ca/volunteer>

or contact us by phone or email to complete a volunteer application.

- 1 (709) 292-2360
- [schf@centralhealth.nl.ca](mailto:schf@centralhealth.nl.ca)

\*Some volunteer duties will require a clean Certificate of Conduct\*

