

## Everyday Stories | Making the Connection

### ▶▶ *Volunteers Provide Invaluable Link for a Healthy Community*

The Region definitely has cause to celebrate during the annual National Volunteer Week every April. Currently, more than 1,000 volunteers forge valuable links between the Region and residents, particularly when it comes to community health and well-being. A case in point is Kam, a dedicated Public Health volunteer who continues to provide special support to Amerdeep, a Brampton resident and recent immigrant, who desperately needed help caring for twin baby girls, while her husband worked shifts. “Kam came as a stranger, volunteered for a minimum three hours a week, and now she is a very good friend,” says Amerdeep. “Whatever Public Health Volunteer Services has done for me was just great. It has inspired me to volunteer and give back to my community.”



*“Whether it’s supporting Healthy Babies, Healthy Children, or staffing the Region’s Heartmobile for workplace visits, volunteers play a significant role in helping nurture public health throughout the community.”*

Regional Councillor Susan DiMarco,  
Human Services Committee Chair