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## **CRC Corporate Team Building Opportunity**

*Help yourself by helping others*

### **Corporate Team Building with a Purpose at CRC**

*Looking for a meaningful, character developing, volunteer opportunity that is also a team building event? Come to CRC, learn about our work, give back through service during our Community Meal Program, and be challenged by an interactive session centred on values.*

#### **Your staff will experience:**

- A valuable learning event interacting with people who live on the margins;
- Personal meaning as they reflect on individual values that go beyond one's 9 to 5 job and as they work together as a team outside the confines of their regular work environment; and,
- Good Corporate Citizenship as they contribute meaningfully to an impactful community organization.

#### **Cost**

A donation of \$2,500 for the opportunity to bring 6 to 10 staff members to CRC for up to 5 hours for a team building exercise that includes an introduction to CRC and its work, giving back through service during our Community Meal Program, and an interactive session centred on values.

#### **Supervised Service in the Community Meal Program**

Through our Community Meal Program, people experiencing poverty or homelessness are given a warm, healthy meal, comfort and an opportunity to get connected to services that can help rebuild their lives.

We have volunteer roles with our programs that are suitable for different levels of physical ability. It is important that volunteers are matched accordingly and so please make us aware of any special issues to consider in this regard.

#### *Volunteer Roles with the Meal Program include:*

- Food preparation supervised by kitchen staff (comfort needed using knives).
- Meal tray preparation (requires minimal physical ability).
- Serving meals on trays to individuals using trolleys (moderate physical abilities and a lot of walking).
- Interaction with participants and supportive role for issues they are experiencing (ability to listen).
- Cleaning up of dirty dishes and the meal room space (moderate physical abilities and a lot of walking).
- Assisting with re-shelving of dishes and cleaning of kitchen for next day (requires minimal physical ability).

All volunteers are asked to wear clothing you are not worried about getting dirty and to wear closed-toe footwear (no sandals please). We will provide an apron, but bring your own if you like!

*Thank you again for the opportunity – it was the highlight of my month!*  
**Team Building Participant**

### Agenda for the day

- 10:00 Welcome & brief introduction to CRC
- 10:15 What are your values? Facilitated Discussion and dialogue
- 11:00 Tour of 40 Oaks
- 11:45 Meal service including orientation, service & clean up
- 1:00 Group photo (before hairnets and aprons come off!)  
Lunch break!
- 1:30 Debrief, reflection, engagement, internalizing and applying the experience and your values to your own work environment
- 2:30 Wrap up & thank you

*I found the event to be massively valuable in that it allowed us the opportunity to learn about each other in a selfless environment that is nearly impossible to recreate in a way as organized as the event was able to.*  
**Team Building Participant**

### Follow up and thank you

Team has a group photo taken. Team is sent the photo and summary statement capsulizing the day.

A story of the team's experience may be written up and posted on the CRC website and noted in an issue of the CRC e-newsletter, *The Leaflet*.

*People shared personal stories and all that was spoken and discussed came from a very honest place. Thank you for making it a very safe environment to share.*  
**Team Building Participant**

### For more information

Feel free to contact:

Bruce Voogd, Development Manager

[brucev@tcrc.ca](mailto:brucev@tcrc.ca)

416-363-4234 ext 238

*Correlating 'work values' with our "personal values" helped to understand some things – we tend to see work as the paycheck part of our lives and that has nothing to do with our real lives but when you can see that the values are common, it helps to appreciate the organization more and give your job a more 'meaningful work' dimension.*  
**Team Building Participant**

