



Intergenerational Volunteering

In response to the urgent need for solutions to the loneliness epidemic and declining mental health, Volunteer Canada is leveraging the transformative power of intergenerational volunteering. This evidence-based practice not only bridges generational divides but also enhances social capital, fostering stronger, more cohesive communities. Through the creation of a National Intergenerational Hub, we will facilitate clear pathways to participation and provide tools, resources, and best practices for organizations to engage in intergenerational volunteerism. By bringing together different generations in meaningful, collaborative ways, we significantly improve the wellbeing and social connectivity of communities.

Intergenerational volunteering offers numerous benefits that enhance the wellbeing of individuals and strengthen communities. These benefits span across different age groups, contributing to a more connected and resilient society.



Timeline and Activities

