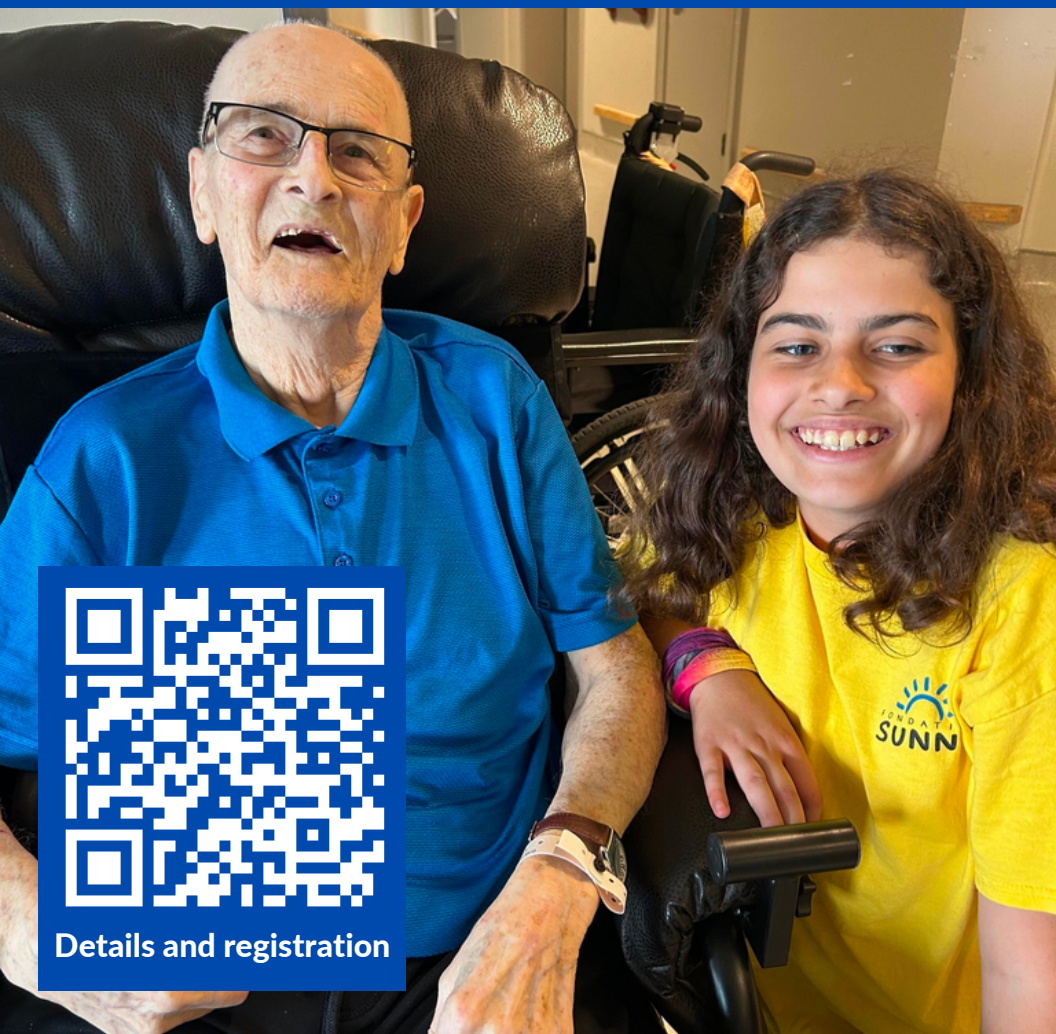




Do like thousands of young people like you
and join the Sunny-Action movement!

Volunteering that will change your life

AND THAT OF YOUR COMMUNITY 



Details and registration

WHAT IS IT?

Accompanied by recreation workers from long-term care homes, you will engage in activities with seniors such as:

- Games
- Physical activities
- Outings and outdoor activities
- Dance, singing, theater
- Enriching intergenerational discussions
- Culinary workshops

FOR WHOM?

For young people aged 12 to 17 throughout Quebec.

WHERE?

The activities take place in long-term care homes (CHSLDs) across Quebec. You will be able to choose the one closest to your home.

HOW DO I REGISTER?

Scan the QR code, sign up on our website, and someone from our team will guide you.



In memory of
Sunny Desbiens

