



VOLUNTEER OPPORTUNITY

Garden Assistant

at Clinton Park

Frog Hollow Neighbourhood House is a community service organization serving the Hastings-Sunrise community. **We are looking for individuals with a love for the natural world.** The successful candidate will be comfortable working in a garden and doing some physically demanding work. They will be able to work independently and with a culturally diverse team to support community programs. Working under the general direction of the Food Security Coordinator, the garden assistant will be contributing to a vibrant community that cares for and learns from the land.

Position: Garden Assistant – Gardener's Hangout
Hours: 10 am - 12pm every Wednesday
starting April 23th, 2025 (Frog Hollow's Gardener's Hangout)
Method: In person - at Clinton Park Fieldhouse Garden
Timeline: April 23rd to August 20th, 2025
Orientation at start of program
Opportunity to commit flexible

Duties and Responsibilities:

- Helping with weeding, maintenance, watering, packing/distributing seeds at Clinton Park Fieldhouse Garden (2690 Grant Street, the garden next to the playground)
- Checking on the well-being of the plants in the garden
- Assisting with planting or caring for the plants
- Connecting with community members at the garden and informing them of the garden project
- Disposing of any rubbish in the garden
- Notifying Frog Hollow staff of any damage/concerns in or around the garden and Fieldhouse
- Opportunity to assist during workshops

Benefits for applicants:

- Gain knowledge about plants, food security, sustainability, and gardening
- Improve gardening and communication skills
- Volunteer hours can be used towards fulfilling graduation requirements
- Gain experience working with community
- Light physical exercise to improve health and well-being

For more information email volunteer@froghollow.bc.ca and mentioning this opportunity

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