



# ABBOTSFORD VOLUNTEERS

CONNECTING COMMUNITY

## April 2023 is Community Clean-Up Month

Community Clean-up Month is a great way to get involved in volunteering, contribute to environmental stewardship, encourage social responsibility and help beautify our neighbourhoods in celebration of Earth Day.

Abbotsford residents are encouraged to pick litter up around their workplace, school, parks, trails and streets all month long.

We provide supplies and guidance to support your efforts.

**Win 1 of 20 volunteer appreciation prize packs by emailing us your volunteering photos!**

Contact Chrissy Borseth  
Volunteer Coordinator  
at 604.557.7050 or email  
[volunteer@abbotsford.ca](mailto:volunteer@abbotsford.ca)



**Volunteers make a huge impact in our community.**

**Why not join us?**

Register at  
[abbotsford.ca/volunteerapplication](http://abbotsford.ca/volunteerapplication)



# What is your Emergency Plan?

Emergencies can happen at anytime, anywhere. The best way to be prepared is to have a plan **BEFORE** an emergency happens.



Take time to talk with members of your household and talk about what you're going to do when that emergency happens – where are you going to stay, Who are you going to contact, a list of important numbers to call for help such as insurance broker.

## Things to think about when making your plan:



Do you have your grab and go bag ready? A Grab and Go bag is a small emergency kit that's easy to take with you. You should have one for home, work and vehicle.



Research Insurance Plans – having insurance can protect you from having to pay out a huge amount in the event of a natural disaster – find a local insurance representative or call the Insurance Bureau of Canada at 1-844-227-5422.



Have an out of area contact – **OUTSIDE** of your same living area for **ALL** family members to contact and coordinate reporting in to ensure everyone is accounted for.



Where are you going if you're evacuated? Make a plan with family, friends and have an Emergency kit placed at that location so you have a change of clothes, important documents etc.



Make a 72 Hour Emergency Kit suited for your family and pets. Check out Prepare BC for more info on Making an Emergency Plan and Building emergency kits.

**Be a Master of Disaster and Be Prepared!**



ABBOTSFORD  
EMERGENCY PROGRAM  
604.853.3566  
epo@abbotsford.ca  
abbotsford.ca/emergency