

# Mayra Jarillo Alvarado

## VOLUNTEER OF THE MONTH

Mayra Jarillo Alvarado, originally from Mexico, came to Calgary in December of 2004. She has her Bachelor's Degree in Chemistry and since moving to Canada has studied for her Master's in Chemistry and has acquired a Diploma in Social Work. She is currently working at Discovery House. In her free time she enjoys reading, painting and various sports such as swimming, running, basketball and volleyball.

Mayra has volunteered at CIWA since March of 2011. She has been an office assistant to the Volunteer Program and helped to recruit, interview and orient new volunteers. She also has helped with volunteer job placements and requests for interpreters. Mayra has volunteered as a facilitator in the Civic Engagement program, in the Multicultural Representatives Group, has helped the integration counselors with walk-in clients, helped the employment manager compile curriculum and completed the Spanish translation of the Breast Health curriculum.

Mayra likes volunteering because not only can you help people to better their own lives, but you also discover skills within yourself that you never knew. She enjoys being able to empower people and finds it very rewarding to see clients moving forward and progressing in their lives. She says "volunteering gives you the chance to put yourself in another person's shoes." She does it for her passion of helping others.

Mayra is a very kind and dedicated volunteer. She is always there when you need her and is always willing to help out someone in need. Clients find her very empathetic to their situation and she goes over and above her duties to help someone in need. Mayra is reliable, committed and always positive.

With extreme gratitude we are pleased to announce Mayra as the Volunteer of the Month for January 2012.



**CIWA**

Calgary Immigrant Women's Association