

Why Get Involved?

Volunteer

The benefits of volunteering are important to you, your family, and your community. The right match can help you find friends, reach out to the community, learn new skills, and more. Volunteering can also help protect your mental and physical health.



If you are looking for an exciting and rewarding volunteer opportunity, consider becoming a member of the Interlink Choir. To get your volunteer application or for more information, please contact volunteering@cmhahkpr.ca.

Donate

Interlink relies on donations to assist with the purchase of t-shirts for the choir members and the children, along with the purchase of new sheet music. Donations to Interlink will ensure that this unique and rewarding program can continue year after year.

For more information or to make a donation, please contact Kerri Davies at 705-748-6687 ext. 1048 or kdavies@cmhahkpr.ca



Interlink Choir



Contact Us

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**Canadian Mental
Health Association**
Haliburton, Kawartha, Pine Ridge



**Canadian Mental
Health Association**
Haliburton, Kawartha, Pine Ridge
Mental health for all



United Way
Member Agency



Bringing together children and older adults through the celebration of words and music.

Interlink Choir

Interlink is a unique intergenerational program that brings together children and adults through the celebration of words and music. The exchange of pen pal letters and the formation of an intergenerational choir help in the building of warm and meaningful relationships.



Interlink provides an opportunity for seniors to enjoy the rich rewards of interacting with children and gives the youngsters a greater awareness, understanding and appreciation of older adults. Bonds are created, life experiences are shared and a wonderful sense of achievement is felt by the seniors and young people alike.



Interlink connects students with adults through letter writing. Each child has an adult pen pal with whom he or she corresponds. In addition two choirs are formed, a student choir and a senior choir. Both choirs are instructed by the same music director and rehearse the same songs.

Interlink choir members attend weekly rehearsals from September through June. Over the school year, the students' and the seniors' choirs join together for performances within the local community.

Interlink is proudly sponsored by the Canadian Mental Health Association, Haliburton, Kawartha, Pine Ridge Branch. The warm and meaningful relationships developed through this program are an essential part of mental wellness.

Objectives

For Seniors

- Add a warm and nurturing dimension to their lives
- Create an opportunity to develop a friendship with a child
- Provide an opportunity to share knowledge and life experiences with the younger generation
- Experience the pleasure of social contact with peers and the joy of singing with children
- Enhance inclusion and a sense of belonging
- Maintain self-esteem and feel productive
- Have fun!

For Students

- Generate positive attitudes toward older adults, helping to dispel stereotypes of aging
- Establish an enriching and fulfilling friendship with a senior
- Provide an opportunity for experiencing and appreciating the talents and wisdom of seniors
- Increase self-esteem
- Share in the joy of singing
- Develop and improve communication skills
- Improved literacy skills, including letter writing
- Have fun!

