



Press release

For immediate release

*It takes a while to recognize that we give something real when we listen.
We do it at the cost of some sacrifice to ourselves, because for those minutes
we give the caller unconditional attention, we give up expecting anything in return.*
Bruce 1481E

Becoming a Tel-Aide Volunteer

Montreal, August 26, 2008 - Tel-Aide is currently looking for English-speaking volunteer listeners to respond to the ever-increasing demand for its Anglophone services. Our volunteers go through a 30-hour training in active listening. In addition to giving something back to the community, volunteers acquire life skills which often translate into many areas of their own lives, active listening being an invaluable tool.

Listening is a gift you can give. Listening, not just hearing. If you possess this valued skill and wish to share it, if you want to remain attentive to the human distress that exists in our community and if you are willing to make a commitment, we invite you to contact Tel-Aide at (514) 935-1105 or visit our website at www.telaide.org. An evening training session will begin on Monday, September 15, from 7 to 10 PM.

As an anonymous and confidential listening service for anyone who needs to confide or who faces psychological distress, Tel-Aide counts on the daily involvement of devoted and respectful listeners. Our present-day society creates numerous conditions for psychological suffering that can lead to mental health problems, violent behavior or suicide. This highlights the importance of a welcoming, respectful and empathetic presence to an increasing number of people who are cut off from regular human contact.

For 38 years now, Tel-Aide has played an essential role in the community allowing anyone, regardless of age, class or creed, to express him- or herself in complete confidence to an empathetic listener.

*Each person is an island unto himself, in a very real sense; and he can only
build bridges to other islands if he is first of all willing to be himself and permitted to be himself.*
Carl Rogers, *On becoming a person*

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