



Thrift & Thrive – Participant FAQs

(Frequently Asked Questions)

Who can join?

- Youth ages **16–24** who want to build skills, confidence, workplace experience, and make a positive impact in their community. **No prior work experience is needed!**

Where does the program happen?

- **Thrift & Fund by Low Entropy** (552 Clarke Rd, Coquitlam) - where you'll do your volunteer shifts.
- **Bettie Allard YMCA** (555 Emerson St, Coquitlam) - where the workshops will be.

When does the program run?

- The Fall 2026 program runs for 8 weeks from October–November 2026.
- There are four mandatory Saturday workshops: Oct 3, Oct 17, Nov 7, Nov 28
- Participants also complete one volunteer shift per week for 8 weeks.

What are the thrift store shift options?

- Shifts are 1 per week, same day/time each week.
- Your shift will be confirmed at the start of the program based on your availability.

Options include:

- Weekdays: 9:30am–1:00pm, 1:00–5:00pm, or 5:00–7:30pm
- Weekends: 10:30am–2:30pm or 2:30–6:30pm

What if I miss a thrift store shift?

- We expect consistent attendance, but if you're sick or have an unavoidable conflict, let us know as soon as possible. A make-up shift can usually be arranged.



What does mentorship involve?

- You'll receive mentorship from a caring adult volunteer during each workshop. Your mentor will support you with goal setting, reflection, your community awareness project, career goals, and any challenges or questions that come up during the program.
- All mentorship takes place during the workshops, so there are no additional mentor meetings required outside of the scheduled workshop dates.

What will I learn?

- Retail and customer service skills
- Teamwork and communication
- Leadership and confidence building
- Anti-hate and anti-racism strategies
- Inclusion, belonging, and responding to discrimination
- Financial literacy
- Resume and cover letter skills
- Interview skills
- How to plan and create a community awareness project

What is the community awareness project?

- During the program, you'll create a project individually or with a small group that promotes inclusion, belonging, and respect. This could include educational materials, creative storytelling, social media content, a presentation, or another idea developed during the workshops.
- You'll receive support to develop your project and present it during the final workshop.

What are the requirements to successfully complete the program?

- Attend all four workshops (or complete an approved make-up activity, if applicable)
- Complete all 8 weekly volunteer shifts
- Participate in mentorship activities
- Complete and present the youth-led community awareness project
- Complete required program evaluations



What do I get when I finish?

- **\$150 honorarium** upon successful completion
- **Certificate of completion**
- **Volunteer hours**
- Real workplace experience for your resume
- Leadership and career readiness skills
- A completed community awareness project for your resume or portfolio
- New skills, connections, and confidence

Is this a paid job?

- **No.** Thrift & Thrive is a volunteer internship program, not paid employment. Participants who successfully complete all program requirements will receive a \$150 honorarium in recognition of their commitment and participation.

How do I receive the \$150 honorarium?

- Participants who successfully complete all program requirements will receive a \$150 honorarium at the end of the program. This includes completing the required workshops, volunteer shifts, mentorship activities, community awareness project, and program evaluations.

What if I usually have a support worker?

- You can participate if your support worker attends the **required workshops and volunteer shifts** with you. Families are responsible for arranging and ensuring consistent support.

How do express my interest in the program?

- Complete the Expression of Interest Form linked on the Thrift & Thrive webpage and a member of the Low Entropy team will contact you by email about next steps.
- Completing an Expression of Interest does not guarantee a spot in the program. If you're selected to participate, you'll receive a formal registration form. Participants under 19 will also require parent/guardian consent.

Does the program cost anything?

- No. The Thrift & Thrive Internship is **completely free to participate in.**