

Program description on Government of Canada, Canada Revenue Agency, Charities Directorate site:

<https://apps.cra-arc.gc.ca/ebci/haip/srch/t3010form22quickview-eng.action?&fpe=2017-10-31&b=800804676RR0001>)

VHL Canada is established exclusively for charitable purposes: To promote the health (and well-being) of VHL patients in Canada by providing peer-group support. Peers also include family members.

1) Social-emotional support (national): group and individual - online and telephone; 2) Outreach and information support to public, patients and families. For example: psychosocial/wellness resources and sharing, Facebook public page, weekly blogs and group emails; and 3) Practical supports: for example, financial help. Moreover, we have a “permanent” volunteer position: Peer Support Volunteer (PSV) who is a patient and Registered Social Worker (MSW). PSV devoted over 160 hours and other administrative/management volunteers devoted over 100 hours annually.

A new program: Online group that watches a video together (synchronously). Topics include talks, interviews, guided group relaxation or yoga. On a weekly and drop-in basis, and video is chat also available.