

BE A VOLUNTEER!



Benefits of volunteering:

★ **Volunteering connects you to others**

Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need.

★ **Volunteering is good for your mind and body**

The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person.

★ **Volunteering can advance your career**

If you're considering a new career, volunteering can help you get experience. Even if you're not planning on changing careers, volunteering gives you the opportunity to practice important skills, such as teamwork, communication, problem solving, project planning, task management, and organization.

★ **Volunteering brings fun and fulfillment to your life**

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work which you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments.