

TOP 10 REASONS TO VOLUNTEER

YOU MAKE A DIFFERENCE!

Every person counts

It promotes personal growth and self esteem!

Understanding community needs helps foster empathy and self-efficacy.

It brings people together!

As a volunteer you assist in uniting people from diverse backgrounds to work toward a common goal building camaraderie and teamwork.

Volunteering strengthens your community!

- **Support families:**
Daycare and eldercare
- **Improve schools:**
Tutoring and literacy
- **Support youth:**
Mentoring and after a school programs

You get a chance to give back!

People like to support community resources that they use themselves or that benefit people they care about.

Volunteering encourages civic responsibility!

People like to support community resources.

It saves resources!

Volunteering provides valuable community services so more money can be spent on local improvements.

You learn a lot!

- **Self:**
Volunteers discover hidden talents
- **Government:**
Volunteers learn about the functions and operation of our government
- **Community:** Volunteers gain knowledge of local resources available to solve community needs

It is good for you!

Volunteering provides physical and mental rewards...

- **Reduces stress:**
Experts report that when you focus on someone other than yourself it reduces stress
- **Makes you healthier:**
Moods and emotion, like optimism, joy, and control over one's fate, strengthen the immune system.

Volunteers gain professional experience!

You can test out a career.

