

The Benefits of Volunteering

Valerie Luther

Partnership for People with Disabilities



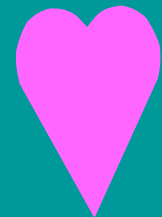
What does the word

Volunteerism

mean to you?

What do we mean by the word Volunteerism?

- 🌍 The word comes from Latin and means "will" (as in doing something out of ones own free will)
- 🌍 Giving time, effort and talent to a need or cause without getting paid for it.
- 🌍 Learning new skills, making new connections, and giving back to your community





WHY
should you volunteer?

WHY should you volunteer?

- **Volunteering gives you an opportunity to change people's lives, including your own.**
- **Let's you give back to the Community**
- **To help others**
- **To learn new skills , gain job experiences**
- **To meet people and make new friends'**
- **To overcome a loss you have experienced**





WHERE

Can you volunteer?

WHERE can you volunteer?

🌐 Homeless Shelters

🌐 Soup Kitchens

🌐 Food Banks

🌐 Ronald McDonald House

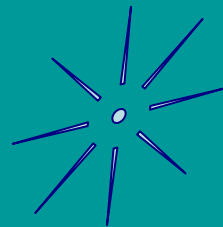
🌐 Special Olympics

🌐 American Red Cross

🌐 AmeriCorp

🌐 Habitat

🌐 Places of Workship



HOW to go about volunteering

- 🌐 Go on the web and type in “Volunteering in Virginia or Volunteering in (your town name) ”
- 🌐 Visit www.volunteermatch.org on the web to see possible volunteer opportunities
- 🌐 Check with your office where you worship
- 🌐 Tell your CSB case manager or DRS case manager that you want to volunteer



HOW to go about volunteering

- 🌐 Look up agencies (like United Way) through the yellow pages
- 🌐 Check with your local schools – they are always in need of volunteers
- 🌐 Call your local American Red Cross office or visit their website at www.redcross.org
- 🌐 Consider serving with AmeriCorps





AmeriCorps

- 🌍 AmeriCorps is like the Peace Corps – volunteers help build houses, clean parks and streams, work in after- school child care programs, mentor young kids, etc. – all critical needs in our communities
- 🌍 To be an AmeriCorps member, you must be
 - 🌍 18 years old
 - 🌍 A U.S. Citizen
 - 🌍 Interested in helping others/making a difference in your community



AmeriCorps

- 🌍 AmeriCorps members can serve full-time or part-time for 9 or 12 months of the year
- 🌍 A living allowance (money!) is available ~ up to \$11,000 each year
- 🌍 For more information, call 828-7049.