

Investing in Communities:

Paying it forward by donating your time, talent and resources

Volunteering matters because it empowers people, who in turn can empower their own families and communities.

Some volunteers choose to work with young people. Others use their skills to build homes or rescue unwanted animals.

Whatever you are interested in doing, get involved and create meaningful change. Numerous organizations can use your help.

Some volunteer opportunities include:

- ♥ **Mentoring.** Many organizations offer programs to match caring adults with children who need the guidance of a role model.
- 📎 **Tutoring.** Use your skills to help a child do better in school.
- ☀️ **Serving** as a chaperone during a school trip or assisting in the classroom.
- 👉 **Visiting** incarcerated youth. Many young men and women in juvenile correctional centers do not get visitors. Consider volunteering at a facility.
- ✓ **Assisting** at a food bank or shelter.
- 👪 **Helping** with children's programs while parents participate in a parent education or support group.

Volunteers not only have a positive impact on communities. Research shows that volunteers tend to live longer and have lower bouts of depression and better health.



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1-800-552-7096 Virginia Child Abuse Hotline (language line available)
800-Children (800-244-5373) Parent Helpline