

NATIONAL VOLUNTEER WEEK

National Volunteer Week is April 16 – 22, 2023 and it's an opportunity to recognize and thank volunteers who lend their time, talent, voice, and resources to meet the needs of our communities. Volunteering is very rewarding as it provides professional, social, and personal benefits. Regardless of your age, volunteering can help support the development of skills such as leadership, teamwork, problem-solving, communication, and creativity. Volunteerism can also bring people closer together as it allows likeminded people from a variety of backgrounds and generations to form meaningful connections. Finally, volunteering teaches impactful lessons, which gives individuals the opportunity to learn about themselves and explore their interests.

There are many rewarding volunteer opportunities in your community. Here are a few tips on how to find a great volunteer opportunity!

1. **What are you passionate about?** – Do you feel strongly about a particular problem or issue? Animals, helping children, seniors? Identifying those things can be the start of a great volunteer experience.
2. **Check your calendar** – How much time do you have to give? Do you want something short and infrequent? Or could you give a certain amount of time each week or month? Fortunately, there are volunteer opportunities to fit any schedule.
3. **Connect with relevant organizations** – Look up organizations in your community that deal with the issues you care about. Contact them and visit them in person. Talk with their volunteer coordinator.
4. **Look for a volunteer opportunity that will be fulfilling** – Volunteer work should not be entirely selfless. It's important you enjoy what you are doing so that you will continue doing it.
5. **Match your skills to the volunteer opportunity** – Make a list of the things you are good at and share them with the organizations you talk to. The better match you are to the volunteer job, the happier you will be.

Volunteer opportunities are everywhere – at local hospitals, schools, and religious and non-profit organizations. Most organizations have a variety of positions available, something to suit a range of skills, interests, and time requirements. Volunteering is more than just a feel-good activity; it contributes to improved outcomes for volunteers and their communities. In conclusion, everyone benefits when we encourage altruistic behaviours in our communities!

To find out more about volunteering opportunities at FCSS, contact Cindy Lauwen at (403) 915-7063.

Visit www.fcss.ca for more information.

Submitted by:

Cindy Lauwen

Volunteer Services Coordinator



SERVING:

Barnwell | Barons | Coaldale | Coalhurst | Lethbridge County | County of Warner | Coutts | Milk River
M.D. of Taber | Nobleford | Picture Butte | Raymond | Stirling | Taber | Vauxhall | Warner