

NATIONAL VOLUNTEER WEEK

National Volunteer Week is April 15 – 19, 2024 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 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 like-minded people from a variety of backgrounds and generations to form meaningful connections.

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 is a great start before volunteering.
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.
4. **Look for a volunteer opportunity that will be fulfilling** – It's important that you enjoy your volunteer opportunity, so you will be motivated to 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, religious and non-profit organizations, and even at your local FCSS! FCSS has many volunteering opportunities across the region that may spark your interest. For example, FCSS is currently recruiting volunteers to help with the Community Volunteer Income Tax Program and early childhood programs. FCSS also provides a volunteering program for youth ages 11-18 known as the Youth DO Crew.

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