

Pathways to Care Series:

Value of Volunteering



Life is short.
Do stuff that matters.

Volunteering can help you make friends, learn new skills, advance your career, and even feel happier and healthier. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. The smallest acts of kindness can make a big difference to the lives of people, animals, and organizations in need.

There are numerous volunteer opportunities available. The key is to find a role that you will enjoy and fits with your schedule.



79% of Canadians

In 2018, over 24 million people over the age of 15 volunteered, accounting for 79% of Canadians.



Canadians gave 5 billion hours in 2018 = 2.5 million full time jobs.

More hours were given to hospitals and religious organizations.

Benefits of volunteering

- increases self-confidence and gives you purpose.
- develop skills, gain experience, make new contacts and may lead to employment.
- connects you to others, opportunity to make friends and help settle into new community.



Ways to Volunteer

- **Virtual** - graphic design, business or marketing strategic plan creation, photography, translation, editing or proofreading of documents.
- **As a family** - serving food at a food bank, dropping off warm clothes during the holidays, planting a community garden, shoveling snow for neighbours.
- **Micro-volunteering** - a short time commitment, quick projects, primarily done on your own and contributes to a larger project.
- **In person** - walking a dog at the SPCA, shelving books at the library, share your musical talents by playing at a senior care home, giving time to the MFRC, places of worship, sports teams, tutoring, festivals, crisis line worker or Meals on Wheels.

Where to find volunteer opportunities:
www.connectfredericton.ca
www.oromocto.ca
or
contact an organization that interests you



Did you know...
working with pets and other animals has been shown to improve mood and reduce stress and anxiety.

Sources: Volunteer Canada and www.helpguide.org

On the path to living healthier.
Together.

