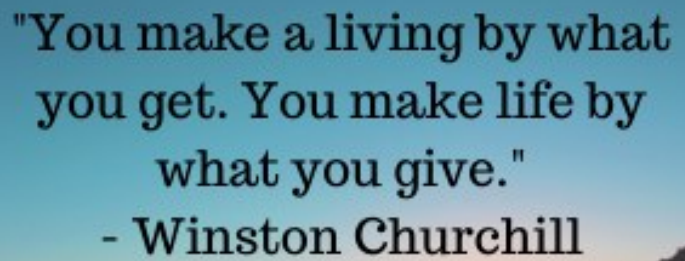


Why Volunteer



"You make a living by what you get. You make life by what you give."
- Winston Churchill

Volunteering means giving your time and abilities to aid others without the want of financial compensation. Volunteering your time, skills, and resources is one of the most powerful ways to make a difference, to help others, and as it turns out, also enhances your wellbeing.

Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. You are doing good for others and the community, which provides a natural sense of accomplishment.

Great Reasons to Volunteer

- Can provide many benefits to both your mental & physical health
- Helps counteract the effects of stress, anger, & anxiety
- Combats depression
- Makes you happy
- Increases self-confidence
- Provides a sense of purpose
- Help others
- Make a difference
- Find purpose
- Enjoy a meaningful conversation
- Connect with your community
- Feel involved
- Contribute to a cause that you care about
- Use your skills in a productive way

Check out all the great "Volunteer" Opportunities we have at Roadhaven!

Momma always said..."Many hands make light work!"