

Take action today
and support the
causes you care about.

Visit CaliforniaVolunteers.org
to find volunteer opportunities near you.

These materials are also available in
alternative formats by request.



Everyone
Can Answer the Call to Serve

 CaliforniaVolunteers.org

 [CaliforniaVolunteers](http://CaliforniaVolunteers.org)

 We Serve

“As Gandhi once said, ‘you can be the change you want to see in the world,’ simply by serving others. Imagine the possibilities of what we can accomplish if all 38 million Californians volunteered their time to give back and improve the lives of others.”

— California First Lady Maria Shriver

“California’s greatest natural resources are its people.”

— California First Lady Maria Shriver

Get Involved

Are you ready to be part of something BIG? Then volunteer! Helping others brings a smile to your face and those you help, and simply feels good. When you share your time and passion, you also help address important needs in your community and California.

Never let anything get in the way of what you can give. Right now there is a new opportunity just waiting for you. By joining others, you can be a part of the volunteer movement and help make positive changes through your actions!

Not sure where to start? Here are just a few ideas on how and why you should volunteer today. By volunteering, you'll:

- 1) Set yourself free!** By volunteering, you can practice solving problems and become more independent. These skills will do wonders in your path to success.
- 2) Get to know someone new.** Sure you meet people as part of your day-to-day routine. Volunteering is different. By spending time working closely with others, you build deeper, more meaningful connections. They can lead to lasting friendships with people from all walks of life. You'll be opening doors for yourself while opening doors for others.
- 3) Tap into your unique talents.** We all have our own interests and gifts to share. Do you love music? Teach children to play the piano or sing. Enjoy animals? Offer to give love and care to pets in local shelters. The opportunities are endless!

- 4) Be proud of the goals you set and achieve.** Every accomplishment is a milestone worth celebrating with your family, friends and fellow volunteers.
- 5) Gain support from others.** You'll be surrounded by staff and other volunteers who will be there for you every step of the way, offering advice, encouragement and acceptance. And who knows – you could even teach those you volunteer with something new along the way.
- 6) Gain new skills.** Learn a new computer program or help organize a large project for the first time. Every moment is a learning opportunity that you can use down the road – at home, during a job interview, even with family and friends.
- 7) Give yourself the gift of better health.** Simply put, volunteering does your body good. It can help you live longer, help your heart and lessen the chance of depression later in life.
- 8) Give time, which is as good as gold.** Every hour you volunteer provides about \$20.25 in value to the organization you are helping. Just 10 hours a month, can add up to nearly \$2,500 a year!
- 9) Make your neighborhood a better place!** Help beautify public areas by picking up litter or painting over graffiti. Or, lead visitors on a tour of your favorite local sites – it could be a garden, museum or even a historic building. Every small action adds up and makes a world of difference for people you know and even those you've never met.
- 10) Give yourself a boost!** Volunteering can give you confidence and better self-esteem. Getting recognition for a job well-done lifts you up just as much as it lifts others. Not to mention, you'll have the time of your life!