



Why Volunteer?

1. **Volunteering is good for your health.** Canadians experience improved overall health when they volunteer. Studies have shown it lowers stress, relieves depression, improves social connection, and enhances overall quality of life
2. **You can help your community thrive.** More than half of Canada's 161,000 non-profits and charitable organizations have no paid staff and rely solely on volunteers.
3. **Gain experience.** Develop new skills and competencies. It's a great way to explore your interests and passion while meeting people in the field.
4. **Volunteering is fun.** It provides a sense of purpose and is very rewarding when you find something you are interested in.

Getting started!

1. Choose something you are passionate about.
2. Find a cause that matches your skills, interests and schedule.
3. Start with your local Volunteer Center. North Shore Community Resources is a single stop resource. Search our website www.nscr.ca to explore opportunities in the community. You can also check out our Youth Volunteer Directory for ages 12-19.
4. Set up an appointment with an interviewer at NSCR to find the right fit for you. Call 604 985 7138 and we can start the process.

What you should know!

1. It may take time to get started. Some positions have a screening process that will include reference and criminal record checks. This is to protect both the volunteer and the agency involved.
2. Volunteering is a privilege. It is important to be reliable and professional. A lot of opportunities may come out of volunteering.
3. There are endless flexible opportunities that allow you to volunteer as much or as little as you want.
4. Most Volunteers feel they get more than they give. The rewards are endless!

