

## VOLUNTEERING WHAT'S IN IT FOR ME?



February 2014



Most people volunteer as a way to make change and give back to the causes they feel strongly about. They selflessly give of their time, not expecting anything in return. These are the champions that make-up our society.

But how does volunteering benefit that person? Let's take a look at just 3 major benefits to volunteering.

**\* Volunteering keeps you physically healthy**

Studies have shown that those who volunteer have a lower mortality rate than those who do not. Volunteering lowers the issue of chronic pain, and heart disease—Volunteering is good for the HEART!

**\* Volunteering lowers your risk for depression**

Social isolation is a key factor for depression, especially in the winter. Volunteering keeps you in contact with others on a regular basis, and helps you to maintain a solid support system—Volunteering makes you SMILE!

**\* Volunteering helps to increase your self-confidence**

Volunteering can provide you with a healthy boost of self-esteem, confidence and an overall feeling of satisfaction. Doing good for others, gives one a natural sense of accomplishment which can lead to more fulfilling experiences in other areas of your life—Volunteering gives you PRIDE!

**Change your life! Become a Volunteer Today!**

**Volunteers needed for:**

Early Years Programs

After School and Sports Programs

Tutoring and Mentorship

If you would like to volunteer, contact the Volunteer Coordinator at [volunteer@esbgc.org](mailto:volunteer@esbgc.org), or call 416-281-0262 x 219.



Boys & Girls Club  
of East Scarborough