

CareNet Counseling | Volunteer

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Volunteering: Good for the mind and body

Volunteering increases self-confidence

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. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering combats depression

Reducing the risk of depression is another important benefit of volunteering. A key risk factor for depression is social isolation. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against stress and depression when you're going through challenging times.

Volunteering helps you stay physically healthy

Volunteering is good for your health at any age, but it's especially beneficial in older adults. Studies have found that those who volunteer have a lower mortality rate than those who do not, even when considering factors like the health of the participants. Volunteering has also been shown to lessen symptoms of chronic pain or heart disease. This is our guarantee that assistance will always be available to our partnership church members. Members of Partnership Churches will receive "first call" when Partnership Church members call for a first time appointment.

How To Volunteer

____ / ____ / 20____

Just mark each volunteer method you'd prefer, or write in your own volunteering method. We will try and pair you with the task or operations that best suit you and your strengths.

____ **Special Events (working and promoting events, includes handing flyers, and public interaction)**

____ **Phones (answering and making phone calls)**

____ **Clerical Support (filing paperwork, and secretarial type work)**

____ **Planning/Organizing (planning and organizing events, meetings, and general day to day operations)**

____ **Other:** _____

full name: _____

contact #: _____

contact email: _____

Strengths I Can Offer:

Thank You!