

Making Volunteer Connections

Volunteering benefits more than the community. Research shows the volunteer benefits as well.

Volunteering can be a great way to make a positive difference in your community. Did you know that volunteering is good for the volunteer as well? Volunteering can bring you many benefits, including:

- Increased overall happiness
- Reduced stress
- Improved physical health
- Learning new skills
- Finding a sense of purpose

In addition, volunteering can help you meet new people who support the same causes or issues you do, and provide opportunities to get to know them in a low-key manner. To find virtual or in-person volunteer opportunities based on your interests and location, visit [VolunteerMatch](https://www.volunteermatch.org).