

APRIL IS NATIONAL VOLUNTEER MONTH



April is National Volunteer Month!

Many may not know, but April is National Volunteer Month! Volunteering is a great way to get connected within your community, develop social skills, fulfilling a sense of purpose, and improve your job readiness skills. In the coming sections, we will take a deeper dive at the benefits of volunteer, as well as volunteer opportunities within your local community!

Developing Social Skills

Volunteering allows you to meet people from diverse backgrounds, expanding your social circle and fostering new friendships. Many volunteers connect with individuals who share similar interests, passions, or professional goals, which could lead to career opportunities or partnerships.



Sense of Purpose

Volunteering can provide a deep sense of meaning and fulfillment, knowing that you're contributing to something larger than yourself. This sense of fulfillment comes from knowing that one's efforts are helping to improve the lives of others and addressing important social issues. Volunteering is beneficial to the community by addressing local needs, promoting social change, and fostering a spirit of collaboration and support among residents.

Job Readiness Skills

Volunteering provides opportunities to develop key job readiness skills, such as communication, teamwork, and problem-solving, by working in diverse settings with people from different backgrounds. It also allows individuals to gain hands-on experience in leadership, time management, and project coordination, which are highly valued by employers. Through volunteering, individuals can build a professional network, improve their

Volunteer Opportunities

Here are a list of volunteer opportunities within the local area:

- Tristate Food Bank
- Evansville Christian Life Center
- YMCA
- Local churches
- Salvation Army
- Vanderburgh Humane Society
- Warrick Humane Society
- St. Vincent Hospital
- Deaconess Hospital
- Evansville Rescue Mission



Follow us on Facebook for more information on mental health topics.

If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.