

Volunteering

Being active and giving back to your community is a great way to stay involved in current events and help others in your community! Get your friends involved and even make new friends all while helping others.

1: Volunteer!

- How to find local opportunities? Join volunteer walks for a great cause such as Relay for Life.
- Reach out to local hospitals, religious centers, local newspapers and schools – there are always areas where volunteer help is needed and you can be that person!

2: Join community groups or make your own.

- Find a community group that fits your interests – you can help organize events such as fundraisers, clean-up crews, pot luck meals, festivals and much more.
- Can't find a group or association that you think you would enjoy? Create your own!
 - Gather friends and family and start a community group that can help raise money for local churches or schools.

3: Host a food drive or donate your unused items.

- Get your friends together and participate in food drives at your school or work to help support your local food shelf.
- Going through your closet? Donate the clothes you don't wear anymore to the Salvation Army or Goodwill!



4: Volunteer with Special Olympics!

- You're already an athlete for Special Olympics, now help Special Olympics just as they've helped you!
- Make sure you've completed Athletes as Volunteers and you're set to go!
- Contact your local Special Olympics office for more information about Athletes as Volunteers.

Volunteering doesn't have to be a chore that you should do. Bring your friends and family together and help give back to your community in a fun way! Volunteering and supporting your community can help build friendships and relationships as well as create new ones.

Activity Options:

- Have a discussion on what team members currently do to volunteer– share positive experiences they've had through volunteering.
- How can your team give back to your local community together?

