

# United Way of Greater New Haven

## 10 over 10 for Change in Our Community

### 10 Reasons to Volunteer

10. **It's good for you!** Volunteering provides physical and mental rewards including reducing stress and depression, as well as strengthening the immune system.
9. **It saves resources.** Volunteering provides valuable community services so more money can be spent on local improvements. The estimated value of a volunteer's time is \$20.25 per hour.
8. **Volunteers gain professional experience.** Internships are a great way to gain professional experience and improve skills as you test out a career.
7. **It brings people together.** As a volunteer, you have the opportunity to work with a diverse group of people, as well as other volunteers who share the same interests and passions as you. Plus, it is a great way to team build with co-workers, and spend quality time with friends and family.
6. **It promotes personal growth and self esteem.** Understanding community needs helps foster empathy and self-efficacy.
5. **Volunteering strengthens your community.** As a volunteer you help support families, improve schools, help the sick and elderly, support youth, and beautify the community (beach and park cleanups)
4. **You learn a lot.** Volunteers learn things about their own hidden talents and interests, as well as gain knowledge of local resources available to solve community needs.
3. **You get a chance to give back.** People like to support community resources that they use themselves or that benefit people they care about.
2. **Volunteering encourages civic responsibility.** Community service and volunteerism are an investment in our community and the people who live in it.
1. **You make a difference.** Every person counts! If 1,000 people gave 10 hours over 10 weeks, we would see 10,000 hours of community change.

For more information visit: [www.uwgnh.org/volunteer](http://www.uwgnh.org/volunteer)

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GIVE 10 HOURS  
OVER 10 WEEKS**

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**GET 10,000  
HOURS OF CHANGE  
IN OUR COMMUNITY.**

**AUGUST 1 - OCTOBER 10, 2009**

**GIVE. ADVOCATE. VOLUNTEER.  
LIVE UNITED** 