DONATE YOUR TIME
Donating your time is one of the best things you can do to help! If you can consistently schedule a few hours a week or month, you’ll be much more likely to stick with it and you’ll notice growth during your time volunteering. Who doesn’t like a routine?

DONATE SAFELY
If you have the opportunity to help out at a local organization in-person, first assess the risk. Some organizations require a negative COVID test before arriving. Wear a mask, social distance, and keep your hands clean. Get all the details about the safety precautions in place before you go - your health comes first!

DONATE MATERIALS
Organizations are always looking for materials that can help them. Check out your local nonprofits to find out what they need the most. If donating to a food bank, try to donate after the holidays, when the influx of donations has died down and they’re again in need. Monetary donations are always needed!

DONATE YOUR SKILLS
When you pick a volunteer opportunity that aligns with your skills and interests, everyone wins! The organization will appreciate your knowledge and enthusiasm, and you can get experience in your field. If at first you can’t find something relevant to you, check out an online database and search by subject or project!

EVEN VIRTUALLY, VOLUNTEERING MATTERS
Pat yourself on the back if you’ve made an effort to volunteer and stay involved during the pandemic. Now more than ever, your endeavours matter.

WANT TO SEE VIRTUAL OPPORTUNITIES?
Check out our compiled database or Catchafire’s database.
Sign up for the listerv!
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