



Tipsheet: Choosing a Volunteer Project

- 1. Research causes that are important to you.**
Whether it's a specific health concern, education for children or a house that needs painting in your neighborhood, find out what cause is closest to your heart and make a difference.
- 2. Consider the skills you have to offer.**
Would you like to write an agency's newsletter? Or would you rather build a house? Find something you enjoy doing and enhance your skills through volunteering.
- 3. Learn something new.**
Volunteering can also teach you valuable new skills that you can use in other parts of your life. For example, learning how to handle crisis calls may help you communicate better.
- 4. Don't over-commit your schedule.**
Stick to a volunteering schedule that makes sense for you and leaves you time to enjoy the activity.
- 5. Consider volunteering as a family.**
Group volunteering is a wonderful way to bond with your family or co-workers. Not only will you create lasting memories, but you will help someone in need.

Resources:

- United Way [Caring Connection](#) matches people to volunteer projects with United Way community partners across the nine-county metro area. Through their Web-based system, Caring Connection has hundreds of opportunities to choose from, so you can volunteer where you live or work. They can also customize projects to match your group's interest, size and schedule.