



Resolve to Volunteer!

We Can Help You Meet Your New Year's Resolutions

As the New Year begins, many of us will be making New Year's Resolutions... to strengthen our relationships, meet new people, learn new skills, improve our health, and give back to the community. The City of Bloomington Volunteer Network can help you meet these goals!

Did You Know?

- **Volunteering can help improve your health.** According to a study by the Corporation for National and Community Service, volunteers have greater longevity, lower rates of depression and less incidence of heart disease than those who don't volunteer.
- **Volunteering can help strengthen your relationships.** By volunteering with your family or friends, you can spend quality time together and create meaningful shared experiences (and it doesn't cost anything). The Volunteer Network lists many opportunities that are appropriate for families with children.
- **Volunteering is a great way to meet new people.** Whether you are new to the area or have lived in the community for years, volunteering is a great way to expand your social network and meet others who share common interests.
- **Volunteering is a great way to learn new skills and test out possible career paths.** Interested in teaching but not sure if you want to return to school? Help out in a classroom and learn the ropes. Volunteering gives you a chance to sharpen your existing skills or learn new ones.
- **Volunteering helps our community.** The needs of our neighbors and community are growing by the day, and many local nonprofits are struggling to serve everyone. You can help address those needs.

Take the Next Step:

The Volunteer Network makes it easy to volunteer throughout the year. Through our online, interactive database of over 200 volunteer opportunities, you're sure to find a volunteer opportunity that works for you. It's easy to get started:

Step 1: Create Your Profile

Visit www.BloomingtonVolunteerNetwork.org and create an account. Once you've registered, you express interest or sign up for opportunities online.

Step 2: Choose an Opportunity

Check out our monthly [opportunity calendar](#) or search our [online database](#) to find the volunteer opportunity that works for you; your passions, your skills, your schedule. Sign up to get updates [via email](#) or on our facebook page (www.facebook.com/VolunteerNetwork) of new opportunities every week! See details at www.BloomingtonVolunteerNetwork.org.

Step 3: Make a Difference

Once you've found the right opportunity, make contact! In just a few short minutes you will be on your way to making a difference in someone else's life...and your own!

City of Bloomington Volunteer Network

City Hall • 401 N. Morton St., Suite 260, Bloomington, IN 47404 • www.bloomington.in.gov/volunteer

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