

# Community Service: Top 10 Reasons to Volunteer

(See below for volunteer opportunities in South Florida)

## #10: It's good for you.

Volunteering provides physical and mental rewards. It:

- **Reduces stress:** Experts report that when you focus on someone other than yourself, it interrupts usual tension-producing patterns.
- **Makes you healthier:** Moods and emotions, like optimism, joy, and control over one's fate, strengthen 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 in California is \$26.87 per hour based on the [Corporation for National & Community Service](#).

## #8: Volunteers gain professional experience.

You can test out a career.

## #7: It brings people together.

As a volunteer you assist in:

- Uniting people from diverse backgrounds to work toward a common goal
- Building camaraderie and teamwork

## #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 (daycare and eldercare)
- Improve schools (tutoring, literacy)
- Support youth (mentoring and after-school programs)
- Beautify the community (beach and park cleanups)

#4: You learn a lot.

Volunteers learn things like these:

- **Self:** Volunteers discover hidden talents that may change your view on your self worth.
- **Government:** Through working with local non-profit agencies, volunteers learn about the functions and operation of our government.
- **Community:** Volunteers 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!

# Resources for volunteer opportunities in South Florida

## 1. South Florida Volunteer Guide 2016 - Sun Sentinel

[www.sun-sentinel.com/features/society/sfl-south-florida-volunteer...](http://www.sun-sentinel.com/features/society/sfl-south-florida-volunteer...)

**South Florida Volunteer Guide 2016** By Elissa Rosen and Yiran Zhu Presented by You don't ... Here is a list of various **volunteer opportunities** available in your ...

## 2. Volunteer – Volunteer Florida

<https://www.volunteerflorida.org/volunteer>

To find **volunteer** centers across the state of **Florida** navigate your county using the map ... Use the search form below to find **volunteer opportunities** in your area.

## 3. Volunteer Opportunities - South Florida State College

[www.southflorida.edu/community/volunteer-opportunities](http://www.southflorida.edu/community/volunteer-opportunities)

**Volunteer Opportunities; Volunteer Opportunities** . Pages. RSVP. Health Benefits of **Volunteering**; ... © 2015 **South Florida State College**. Trustees; Accreditation ...

## 4. Volunteer Opportunities - American Red Cross

[www.redcross.org/local/florida/south-florida/volunteer](http://www.redcross.org/local/florida/south-florida/volunteer)

**Volunteer Opportunities** ... the **American Red Cross** helps people in ... **South Florida** Region volunteers can ...

## 5. Volunteer 4KIDS - 4KIDS of South Florida, Inc.

[www.4kidsofsfl.org/4KIDSVolunteer](http://www.4kidsofsfl.org/4KIDSVolunteer)

**Volunteering AT 4KIDS** ... Being a 4KIDS **volunteer** is a tangible way to provide hope to kids. ... 4KIDS of **South Florida**. Broward: ...

## 6. Volunteer & Internships – South Florida Wildlife Center

[www.southfloridawildlifecenter.org/how-you-can-help/volunteers-interns](http://www.southfloridawildlifecenter.org/how-you-can-help/volunteers-interns)

**Volunteer & Internships**. ... If you are interested in learning more about **opportunities to volunteer** at the ... The **South Florida Wildlife Center** is registered as ...

## 7. Volunteer - Feeding South Florida

[feedingsouthflorida.org/ways-to-help/volunteer](http://feedingsouthflorida.org/ways-to-help/volunteer)

Feeding **South Florida** appreciates your desire to help us change lives one meal at a time. ... **ADDITIONAL VOLUNTEER OPPORTUNITIES**. Interested in learning more?

## 8. Volunteer: Gilda's Club South Florida Cancer Support Group

[gildasclubsouthflorida.org/get\\_involved\\_volunteer](http://gildasclubsouthflorida.org/get_involved_volunteer)

You can support Gilda's Club **South Florida** by **volunteering** your time, ... please review our current **Volunteer Opportunities** to see what might be a good fit for you.

## 9. Volunteer Opportunities Calendar - HandsOn Broward

[www.handsonbroward.org/HOC\\_Volunteer\\_Opportunity\\_Calendar\\_Page](http://www.handsonbroward.org/HOC_Volunteer_Opportunity_Calendar_Page)

**Volunteer Opportunities** Calendar. ... 8:00 AM Feeding **South Florida** Food Distribution ... **HandsOn Broward**, ...

## Florida Volunteer Opportunities

[www.volunteermatch.org/search/?l=FL](http://www.volunteermatch.org/search/?l=FL)

**Volunteer Opportunities** in **Florida**. Sign In · Register · · · support ... We've found 3485 **volunteer opportunities** near **Florida** We've found 3485 virtual ...

## Volunteer Opportunities - HandsOn Broward

[www.handsonbroward.org/HOC\\_Volunteer\\_Opportunity\\_Search\\_Page](http://www.handsonbroward.org/HOC_Volunteer_Opportunity_Search_Page)

**Volunteer Opportunities** | Search Results: **COLOR KEY: Volunteer Opportunities**; Trainings & Other Activities; ...

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## Volunteer Opportunities - Miami-Dade County

[www.miamidade.gov/parks/volunteer-opportunities.asp](http://www.miamidade.gov/parks/volunteer-opportunities.asp)

**Volunteer Opportunities.** ... The Golf Division offers **volunteering opportunities** at the golf courses as starters ... UCAF South Florida Dragon Boat Festival Marine ...

## Volunteer Opportunities | Florida State Parks

<https://www.floridastateparks.org/get-involved/volunteer>

**Volunteer Opportunities.** ... Parks in north **Florida** are more likely than **south Florida** parks to have campground host **volunteer** ... Annual **volunteer** recognition ...

### 1. City of Fort Lauderdale, FL : Neighbor Volunteer Office

[fortlauderdale.gov/volunteer](http://fortlauderdale.gov/volunteer)

**Volunteer Opportunities;** Green Your Routine by learning about recycling options in the City of **Fort Lauderdale!** Business. ... **Volunteering...**

### 2. Volunteer Positions and Job Opportunities Fort Lauderdale ...

[www.bonnethouse.org/opportunities](http://www.bonnethouse.org/opportunities)

**Volunteer Positions and Job Opportunities** in ... us as a **volunteer** or staff member at **Bonnet House** ... **opportunities** at the **Bonnet House** in **Fort Lauderdale,**

### 3. Broward County Volunteer Opportunities

[www.broward.org](http://www.broward.org) › **Broward County**

**Broward County Volunteer Opportunities** Animal Care and ... and last contact for millions of guests as they travel through **Broward County's Fort Lauderdale** ...

### 4. HandsOn Broward

[www.handsonbroward.org](http://www.handsonbroward.org)

Thanks for searching for **volunteer opportunities** with **Volunteer** ... **HandsOn Broward** offers a Flexible **Volunteering** Model that makes ... **Fort Lauderdale,** ...

### 5. Volunteer Opportunities Calendar - HandsOn Broward

[www.handsonbroward.org/HOC\\_Volunteer\\_Opportunity\\_Calendar\\_Page](http://www.handsonbroward.org/HOC_Volunteer_Opportunity_Calendar_Page)

**Volunteer Opportunities** Calendar. ... 7:00 AM **Fort Lauderdale** Beach Sweep with Kids Ecology Corps ... **HandsOn Broward,** ...

### 6. Fort Lauderdale, FL Nonprofits and Charities - Volunteer ...

[greatnonprofits.org/city/fort-lauderdale/FL](http://greatnonprofits.org/city/fort-lauderdale/FL)

... and review **Fort Lauderdale** charities, nonprofits and **volunteering** and donation **opportunities.** Want to donate or **volunteer?** ... **Fort Lauderdale** Nonprofits and ...

### 7. Volunteer Opportunities | Broward Health

<https://app.browardhealth.org/volunteer>

**Volunteer Opportunities.** Volunteers Make a Difference! ... at Broward Health Medical Center located at 1600 S. Andrews Avenue **Fort Lauderdale,** FL 33316. ...

### 8. City of Fort Lauderdale, FL : Volunteer Opportunities

[fortlauderdale.gov/.../volunteer-opportunities](http://fortlauderdale.gov/.../volunteer-opportunities)

Green Your Routine by learning about recycling options in the City of **Fort Lauderdale** ... **Volunteer Office.** **Volunteer Opportunities.** ... **volunteer opportunities** ...

### 9. Be a Volunteer | Miami & Fort Lauderdale | American Red Cross

[www.redcross.org/local/florida/south-florida/volunteer](http://www.redcross.org/local/florida/south-florida/volunteer)

**Volunteer Opportunities** ... the **American Red Cross** helps people in ... **Fort Lauderdale,** FL ...