

Make a difference starting now



Do you wish you could give some time to make a difference in your community? Here are some places where help is often needed:

- **Your local library.** Many libraries offer enrichment programs for children and adults. You may be able to use your organizational or creative skills to assist.
- **Schools.** Schools often need volunteers. You may be asked to go along on field trips, make copies in the office or supervise the playground at recess, for example. Call your local schools to learn more.
- **Hospitals.** Hospitals offer many volunteer jobs. You can even get involved in a patient pet therapy program if you have an outgoing pet and time to go through some training.
- **Older adult centers.** You might help serve meals, run games or even entertain. You can also deliver for Meals on Wheels – a national program that provides healthy meals to homebound seniors daily. It's a lifeline for many elders.

- **Programs for children.** Big Brothers and Big Sisters lets you make a real difference to local children. Court Appointed Special Advocates (CASA) can train you to mentor a child who has been abused or neglected.
- **Local government.** Don't want to be the next mayor of your city? You can still attend town meetings to learn about local projects, meet people and have a voice where you live.
- **Support a neighbor.** If you have a neighbor who's elderly, disabled or is a new parent, you can bring a meal over, run some errands or just visit. All you need to do is reach out and offer help.

Once you start thinking about it, there are many ways you can really make a difference!

The EAP is administered by Resources For Living, LLC.

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