

**VOLUNTEER LAUREL!**

## **MISSION STATEMENT**

*"Creating and sharing opportunities for community investment in our City, so we can welcome volunteers in a variety of roles, including, but not limited to, activities that directly support City staff, local non-profits and area services, as we tap into volunteer's skills, experiences, talents and enthusiasm."*

**Building a better community  
relies on us all to step up!**

**TOGETHER WE CAN!**



## **GET INVOLVED TODAY! CONTACT US:**



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8103 Sandy Spring Road  
Laurel, MD 20707



[www.CityofLaurel.org/volunteering](http://www.CityofLaurel.org/volunteering)

*If it's just community service hours you need as a student or want a long term opportunity like sitting on a Board of Commission - WE NEED YOU!*



**Volunteer  
Laurel!**  
Lifting UP  
Community

# WHY VOLUNTEER?

From lowering stress to boosting self-confidence, research has shown that volunteering offers many health benefits:

- 1. Volunteering helps people stay physically and mentally active.** Volunteer activities get you moving and thinking at the same time.
- 2. Volunteering gives a sense of purpose and teaches valuable skills.** Volunteers are the back bone of non-profits and the work that they provide is essential to everyday processes, which gives volunteers a sense of purpose.
- 3. Volunteering helps you meet others and develop new relationships.** One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity together. Volunteering is a great way to meet new people who share common interests with you.
- 4. Volunteering helps you cultivate a feeling of gratitude.** This social emotion isn't always the easiest to express due to inherent vulnerability, but it can strengthen relationships with those closest to you. Volunteering allows you to take a step back to look at the bigger picture and learn it's the little things that can make the biggest difference.

## VOLUNTEER OPPORTUNITIES: WORKING WITH THE COMMUNITY



### CITY BOARDS, COMMITTEES AND COMMISSIONS

The City has a strong emphasis on keeping Laurel a wonderful place to live, work and play and entities like Laurel's Board of Appeals or the Historic District Commission may be where you can excel!



### LOCAL ORGANIZATIONS

Whether it is a local church like Living Hope that helps feed our neighbors in need or Laurel Mill Playhouse that entertains our neighbors, there is an organization that needs your help!



### LOCAL NON-PROFITS

We have many non-profits in Laurel that work to build a better community for those in need. (Laurel Advocacy and Referral Services, Inc., FISH of Laurel, Inc. Fidos for Freedom and more!)

### 5. Volunteering helps you learn new skills.

Whether you are learning about the proper maintenance of a national park or what types of plastics to look out for during a river clean-up, learning new skills promotes critical thinking and keeps your mind young.

### 6. Volunteering teaches you how to be more empathetic and caring towards others.

Empathy is what inspires us to offer support to those who are the most in need or vulnerable, such as helping an abandoned dog sleeping in the cold. Volunteer work is a field run by compassion. By helping others, you are directly participating in creating a more kind, fair, and empathetic environment for a healthy society.

AND, volunteering brings community together for a great cause - helping others!

