BEWELL ENGAGEMENT: COMMIT TO COMMUNITY

Benefits of Service

- Increased sense of purpose and social connection
- Improved mental and emotional well-being
- An enhanced sense of giving back
- Experiential learning

Types of Service

- Direct service is important (examples include working in a food kitchen or picking up garbage)
- Community service can cover a much larger range of activities, allowing individuals to create bonds while giving back to the community.

Service and You

- Service can provide a way for you to identify your talents
- Service allows you to be creative and connect with others:
  - Creating care-packages for service workers, veterans, hospital patients, etc.
  - Creating cards or drawings for service workers, veterans, hospital patients, etc.
  - Baking for the homeless, service workers, veterans, hospital patients, etc.
  - Collecting items for Foster Centers, schools, people in need, etc.

Getting Started

Determine where you would like to spend your time and energy by completing the form below:

CIRCLE CAUSES YOU CARE ABOUT:

<table>
<thead>
<tr>
<th>Literacy</th>
<th>Poverty</th>
<th>Arts</th>
<th>Mental</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community</td>
<td>Animals</td>
<td>Security</td>
<td>Children</td>
</tr>
<tr>
<td>Food Security</td>
<td>Homeless</td>
<td>Seniors</td>
<td>Environment</td>
</tr>
<tr>
<td>Armed Forces</td>
<td>Social Justice</td>
<td>Health Care</td>
<td>Other:</td>
</tr>
</tbody>
</table>
**CIRCLE YOUR SKILLS AND TALENTS:**

<table>
<thead>
<tr>
<th>Finance</th>
<th>Editor</th>
<th>Writing</th>
<th>Massage</th>
<th>Music</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education</td>
<td>Artist</td>
<td>Hospitality</td>
<td>Carpenter</td>
<td>Research</td>
</tr>
<tr>
<td>Travel</td>
<td>Chef</td>
<td>Marketing</td>
<td>Engineering</td>
<td>Moderator</td>
</tr>
<tr>
<td>Sports</td>
<td>Sewing</td>
<td>Actor/Drama</td>
<td>Nutritionist</td>
<td>Design Thinking</td>
</tr>
<tr>
<td>Excel</td>
<td>Baking</td>
<td>Fundraising</td>
<td>Grant Writing</td>
<td>Administration</td>
</tr>
<tr>
<td>Fashion</td>
<td>Dancer</td>
<td>Photography</td>
<td>Technology (IT)</td>
<td>Conflict Resolution</td>
</tr>
<tr>
<td>Science</td>
<td>Politics</td>
<td>Organization</td>
<td>Graphic Design</td>
<td></td>
</tr>
<tr>
<td>Other:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**LIST YOUR TOP PASSIONS:**

1. )

2. )

3. )

4. )

**LIST YOUR TOP SKILLS & TALENTS:**

1. )

2. )

3. )

4. )

**WHAT WILL YOU DO TO COMMIT TO YOUR COMMUNITY?**

______________________________________________________________________________________

______________________________________________________________________________________

**VOLUNTEER:**

- One-time
- Ongoing/remotely
- Ongoing/on-site
- Weekly
- Monthly
- Other:

**Resources**

Visit the websites below to connect with opportunities in your area. These sites offer a variety of resources and ideas for direct service, skill-based service, group service, teaching, leadership and scholarships:

- **Hands on Bay Area:** opportunities for children including resources, camps and even scholarships

- **generationOn** equips and mobilizes millions of children to take action that is changing the world, where we all make a difference and participate in creating a healthy community and society. This site offers opportunities for individuals, children and work groups both in-person and remotely.

- **All for Good** is a digital hub for volunteerism and community engagement by simply entering you zip code. This site offers opportunities for individuals in-person/remotely, workgroups and children.
• **Doing Good Together** sends monthly opportunities in your area, listings and blog. Check out the dropdown options to see all the amazing suggestions and resources. This site offers opportunities for individuals and children in-person and remotely.

<table>
<thead>
<tr>
<th>WEBSITES (SEARCH BY ZIP CODE)</th>
<th>INDIVIDUAL</th>
<th>SKILL-BASED/REMOTE</th>
<th>WORKGROUPS</th>
<th>CHILDREN</th>
<th>RESOURCES</th>
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<tbody>
<tr>
<td>VolunteerMatch.org</td>
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<td></td>
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<td>HandsOnBayArea.org</td>
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<td>X</td>
<td></td>
<td>Projects in a box</td>
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<td>AllforGood.org</td>
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<td></td>
<td></td>
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<tr>
<td>generationOn.org</td>
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<td>X</td>
<td></td>
<td>Great ideas</td>
<td>X</td>
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<tr>
<td>DoingGoodTogether.org</td>
<td></td>
<td></td>
<td></td>
<td>Remote</td>
<td>X</td>
</tr>
</tbody>
</table>

**Additional Ideas:**

- [Color a Smile](#) (art for those in need)
- [Box Project](#) (care packages)
- [Project Linus](#) (blankets for kids in need)
- [Cards for Kids](#) (cards for kids in the hospital)