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:
  - 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:

What do you care deeply about? What are your passions? (Circle all that apply.)

Literacy  Poverty  Arts  Mental
Community  Animals  Security  Children
Food Security  Homeless  Seniors  Environment
Armed Forces  Social Justice  Health Care  Other: ______________________

What are your skills and talents? (Circle all that apply.)

*Now, you can provide a skill or service remotely when possible.

Finance  Editor  Writing  Massage  Music
Education  Artist  Hospitality  Carpenter  Research
Travel  Chef  Marketing  Engineering  Moderator
Sports  Sewing  Actor/Drama  Nutritionist  Design Thinking
Excel  Baking  Fundraising  Grant writing  Administration
Fashion  Dancer  Photography  Technology(IT)  Conflict Resolution
Science  Politics  Organization  Graphic Design  Problem Solving
Other: ______________________

List your top passions
1. ______________________
2. ______________________
3. ______________________
4. ______________________

List your top skills & talents
1. ______________________
2. ______________________
3. ______________________
4. ______________________

What will you do in the next 30 days to commit to your community or family?
__________________________________________________________

VOLUNTEER:  □ One-time  □ Ongoing/remotely  □ Ongoing/on-site  □ Weekly  □ Monthly  □ Other: ______________________
OPPORTUNITIES
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:

VolunteerMatch lists a variety of opportunities based on skills, interest areas and location.

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 your zip code. This site offers opportunities for individuals in-person/remote, work groups and children.

Hands on Bay Area lists opportunities for children including resources, camps and even scholarships.

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.

Project Giving Kids lists opportunities in the South Bay and Peninsula on specific areas of interest for children, teens and families, including an app (Give Back App) to find service opportunities.

<table>
<thead>
<tr>
<th>Websites (Search by Zip Code)</th>
<th>Individual</th>
<th>Skill-based/Remote</th>
<th>Workgroups</th>
<th>Children</th>
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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)
How to get started in service?

**BEWELL ENGAGEMENT | COMMIT TO COMMUNITY OR FAMILY**

Determine where you would like to spend your time and energy. Have all your family members/coworkers complete a form to help guide your decision making process.

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**What do you care deeply about? What are your passions? (Circle all that apply.)**

| Literacy | Poverty | Arts | Mental |
| Community | Animals | Security | Children |
| Food Security | Homeless | Seniors | Environment |
| Armed Forces | Social Justice | Health Care | Health Condition: |  

**What are your skills and talents? (Circle all that apply.)**

*Now, you can provide a skill or service remotely when possible.*

| Finance | Editor | Writing | Massage | Music |
| Education | Artist | Hospitality | Carpenter | Research |
| Travel | Chef | Marketing | Engineering | Moderator |
| Sports | Sewing | Actor/Drama | Nutritionist | Design Thinking |
| Excel | Baking | Fundraising | Grant writing | Administration |
| Fashion | Dancer | Photography | Technology(IT) |Conflict Resolution |
| Science | Politics | Organization | Graphic Design | Problem Solving |
| Other: | | | | |

**List your top passions**

1. 
2. 
3. 

**List your top skills & talents**

1. 
2. 
3. 

**What will you do in the next 30 days to commit to your community or family?**

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**VOLUNTEER:**  
- [ ] One-time  
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“The greatness of a community is most accurately measured by the compassionate actions of its members.”

– CORETTA SCOTT KING