



AMERICAN PREPARATORY  
ACADEMY

## December is Volunteer Month!

The act of helping others and contributing to meaningful causes promotes a sense of purpose and fulfillment which can reduce stress levels and improve well-being.

Embrace the cooler weather as an opportunity to volunteer in your community. Volunteering comes in a variety of services from helping rake leaves to donating your time. Below are some ways in which you can volunteer this month!

### **Rake Fall Leaves or Shovel Snow**

Not only does raking leaves or shoveling snow help keep a neighborhood clean and looking nice; it also gives you an opportunity to help out neighbors who might not be as able-bodied and would otherwise be in a hazardous situation.

### **Make Some Healthy Treats**

You don't need to wait for the holidays to make some healthy and tasty treats. Preparing food for others is a great way to express love and support for them. This can open opportunities for you to visit those you have not seen in awhile and ask if they could use help with anything.

### **Volunteer Your Time**

One of the most common ways to volunteer is by volunteering your time. The holiday season brings the perfect opportunity to choose charities and organizations that best fit your views. Volunteering your time can be done by hosting food or clothing drives, helping at centers for the unsheltered, Toys for Tots and more!

### **Participate in a Race**

Supporting local races and walks are a great way to raise funds and awareness to a cause you care about. Many charities and non-profits host annual events, where they look for people to participate and race but also need event volunteers. Check websites of local organizations to learn more.

Visit the following resources to find volunteer opportunities in your community:

<https://www.justserve.org/>

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

<https://www.volunteermatch.org/>

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