

## Volunteering and Charity Options:

Giving to others through charity contributes to our own happiness, satisfaction and emotional well-being in life. Charity stimulates the brain's "reward regions" and releases dopamine which creates a "helper's high".

Volunteering allows us to help others - by giving of ourselves in order to help those in need of our time and services. This can be incredibly fulfilling and rewarding, especially if you are making a difference in the lives of the less fortunate and having a positive impact on their lives. There are many foundations and organizations that you can find by simply doing a Google search. Here is a short list of options:

- Local church programs - Find out which programs your local churches support
- Social Service organizations for children, women & families in need
- Sponsor a Child - Through World Help and other child assistance organizations
- Habitat for Humanity - Providing housing, home renovation & home repairs
- Children's Homes - Helping those who have been separated from their parents
- Big Brothers & Big Sisters - Is a great way to mentor a child or teenager
- Youth Foundations - Mentoring, teaching and activity participation for the youth
- Veterans foundations & programs- Helping those who are disabled or alone
- Rescue Missions - For the homeless and those at risk of homelessness
- Care Centers - For the handicapped and those suffering with addiction
- Special Olympics - Become a volunteer or coach to help these special athletes

***"You were created on purpose, for a purpose!" Psalm 139:13***