

Connect to what matters

HELP A SENIOR. READ TO A CHILD. ADVOCATE. BE A ROLE MODEL.

BE A BIG BROTHER. BE A BIG SISTER. BE FREE
BABYSIT. SHOVEL. LEND A HAND. LEND SOME MUSCLE. FEED SOMEONE
HUG SOMEONE. REACH OUT. BE AN EXAMPLE

BUILD A HOUSE. JOIN. BUILD A FRIENDSHIP. LIVE
CLEAN UP AFTER YOURSELF. CLEAN UP AFTER OTHERS
SHARE. COME TOGETHER. BRING TOGETHER

GIVE AN HOUR. GIVE TEN HOURS

TALK TO YOUR NEIGHBOUR. HELP CARRY SOMETHING HEAVY
SHARE YOUR SKILLS. MEDIATE A CONFLICT. HELP
VOLUNTEER AT A SCHOOL. LEARN A SECOND OR THIRD LANGUAGE

LISTEN. TEACH. BAKE EXTRA – SHARE

HONOUR DIVERSITY. READ A BOOK. LEARN SIGN LANGUAGE
DONATE DIAPERS. DONATE BLOOD. DONATE FOOD.
BE UNDERSTANDING. BE A MENTOR

SUPPORT THE WORK OF SHELTERS. VALUE ALL FAMILIES
COACH. WALK. WORK FOR CHANGE.

PARTICIPATE. COORDINATE. COLLABORATE
LEAD. GIVE.

VOLUNTEER

