

Stribling~Whalen

Financial Group

“The best way to find yourself is to lose yourself in the service of others.”

- Mahatma Gandhi

Serving and volunteering in your community is one of the most effective ways to make a difference and positively impact the lives of others. But it's not just about the impact you have on others, volunteering can also have a positive impact on your own life.

Volunteering can help combat feelings of loneliness and isolation by providing a sense of community and connection with others. It can also have physical health benefits. Studies have shown that volunteering can help reduce stress levels and even lower your risk of developing chronic health conditions such as heart disease and high blood pressure (by 40%!). By taking care of others, you're also taking care of yourself.

If you're ready to start serving and volunteering in your community, there are plenty of ways to get involved. Check out our Volunteer Resources page on our website. We have provided a list of over 25 local organizations for opportunities to volunteer and serve others.

Whether you're volunteering for a few hours a week or dedicating your life to a cause you believe in, every little bit helps and can make a real difference in the world around us.

List of Service and Charities Opportunities