

VOLUNTEERING EMPATHY IN 'ACTION'

Let's celebrate Canada's volunteers during National Volunteer Week! The empathy, compassion and generosity of volunteers creates connected communities and builds a stronger Canada. BC currently has 26,000 nonprofit organizations with every community hosting several festivals or events. Both organizations and festivals or events rely on Volunteers to operate, as Tourism is often a large sector of local economies. 2021 saw 26% of nonprofits lose up to 75% of their volunteers due to COVID-19. It's time for us to move safely forward and restart our local communities to bring them alive again.

The National Volunteer Week theme for 2022, **Volunteering Is Empathy In Action**, affirms the strong connection between **volunteerism and empathy**. This profound human connection is at the heart of healthy individuals & stronger communities.

Empathy is a quality that can help people relate to others and build awareness around different experiences. It connects people in ideas and actions and helps create bonds forged in common goals and aspirations. Volunteering can help us develop empathy, to see the world through the eyes of others. It can connect people from diverse backgrounds and life experiences, expanding our views. It can build our capacity to work collectively and contribute to a vibrant, inclusive society.

Across British Columbia in all municipalities and rural community's volunteers are the cornerstone to a community's health and wellbeing of residents.

During National Volunteer Week 2022, we celebrate the contributions of Canada's millions of volunteers: their actions, their understanding, and their genuine concern for the world around them.

Volunteering, putting empathy into action, can build communities where people feel happier, healthier, and more welcome – **creating a stronger, more connected Canada.**

Did You Know: 1 in 4 Canadians have experienced a decline in their mental health since the start of the pandemic. Due to isolation, job insecurity, decrease access to family and friends, rising anxiety around housing and food insecurity, and the increase in the cost of living all on the rise, Canadians are facing greater mental health challenges than ever before. Of those battling depression, and many other mental health disorders, 94% report being negatively impacted by the pandemic. Many are suffering in silence and social isolation only makes things harder directly impacting seniors and the most vulnerable.

The South Okanagan Similkameen (SOS) Volunteer Centre connects volunteers with organizations needing support with events or programs. Volunteering is an opportunity to create a schedule to ensure getting out of bed every day has meaning. SOS Volunteer Centre needs you to join its 1,000 volunteer members and growing in supporting organizations to make every community bright again.

SOS Volunteer Centre believes there is a role for every volunteer as we all bring valuable skill sets to the table. Opportunities are endless and can be found for almost every area of interest including working with animals, assisting seniors, volunteering at events or festivals, food preparation, office support, and serving on a Board of Directors. Volunteers can choose opportunities based on their availability and volume of time. Anyone can **Volunteer!**





#EmpathyInAction



THE BEST GIFT IS YOU



VOLUNTEER!

-  Find where You **BELONG**
-  Strengthen Communities
-  Make a Difference
-  Have Fun!

**SIGN UP
TODAY!**

info@volunteercentre.info
www.VolunteerCentre.info