

National

Volunteer

Month



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“Volunteering is Empathy in Action”

Volunteers are often overlooked and underappreciated, meaning there is always a need for more people. They are usually unpaid, yet they generously donate a part of their lives to do the work needed. National Volunteer Month occurs annually during April. It celebrates the impact volunteers continue to have on our lives and to encourage continued volunteerism in the ensuing generations. ¹

National Volunteer Month grew from an established National Holiday Week, first held in 1943 in Canada to celebrate the work of women during WWII. Once the war ended, celebrations died down until 1974, when the week was revived in the United States. It was admired and celebrated enough to become official worldwide in 1990. ¹

Volunteering can provide a healthy boost to your self-confidence, self-esteem, and life satisfaction. Regardless of age, background, personality or skill set, everybody has something to share and to contribute to a project. You are doing good for others and the community. It can also give you a sense of pride and identity.

Volunteering contributes to the economy, builds a safer and stronger community, and promotes civic engagement. Be sure to share pictures and tell your story using **#NationalVolunteersMonth**. ²

Volunteer opportunities

Cancer Research Society

sole mission is to fund research on all types of cancer to help prevent, detect, and treat this disease.

volunteer match.org/

Ford Volunteer Corps.

volunteer.gov

NPower
prosperity by launching digital careers for military veterans and young adults from underserved communities.

UAW Community Services Committee

hud.gov/
topics/
volunteering

Sources: 1.) <https://nationaltoday.com/national-volunteer-month/>
2.) <https://www.epochapp.com/blog/volunteer-month>
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