

**ONLINE  
COMMUNITY**

**OFFLINE IMPACT**

**MAKING A DIFFERENCE**

**TOGETHER**

# VOLUNTEER YOUR TIME

As public health professionals, we have unique skills and expertise that can be used to make a difference. Volunteer, give back, and make the world a better place. As online learners, we may feel disconnected. Together, we can build community and make a difference no matter where we are.

## LEARN HOW YOU CAN EARN YOUR SERVICE CORD

[HTTPS://SUCCESS.UNE.EDU/PUBLIC-HEALTH/SERVICE-CORD/](https://success.une.edu/public-health/service-cord/)

## GET INVOLVED

1

**Volunteer at a Local Organization:** Many non-profit organizations rely on volunteers to carry out their mission. Look for opportunities in areas you're passionate about.

2

**Participate in Online Volunteer Opportunities:** Many organizations offer virtual volunteer opportunities, including transcribing documents, offering tutoring, and translating languages.

3

**Start a Service Project:** Can't find a perfect match? Start your own service project! This could be anything from organizing a food drive to tutoring students.

4

**Support Local Businesses:** Donate time to local charities and perhaps offer to volunteer at local business events.

## GET IN TOUCH



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CONTACT KRISTINA STEWART AT  
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# SEPTEMBER IS NATIONAL RECOVERY MONTH

## JOIN US

Volunteer today and help create a healthier community this National Recovery Month. This is a time to honor those we have lost to addiction and those succeeding in recovery.

## HOW TO HELP

### VOLUNTEER OPPORTUNITIES IN YOUR AREA

[HTTPS://WWW.VOLUNTEERMATCH.ORG/](https://www.volunteermatch.org/)

1

Recovery Center Support: Volunteer at a local recovery center assisting with administrative tasks, overdose prevention education, restocking etc.

2

Community Outreach Events: Participate in outreach events to distribute educational materials about recovery resources, provide harm reduction supplies, and connect individuals with services

3

Substance Use Prevention Workshops: Assist with conducting prevention workshops in schools, community centers, or other settings.

4

Event Planning and Coordination: Help organize and coordinate recovery-related events, such as fundraisers, awareness campaigns, or support group meetings.

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# NATIONAL FOOD BANK DAY, FIRST FRIDAY IN SEPTEMBER

Food insecurity is an ongoing, pressing public health issue. To fight it, support your local food bank or other food insecurity events throughout the month of September.

## HOW TO HELP

### VOLUNTEER OPPORTUNITIES IN YOUR AREA

[HTTPS://WWW.VOLUNTEERMATCH.ORG/](https://www.volunteermatch.org/)

**1** Volunteer Your Time: Offer to sort food, pack boxes and food bags, or help with distribution at your local food bank.

**2** Organize a Food Drive: Host a food drive in your community, a local school, or workplace.

**3** Mobile Pantries: Volunteer at mobile food pantries that serve underserved communities.

**4** Outreach and Education: Assist with outreach programs to raise awareness about food insecurity and connect individuals to resources.

## GET IN TOUCH



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