



SPRING 2023 Campaign - April

Sample Text:

Volunteerism is a way to boost our emotional health. For you, for your kids, for everyone! When we help someone else, no matter how big or how small the act of kindness, endorphins get released in our brain. It's a natural high that feels good in the moment, but also has lifelong rewards. Volunteering helps us to make new connections and potentially form bonds and learn new skills. It helps us to look outside ourselves and know that we matter to someone. So go volunteer, bake some cookies, buy a plant, hold the door, smile. And if you can't convince your kids to join in, just model giving and they we learn from your example.

Share your passions today! #wcyouthmatter