



Thank you for your interest in volunteering at Weinberg Campus! We love serving more than 400 residents and community members every day and we think you will too. We have many positions available, and we believe you will find a place that makes you feel at home...just like our residents.

A growing body of research shows that volunteering provides many benefits including these:

1. **The power to change lives.** You can make a tangible change in a person's life and maybe give them hope.
2. **The ability to involve more people.** When you volunteer, you're raising awareness for an organization and its cause, and you may inspire others to get involved.
3. **A physical feeling of satisfaction.** There's scientific evidence that volunteering positively affects your body, your brain releases feel-good chemicals, spurring you to perform more kind acts.
4. **New friends and stronger friendships.** When you help others, you give off positive vibes which others will notice. Volunteering is an excellent way to make new and lasting friendships.
5. **Connection and confidence.** People who volunteer have higher self-esteem and overall well-being.
6. **Social and networking skills.** Volunteering can build up your list of important contacts.
7. **A readiness to take on the world.** Volunteers say that helping others enriches their sense of purpose and empowers them.
8. **Value to schools and employers.** Volunteering shows that you care about your community and are willing to put in the work.
9. **A chance to pay it forward.** You will inspire others to do good works.
10. **A sense that you have more time.** Rather than making you too busy, volunteers feel that they have more time.
11. **Feelings of gratitude.** Helping others can make you appreciate what you have.

Are you ready to benefit from volunteering? For more information about volunteering at Weinberg Campus go to [Volunteer | Weinberg Campus](#) or contact Volunteer Coordinator, Sarah Leffler, at (716) 639-3311, ext. 2492 or email [sleffler@weinbergcampus.org](mailto:sleffler@weinbergcampus.org).