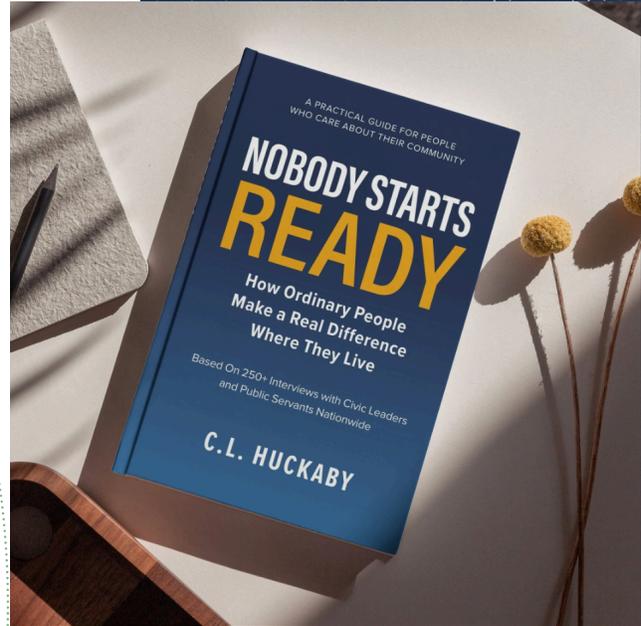


Nobody Starts Ready

New Volunteer Quick Start



Maybe volunteering wasn't something your parents did. Maybe you tried it once and it felt awkward. Maybe you were showing up regularly before the pandemic—and then you stopped, the distance became normal, and now you're not sure how to start again.

Here's the truth: You don't need permission. You don't need hours of free time. You don't need to know exactly where you fit. ***You just need to be willing to try.***

No long-term commitment. No pressure to solve every problem.



Step One *fifteen minutes*

Visit [volunteermatch.org](https://www.volunteermatch.org) or your city's volunteer webpage for opportunities matching your interests.



Step Two *twenty minutes*

Contact one organization. Share that you're interested in volunteering but have limited time. Ask what options are available.



Step Three *one - two hours*

Attend an orientation or complete one shift.



Step Four *five minutes*

Ask yourself: "Did this energize or drain me?"

- If **energizing**, schedule another shift.
- If **draining**, try a different organization.

*Someone in your community needs what you have to offer,
even if you're not sure yet what that is.*