



Alan P. Sentance Educational Lecture Series: **The Importance of Volunteering** **Why and How To Volunteer?**

Presented by
Volunteer Ottawa



Tuesday, September 20th 2022

10:30—11:30 am

Via Zoom

Why volunteer? Maybe it is because the benefits of volunteering are almost endless... Just ask someone who does it. You'll be amazed at the ways a person can grow in just a few hours a month and how the sense of fulfillment also helps the community. Many people say that volunteering has changed them in ways they never expected.

They've made new friends. Learned new skills. Expanded their hearts, minds and souls. Perhaps even landed a job.

The benefits are as varied as the volunteers. Join us for this interactive presentation and find out different ways to volunteer in your community and how volunteering can be good for you.

This is a free online presentation delivered via Zoom, with the option to connect over the phone. All in the community are welcome and encouraged to attend.

Call 613-236-0428 or e-mail info@thegoodcompanions.ca to register and receive the Zoom information to connect.

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