National Volunteer Week, April 12-18 – A Time to Give Back to Community

National Volunteer Week is April 12-18, 2015 – a great time to take action and discover opportunities to give back and make a difference in your community. During National Volunteer Week, the YMCA OF GREATER OKLAHOMA CITY joins the nation in encouraging individuals to seek ways to give back, while honoring those who dedicate themselves to helping strengthen communities.

“At the Y, volunteers are a critical part of how we transform lives through programs and services. We see firsthand how giving back impacts not only the community, but the volunteer involved,” said Brenda Bennett, Vice President of Communications for the YMCA OF GREATER OKLAHOMA CITY. “In fact, a recent Gallup poll showed that nine out of 10 people said they receive an emotional boost from doing kind things for other people. When activated, that kind of emotional boost from contributing to the community goes from something you do to a part of who you are.”

As one of the leading nonprofits and volunteer organizations in the country, the Y offers individuals and families opportunities to volunteer in ways that let them connect and develop meaningful relationships, all while making an impact in communities they care about.

National Volunteer Week is a great time to get involved and give back. Here are five ways individuals can take an active role at the Y and in their community:

1. The YMCA OF GREATER OKLAHOMA CITY’s next Togetherhood® project will be Sunday, April 12th 3:00pm-5:00pm as the EARLYWINE PARK YMCA is partnering with OKC Beautiful for LitterBlitz 2015. Volunteers can meet in the park at 2:45 p.m. to get supplies, which are donated by OKC Beautiful.
2. Help with Y fundraising efforts to ensure those in need can access essential programs and services.
3. Get involved with a Y mentoring or tutoring program to help youth learn new skills and reach their full potential.
4. Coach a sports team, teach a class or ask Y staff about other ways to get involved with a program of interest.
5. Invite friends and neighbors to join you in giving back to the community.

To learn more about volunteer opportunities at the YMCA OF GREATER OKLAHOMA CITY, visit ymcaokc.org/volunteer.