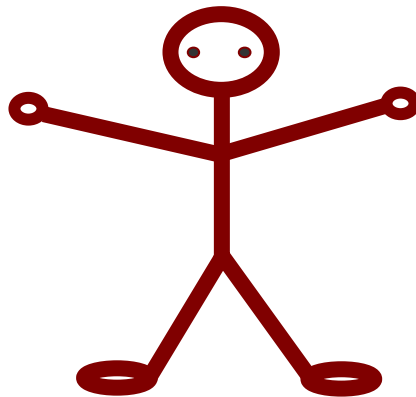


Community Engagement Benefits

Volunteering 5 Hours a Month

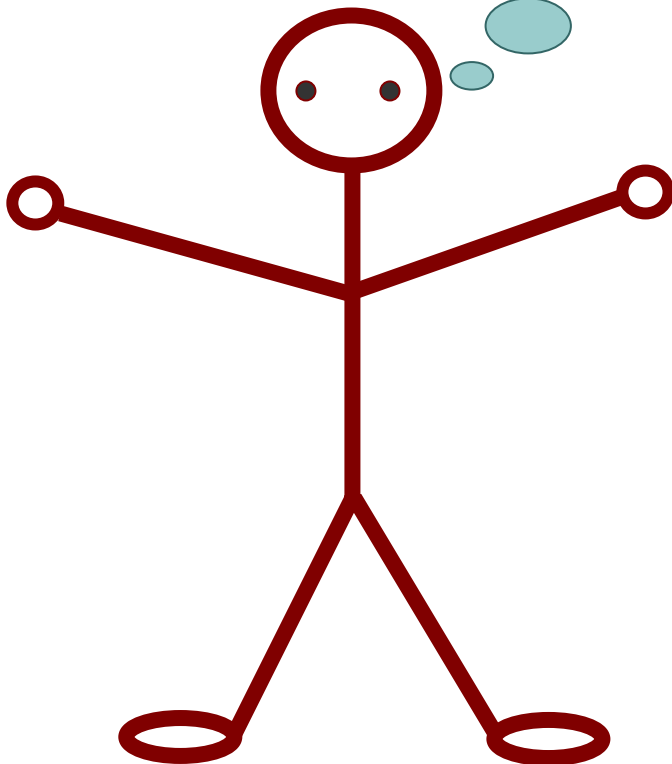
Click your “up”
arrow to move the
presentation



Community Engagement Benefits

Volunteering 5 Hours a Month

What do you get
from volunteering
up to five hours a
month?

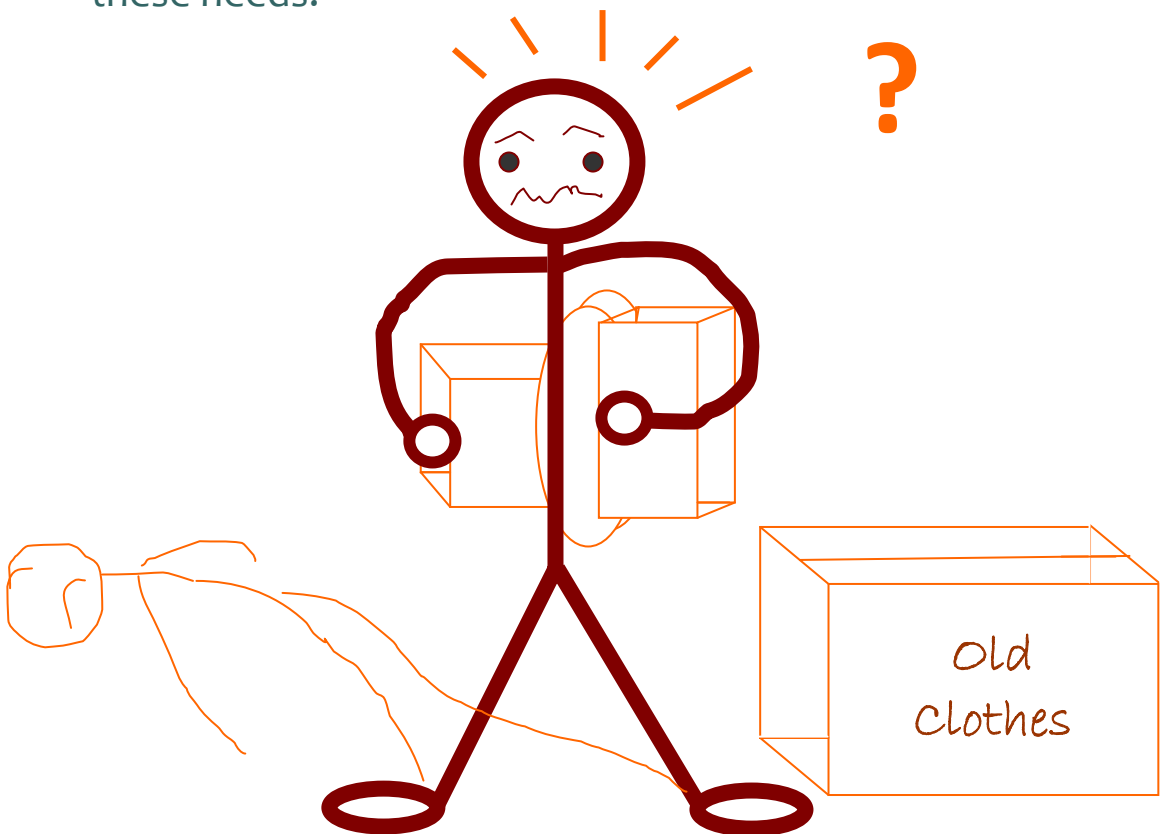


Community Engagement Benefits

Imagine a Somerville neighbor or even yourself with:

- a need for work experience,
- wanting to get to know Somerville and the community more,
- abilities or resources to share,
- loneliness or want to get to know more people, or
- stress or an intensive life,
- a desire to find help with responsibilities or burdens.

Our Somervillian friend here happens to have all of these. Let's walk through what community engagement can do for each of these needs.



Community Engagement Benefits



Need Community

Find Community



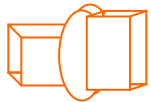
? Need Work Experience

Develop Skills !



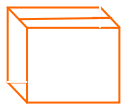
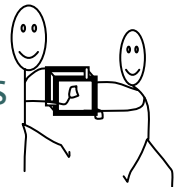
Stress

Reduce Stress



Overwhelmed with Responsibilities and Burdens

Find Resources



Want to Share Abilities and Resources

Share Resources & Skills

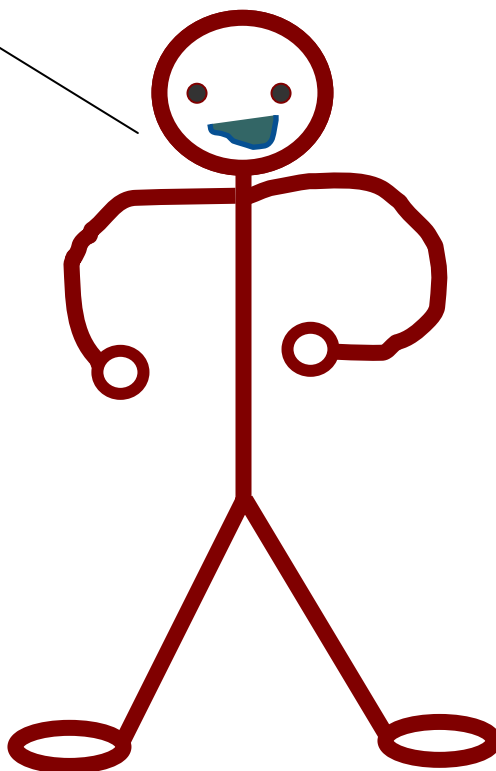


Loneliness or isolation

Reach Out



Find Community



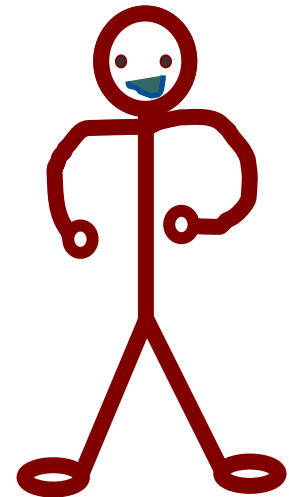
Commissions and community groups are great opportunities to make friends and meet new people. Often, committees on a commission will work together to organize a reception, workshop or other activity. Commissioners often laugh and share together making the time together friendly and fun.

Develop Skills



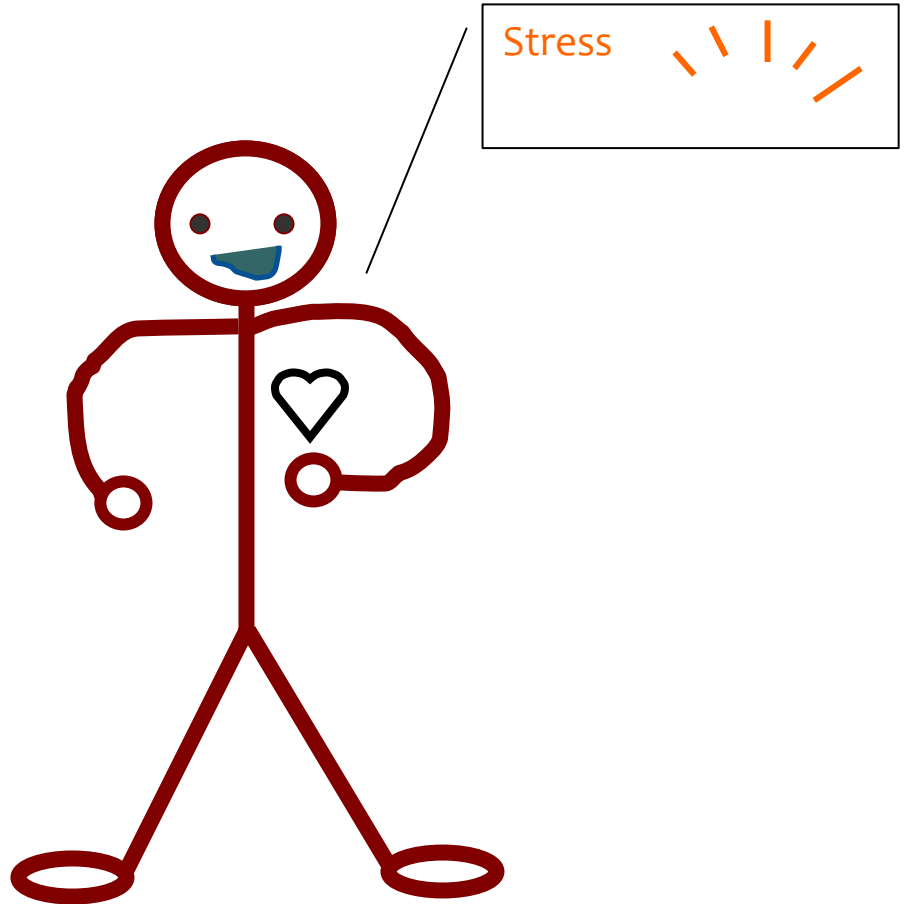
The commissions are great places to learn a lot about municipal decision making, identifying key issues and priorities, working on committees, event and project organizing, fundraising, outreaching to the public, and much more.

Commissioners frequently have opportunities to meet business leaders, elected officials, and influential community allies. For many individuals, these opportunities are excellent for both professional and educational networking.



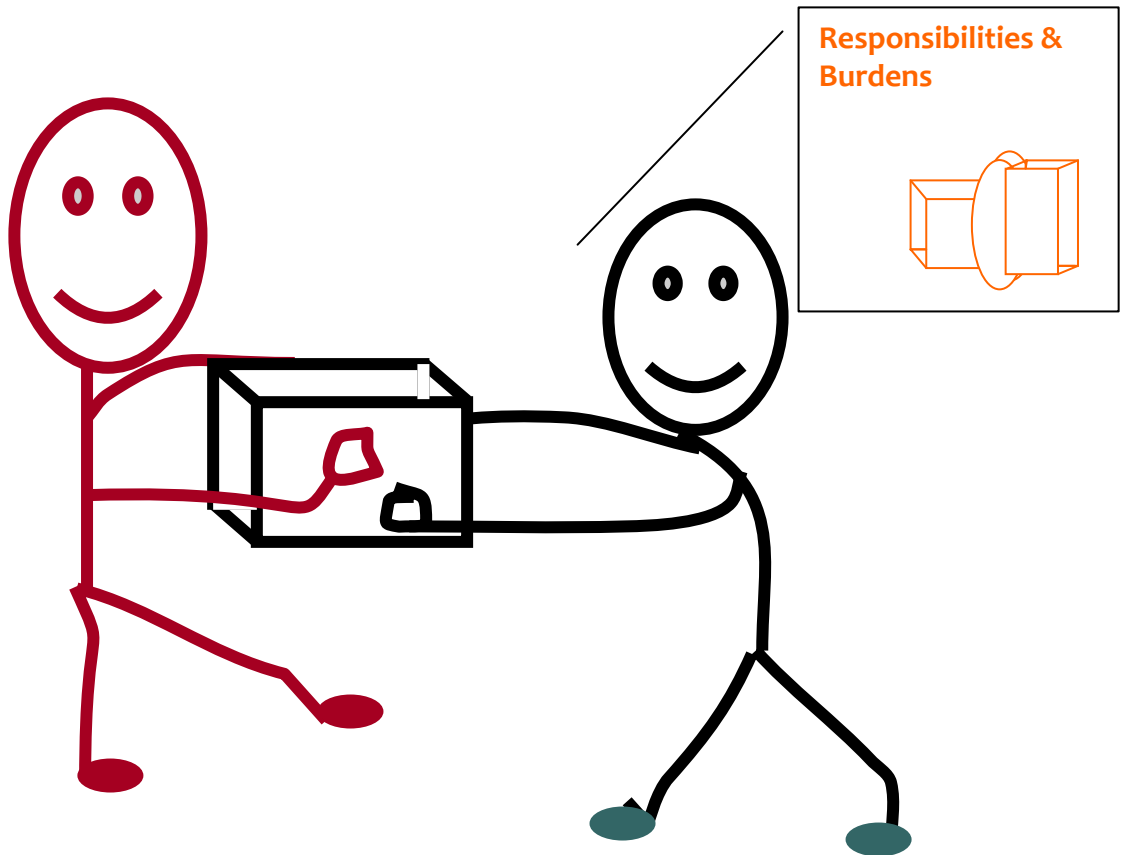
Commission work is a strong asset on a person's resume. Commissioners, City staff, and officials get to know you and can potentially give a recommendation during job searches.

Reduce Stress



Getting involved in local community activities can be helpful to reduce stress in other areas of life. You get to meet new people, help others, and enjoy new conversations.

Find Resources for Own Needs

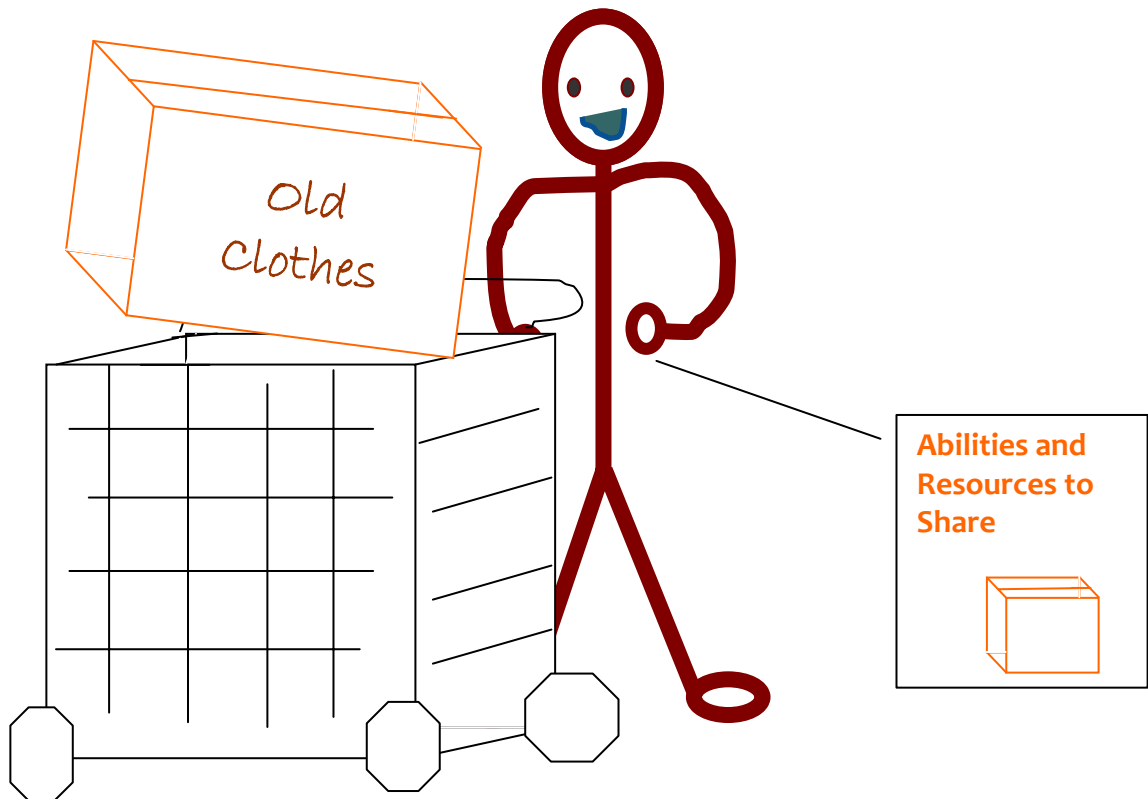


Frequently, commissioners and local volunteers get to know each other and share how their day-to-day lives are doing. Often, conversations lead to finding new resources, babysitters, ideas to solve problems, and much more.

Share Resources & Skills

Commissions, community groups, and local agencies can help neighbors connect to share their resources, find places to make donations that make the most help, volunteer in local activities so you can see direct change, and much more.

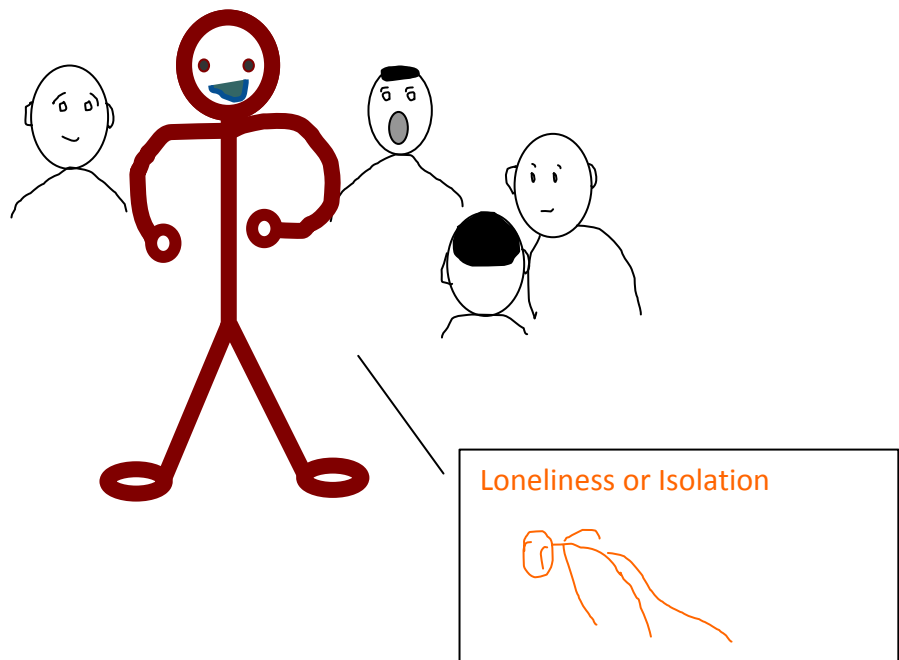
There are many opportunities to give whatever you have: time, used furniture or clothes, skills and networks, or even donating funds.



Find Community

Participation in social and community groups are proven to help people prevent and reduce the effects of loneliness, isolation, and depression.

Many kinds of groups are available to fit different people. Folks who are not talkers can find groups such as the gardening or library where participation on activities, meetings, and events do not require everyone to be chatty.



Community Engagement Benefits

Join a commission to help the community and find many personal benefits:

1. Find Community
2. Develop
3. Find Resources
4. Share Resources & Skills
5. Reach Out

Commissions are recruiting new members now.

For more info



www.somervillema.gov/departments/health/somerville-commissions