



## **VOLUNTEERS NEEDED AT VILLA COLOMBO TORONTO!**

### **Enjoy the Many Benefits of Volunteering**

Did you know that in addition to giving back to your community, volunteering has many mental and emotional benefits? Volunteering is good for your mental health because it allows you to meet new people, stay active and reduce your stress levels – all of which are key to maintaining mental and emotional well-being.

Some of the most significant benefits include:

- **Connects you to other people and the community**
- **Allows you to contribute to a cause**
- **Gets you out of your home**
- **Reduces depression and stress**
- **Boosts happiness**
- **Improves self-confidence**
- **Encourages learning**
- **Encourages physical activity and improves overall health**

### **Why Volunteer at Villa Colombo Toronto?**

We asked our volunteers at Villa Colombo, “Why do you volunteer at this organization?”

The comments shared by our wonderful volunteers show that they are dedicated to giving back to their community and enjoy contributing to a better experience and place to live for our elderly.

Here are some of the responses we received:

**“I learned that making other people happy, such as the elderly, will bring me joy in return.”**

**“It helps me to appreciate small things and to continue to be kind to other people.”**

**“I volunteer at Villa Colombo Toronto because I enjoy what the recreation staff do to help the residents stay involved and do fun things that are enjoyable.”**

**“It is an active volunteer activity and brings me joy to greet the elderly when I deliver their meal.”**

**“Some of my friends mentioned that this is great place to volunteer.”**

**“You get to grow; you get to make good relationships with other people like the residents and the supervisors who work tirelessly to guide me to be good at what I do.”**

Would you like to make a difference in someone's life? Why not give back to our seniors, as they have contributed to making a better society for us all. Please show your appreciation, by dedicating some of your time to making their life more pleasurable and enjoyable.

Villa Colombo Toronto is currently looking for volunteers to help in different programs and areas:

**Gift Shop Helper**

**Friendly Visiting**

**Eating Assistance**

**Recreation Programs**

**Meals on Wheels Volunteer Drivers**

Contact the Villa Colombo Toronto Volunteer Office for information about the volunteer application process:

Domenica Bevacqua

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