



## **January 2023 News and Notes**

### **Do What You Love as a Volunteer!**

**By Robin Joy Berenson, PhD, LMFT**

If you search the internet for “Benefits of Volunteering,” you’ll find an armload of sources, from the Mayo Clinic<sup>1</sup> and Harvard Medical School<sup>2</sup>, to InnerBody<sup>3</sup>, Verywellmind<sup>4</sup>, and the National Eczema Association<sup>5</sup>, citing the multiple ways volunteering is beneficial.

If looking for a place to find your niche, you’ll discover that the range of activities for which volunteers are needed is unimaginably diverse. Whatever you love to do, you can find a way to make a difference for yourself and others.

Marcy loved her work as a preschool teacher. When she retired, she knew she would miss her interaction with children. Marcy found the solution as a tutor at the local school.

Jules wasn’t happy about the 25 hours of community service he was assigned, and reluctantly signed on at the local community center to work off the hours. To his amazement, he found he enjoyed showing up at the center and interacting with staff and other volunteers. When his hours were completed, Jules stayed on, working Thursdays at the food bank.

Rachael, a college student on a limited budget, loves concerts and live performances of all kinds. She volunteers at her local community center



working the box office or refreshment stand on concert nights, and earns free admission to the shows.

Jim never misses a chance to volunteer his carpenter skills. His most recent project was working with a team rebuilding the local playground. As an added benefit, Jim has enjoyed getting to know other contractors in the area, a boost to his professional network.

Shana loves shopping and putting together beautiful and elegant gift packages. When she heard about the need for auction items for the annual fundraiser of a local nonprofit, she jumped at the chance to indulge her hobby and help raise important funding.

Whether you love animals, poetry, getting out of doors, being with others, you can find a way to indulge your passion and help out your community. Inquire at local nonprofits, churches, schools, about volunteering opportunities. Or find what you're looking for at the Center for Volunteer and Nonprofit Leadership. Visit their website at [www.cvnl.org](http://www.cvnl.org) or go directly to [VolunteerNow.org](http://VolunteerNow.org).

**Interested in volunteering at CIP? Contact our Admin Manager at (415) 459-5999, x101 to find out how!**

<sup>1</sup><https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/3-health-benefits-of-volunteering>

<sup>2</sup><https://www.health.harvard.edu/blog/volunteering-may-be-good-for-body-and-mind-201306266428>

<sup>3</sup><https://www.innerbody.com/health-benefits-of-volunteering>

## Community Institute for Psychotherapy

1330 Lincoln Ave #201, San Rafael, CA 94901-2141  
Phone (415) 459-5999 Fax (415) 459-5602 [www.cipmarin.org](http://www.cipmarin.org)

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<sup>4</sup><https://www.verywellmind.com/what-are-the-mental-health-benefits-of-volunteering-5248549>

<sup>5</sup><https://nationaleczema.org/blog/health-benefits-volunteering/>