



Volunteer Greater Fredericton
Bénévoles du Grand Fredericton

Why Volunteer

Volunteering connects people with their community in unique ways that can help to build skills, create relationships, foster self esteem and create lasting memories. Volunteering good for your health! Read on to learn how volunteering can benefit you.

Make a difference to life in your community

Participate with groups working to improve life in your community and be a part of something bigger than yourself.

Make new friends

Join organizations that reflect your passion, interests and values and you will have an opportunity to connect with many like minded people.

Have fun!

Follow your passion and engage with like minded folk to expand your horizons.

Learn new skills or share existing skills

Consider a position where you can learn new skills while strengthening existing ones. Likewise, share the skills and knowledge you have acquired over your lifetime with others who can learn from you.

Build confidence and self-esteem

Helping others leads to a greater sense of self-worth and accomplishment. Doing something that makes you feel active, productive, and useful can increase your confidence.

Pursue a personal interest

Pursuing a personal interest or hobby can give you a break from your routine to create balance to your life.

Get work-related experience

It's a chance for you to polish transferable skills many employers are looking for including interpersonal, communication, team work, problem solving, adaptability and time management skills. Many recruiters consider Volunteer experience to be a valuable asset that separates candidates with otherwise equal experience and education.

Explore an occupation or industry

Exploring a new career through volunteering can give you a better understanding of the rewards and challenges involved in that field, as well information on the types of positions available.

Expand your connections

Meeting people and making new friends can potentially connect you with other contacts and career opportunities. Additionally, other Volunteers or staff can become references for future positions.

Get to know yourself

By considering how you might like to give back to your community, you learn more about your passions, values, skills, and interests? Knowing yourself is crucial towards your overall satisfaction and well-being.

Improve your health

Volunteering is associated with a wide range of social benefits and with physical and mental health rewards. Volunteering strengthens social ties that can provide support and alleviate stress during difficult times.