

VOLUNTEER!

IT'S A "WALK IN THE PARK"!



GARDENS OF HOPE
JOSEPH P. CORY FOUNDATION



JOSEPH P CORY FOUNDATION

Empowering people and communities to achieve wellness and wellbeing through expertise, education and guidance. We love working with PBC Parks and Recreation; they share our mission of community wellness!



GARDENS OF HOPE
JOSEPH P CORY FOUNDATION

RIVERBEND PARK - JUPITER, FL

Paddle, pedal, hike, horseback ride, look for birds, take photographs, attend a Seminole War battle re-enactment – or just find a shady chickee hut and watch the world go by. Something for everyone, every day.



WHY VOLUNTEER?

Connect with
others

Have
Fun

Build
Self-
Confidence

Good for
Your
Health

Community
Service
Hours

Boost Your
Career

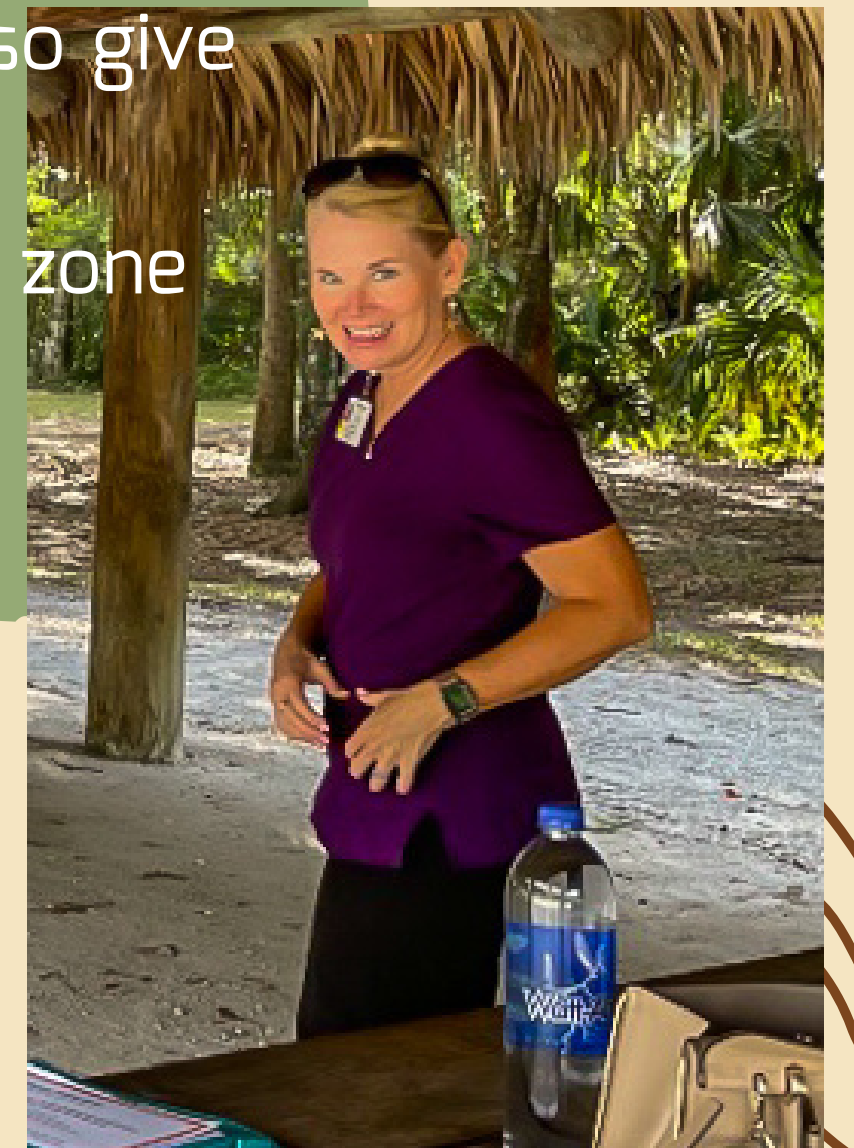
1. CONNECT WITH OTHERS & HAVE FUN

If you're feeling isolated, or simply want to widen your social circle, volunteering in your local community is an important – and fun way to meet new people. In fact, one of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together, and volunteering lets you do just that.



2. BUILD SELF-CONFIDENCE

Doing good for others and the community helps to create a natural sense of accomplishment. And working as a volunteer can also give you a sense of pride and identity, helping to boost your self-confidence further by taking you out of your natural comfort zone and environment.



3. GOOD FOR YOUR HEALTH - MIND.BODY.SPIRIT

Interestingly, volunteering has distinct health benefits that can boost your mental and – perhaps more surprisingly – physical health. Indeed, a growing body of evidence suggests that people who give their time to others might benefit from lower blood pressure and a longer lifespan.



4. HELP GAIN COMMUNITY SERVICE HOURS

Many times your employer or school encourages you to work within the community, and for that, you will receive community service hours and letters of recommendation.



5. SUPPORT YOUR COMMUNITY

There is never enough boots on the ground to keep a business nor nonprofit running. Your time, talent, and treasure, is needed in so many ways. We could never thank you enough for what you will be contributing, to help support our program and mission.

YOU MAKE A DIFFERENCE!



6. BOOST YOUR CAREER

In an increasingly competitive job market, volunteering experience can be incredibly useful. It shows potential employers you can take the initiative and you're willing to give of your own time to improve the world for other people.





**ONGOING
OPPORTUNITIES**

HELP IN THE GARDEN OF HOPE



The turn-of-the century homestead garden at Riverbend, is waiting for you. This teaching garden needs lots of tending during the year, so it always is growing and weed free.

PIONEER DAY

Riverbend's Annual Community Event in November, is full of fun and activities for the entire family. Whether you set up, help our staff and presenters, or interact with our attendees, your help is appreciated.



KIDS DAY



A community invitation for families and schools. Presentations by Parks and Recreation and their collaborative partners.

VETERANS IN THE PARK

Thank you for our Freedom. We work with some of the programs provided through the Veterans Administration. Veterans are on site at Riverbend and the Garden of Hope.



SCHOOL GROUPS

Many learning institutions and student clubs welcome an opportunity to have a gardening experience. The Garden of Hope at Riverbend Park provides just that kind of a setting, with hands-on opportunities and projects for kids.



YOU ARE SO TALENTED - WE NEED YOUR HELP!


Empowering people and communities to achieve wellness and wellbeing through expertise, education, and guidance.

Volunteer Skills and Abilities – Please mark the circles

Name: _____
Phone: _____
Creative thinker? _____

Email: _____
What I like best: _____
Analytical thinker? _____

- Social media
- Public relations
- Graphic design
- Website design
- Website management
- Donor software
- Microsoft Office suite
- Planting a garden
- Garden liaison
- Community outreach
- Public speaking
- Event set up
- Event break down
- Event check in
- Silent auction
- Advertising and design
- Sales
- Grant writing
- Proof reading
- Sales
- Health fairs and Expos
- Cooking
- Nutrition
- Healing
- Prepare "Awareness" bags
- Education
- Prefer working with kids
- Prefer working with adults
- Photography
- Sponsorships/partnerships
- Budgets
- Strategic planning
- Bookkeeping

1281 Ocean Drive, Suite 18 Singer Island, FL 33404 561-501-3538 EIN#: 47-5340787



LET'S CONNECT



www.josephpcoryfoundation.org



561.501.3538



info@josephpcoryfoundation.org

Thank You

