



Here are the top reasons why people volunteer.



1.

Helping others helps mental health and lessens stress.



2.

Volunteering lets you connect with more people.



3.

Volunteering is great for employment.



4.

Volunteering helps with physical health.



5.

Helping others gives people belonging.

If you want any more information, you can contact Citizen Advocacy



You can call (08) 9445 9991.



Or you can email admin@capw.org.au