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Bergen Volunteers Celebrates National Volunteer Month with Service Opportunities

Hackensack, New Jersey - April is National Volunteer Month, a month dedicated to recognizing the importance of volunteering and honoring the significant contributions volunteers make. In honor of National Volunteer Month, Bergen Volunteers, a 55-year old nonprofit serving all of Bergen County, offers pathways for individuals and corporations to connect with the nonprofit community - finding the right match based on skills, interests, and availability. The organization serves as a hub for community service, civic engagement, and volunteerism. Each year the organization's volunteer database hosts over 100,000 visitors looking for a way to contribute and serve the community. In-person and virtual options are available to best fit the volunteers' comfort levels.

"Our Get Connected database hosts hundreds of volunteer opportunities for Bergen Volunteers's own community programs and those of our nonprofit partners," said Melissa LaRobardier, Civic Engagement Manager. "Opportunities range from grocery shopping and packing medical supplies, to mentoring and graphic design. We are here to guide you through the process every step of the way."

Volunteering is proven to promote emotional and physical health benefits. Studies show that volunteering can reduce stress and increase brain functioning. Serving others and collaborating to achieve a common goal reaps numerous positive benefits, including heightened self-esteem, self-confidence, and self-efficacy. Businesses benefit from team-building and by having an outlet for their corporate social responsibility. Employees develop cross-functional skill sets, increase leadership opportunities, and expand their profiles within the corporation and the community.

Use the following steps to make a profile on Get Connected, explore current needs in the community, and develop new skills:

1. Navigate to **www.bergenvolunteers.org/getconnected** to create an account. When creating your account you are able to select, "issue areas" that matter most to you.
2. Click the, "Opportunities" tab on the left hand side to view current needs.
3. Scroll through the current opportunities or use the search function on the top right of the page to narrow the list based on your individual interests.
4. Click on the, "View Details" button for the opportunity that interests you to learn more and access contact information.
5. Select, "Respond" on the right-hand side to be in contact with the Volunteer Coordinator for that particular agency.

To learn more about the volunteer process and the Get Connected database contact Melissa LaRobardier at melissal@bergenvolunteers.org or (201) 489-9454 x206

About Bergen Volunteers:
Founded in 1966, Bergen Volunteers turns caring into meaningful action by engaging volunteers to improve lives and strengthen the community via a three pronged approach: Our own and external community programs, community engagement, and civic leadership.

We recruit volunteers to provide critical services to youth, families, veterans, seniors, and those who are economically disadvantaged, through our own programs and by supporting the nonprofit community. We offer individuals and businesses volunteer, networking, service, and training opportunities that address community needs. We also provide leadership and professional development opportunities for individuals living and working in Bergen County, educating people about our community and training them to be civically active.

To learn more, visit www.bergenvolunteers.org and follow us on social media, including Bloggr, Facebook, LinkedIn, Instagram, and Twitter @BergenVolunteers. Bergen Volunteers is a not-for-profit 501(c)3 organization.

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