



Informational Meeting
All families & People with Disabilities Welcome!

Tuesday, April 17, 2018, 6 pm – 730 pm

**Bridgewater Library, Room A, 1 Vogt Drive,
Bridgewater, NJ**

SPEAKER:

Lisa Galonardo, Volunteer Engagement Manager
United Way of Northern New Jersey.

TOPIC:

"Community Volunteering: All Abilities Can Be Successful."

"Benefits of the United Way Caregivers Coalition

SUMMARY:

Come learn the benefits of volunteering and to brainstorm in this meeting when seeking volunteering in different ways in the community."

"Come learn about United Way *Caregivers Coalition's* free programs that are free, promote knowledge and action, and provide access to help."

Benefits of Volunteering:

- You can start by doing something you know you are very good at and later on do things you never thought you could do.
- It can both enhance your work opportunities plus become a passion for you.
- You will be in constant contact with people who you help and with your fellow volunteers. You can meet people with different experiences and interests.
- You feel proud and give you a sense of being part of something.
- You will feel like you are working to create answers for others and for yourself.

Please bring your input, experiences and your questions!

MEETING FACILITATOR: Alison Malnak, Neighbours Family Mentor
CONTACT INFO: Alison's cell phone (908-285-2984) or email amalnak67@comcast.net