

Amplifying Voices!

A 12 Month Volunteering Guide to
Building More Equitable Communities



VolunteerMatch

Welcome

This guide is for anyone looking to spread the word about opportunities of volunteer service and be a part of shaping a more inclusive, equitable world through their volunteer programs.

You will be inspired by a full year of monthly themes, service-related days, ideas for how to give back, and links to nonprofits and cause areas across the country featured through VolunteerMatch.

To make the most of this interactive guide, we recommend registering for a [free account on VolunteerMatch.org](#). You'll be prompted to sign in the first time you click a link in this book.

It only takes a moment and guarantees you can access and easily customize all the ideas that are waiting for you!



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How to Use This eBook

Be inspired!

Find ways all yearlong to get involved by supporting diversity in your community.

Make it your own.

Tie it to your mission, goals, and DEI program.

Build it around your employees.

Incorporate feedback and remove barriers to volunteering.

Invite customers and partners to join you.

Rally employees, customers, and partners around a common goal. Strengthen relationships while making a real change in your communities. Coming together is not only powerful, it makes progress happen faster.

Share how you give back on social media and via email.

Ask others to join you. Encourage employees to share their stories. Include photos of your team volunteering to make it more engaging.



Questions to Get You Started on Building DEI into Your Volunteer Program



Shape Your Programs Around Your Organization

How does your organization align its DEI values with its volunteer programs?

How can you focus on causes and opportunities that align with the interests and passions of employees?

Can volunteering goals be shaped so that employees feel that their contributions are valued?

Invite Your Employees to Give Feedback

Are employees given ample opportunity to give feedback?

Do they feel welcome to do so? Are you giving space for diverse voices at your organization?

What prevents employees from participating in volunteering? How can these barriers be overcome?

January

The Fierce Urgency of Now

DR. MARTIN LUTHER KING, JR.
DAY OF SERVICE, 3RD MONDAY

Build a month, a week, or a day around MLK's Day of Service. This is an ideal time to revisit organizational values, purpose and mission and find causes that are aligned and contribute to a more equitable society.

"We are now faced with the fact that tomorrow is today. **We are confronted with the fierce urgency of now.** In this unfolding conundrum of life and history, there 'is' such a thing as being too late."
- DR. Martin Luther King Jr.

[FIND VOLUNTEER OPPORTUNITIES](#)



February

Build Healthier Communities

AMERICAN HEART MONTH

As illustrated in the [Doing Good is Good for You](#) study, volunteering has been shown to positively impact health and overall well-being. This Heart Month, connect with the heart and soul of your company's mission and feel good doing it!

Great organizations include [the American Red Cross](#) and the [American Heart Association](#) which have virtual opportunities and local ones around the country. Diabetes and heart disease [disproportionately impacts communities of color](#). Explore ways to help these communities through volunteering.





March

Support Gender Equality

WOMEN'S HISTORY MONTH
INTERNATIONAL WOMEN'S DAY MARCH 8

The pandemic has [disproportionately affected women in the workplace](#). This March, you can take the first step in empowering women and supporting gender equality by giving back.

Find an opportunity to support the next generation of female leaders [virtual volunteer mentor](#). Or be a business mentor.

[VOLUNTEER FOR GENDER EQUALITY](#)

April

Drive Environmental and Social Change

EARTH DAY IS APRIL 22



COMBAT CLIMATE CHANGE

Climate change impacts us all, [especially communities of color and lower-income communities.](#)

SUSTAIN

How can you tie in volunteering with sustainable practices? If you don't have a sustainability program, what are ways you could start small? How could team members lessen their carbon footprints together?

CELEBRATE

Celebrate your accomplishments and share how everyone made an impact at your organization by spotlighting individual volunteer stories.

GIVE BACK

How can you volunteer with environmental organizations? Are you able to offer pro bono services as a company? What are ways you could volunteer with national, city, or state parks?

[DISCOVER WAYS TO VOLUNTEER HERE](#)

May

Uplift Your Community and Each Other

MENTAL HEALTH AWARENESS MONTH

SELF-CARE

The foundation of a kinder world starts with taking care of ourselves so we are better equipped to take care of others.

[When you feel physically healthier from volunteering, it benefits your mood and reduces your stress.](#)

LISTEN TO OTHERS

Given the additional pressures of the ongoing worry, many people are having an even more difficult time than usual.

[Become a virtual volunteer to help promote mental well-being.](#)

WELLNESS AT WORK

Promote mental well-being at your work through volunteering!

[Employees who volunteer report higher satisfaction with their employer than those who do not.](#)

[DISCOVER WAYS TO SUPPORT PEOPLE IN CRISIS](#)

June

Celebrate Inclusivity!

PRIDE MONTH

During Pride Month, find ways you can celebrate, support and empower LGBTQIA+ causes.

[FIND VOLUNTEER OPPORTUNITIES](#)



July

Honoring Our Troops and Veterans 4TH OF JULY HOLIDAY

May No Soldier Go Unloved encapsulates the motivation behind [Soldiers' Angels](#). By volunteering with Soldiers' Angels, you can assist wounded, deployed personnel, and veterans. Plan a party with a purpose, help serve meals, and even use your love of craft beer to "sip and support" our troops through their Hops4Heroes program.

[EXPLORE MORE VOLUNTEER OPPORTUNITIES](#)



August

Inspiring Youth

INTERNATIONAL YOUTH DAY,
AUGUST 12TH

Many students, especially those from communities of color and lower-income communities [have suffered learning and relational losses exacerbated by the COVID-19 Pandemic.](#)

Help to close this gap and give students the opportunity reach their full potential

[FIND VOLUNTEER OPPORTUNITIES](#)





September

Support Your Community

DISASTER PREPAREDNESS MONTH + NATIONAL DAY OF SERVICE & REMEMBRANCE, 9/11

Climate change impacts nearly every community. The fires, droughts, and floods experienced across the country are driven by the warming of our planet. [Natural disasters affect 218 million people and claim 68,000 lives per year.](#)

Wealth inequality dramatically increases between white communities and communities of color in the U.S. following a natural disaster, a [recent study found.](#) Help your community prepare for a disaster. You could even create day of service event around disaster preparedness and turn a day of tragedy into a day of doing good.

VOLUNTEER [VIRTUALLY](#) OR [LOCALLY](#)

October

Join the Fight Against Breast Cancer

BREAST CANCER AWARENESS MONTH

Screenings and early detection are critical means for combating breast cancer, but due to COVID-19, there was a significant decrease in scheduled appointments. [Women of color have been disproportionately affected.](#)

What can you do this month to support the fight against breast cancer?

[FIND VOLUNTEER OPPORTUNITIES](#)



November

Creating Kind and Caring Communities

WORLD KINDNESS DAY NOVEMBER 13

World Kindness Day is a great time to encourage your teams to build more inclusive, kinder communities by giving back. Inspire others by celebrating and sharing their kind acts.

[GIVE BACK KINDNESS](#)

ALZHEIMER'S AWARENESS MONTH

[Because of "health and socioeconomic disparities and systemic racism", communities of color have a higher risk for Alzheimer's and dementia](#) and those with dementia experience more barriers to care. Explore ways to help those with the disease and combat these challenges.

[VOLUNTEER](#)

GIVING TUESDAY NOVEMBER 29

How can you be part of GivingTuesday? From supporting small businesses to championing a cause you are passionate about, there are thousands of volunteers needed every year.

[DISCOVER YOUR PASSION PROJECT TODAY](#)

December

Give the Gift of Time

Looking to make your holidays more meaningful and memorable? Celebrate the holidays through taking time to volunteer with your family, co-workers, or friends. It is guaranteed to [make you feel great!](#) Plus, it's a great way to bond with others.

[EXPLORE WAYS TO GIVE TIME](#)



Amplify Voices All Yearlong

A 12 Month Volunteering Guide to Building More Equitable Communities

January

Dr. Martin Luther King, Jr.
Day of Service, 3rd Monday

February

American Heart Month

March

Women's History Month
International Women's Day, March 8

April

Earth Day, April 22

May

Mental Health Awareness Month

June

Pride Month

July

Honoring our Vets, July 4

August

International Youth Day, August 12

September

Disaster Preparedness Month + Day of
Service & Remembrance, 9/11

October

Breast Cancer Awareness Month

November

Alzheimer's Awareness Month
World Kindness Day, November 13
GivingTuesday

December

Give the gift of time spent together
volunteering this holiday season!

VISIT [VOLUNTEERMATCH.ORG](https://www.volunteermatch.org) TO FIND YOUR FIT



Discover more ways to put your time and talent to good use!

Volunteers

Connect to thousands of volunteer opportunities on the world's largest volunteer engagement network.

[Start by registering at VolunteerMatch.org](https://www.volunteermatch.org)

Nonprofits

Recruit more volunteers for your cause. Tap into our network of millions of volunteers.

[Claim your profile today](#)

Corporations

Connect & curate experiences together with the 130,000+ nonprofits in our network to drive your company-wide volunteer service program or cause-based campaign.

[Explore our Direct Open Network Solutions & API Partner Network](#)

[ENGAGE MORE VOLUNTEERS NOW](#)



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