

GIVING SERVICE
LEADS TO A LONGER LIFE



SERVICE REDUCES STRESS



GIVING SERVICE MEANS
GIVING BACK



PARTICIPATING IN SERVICE HELPS WITH

SKILL DISCOVERY AND DEVELOPMENT



GIVING SERVICE
INCREASES SELF-ESTEEM



PARTICIPATING IN SERVICE ALLOWS FOR
CAREER EXPLORATION

Benefits of Service



JUSTSERVE

justserve.org

COMMUNITY SERVICE HELPS DEVELOP
INTERPERSONAL COMMUNICATION SKILLS



SERVICE PROVIDES OPPORTUNITIES FOR

MAKING CONNECTIONS

VOLUNTEERING DEVELOPS AN
INCREASED SENSE OF
SOCIAL RESPONSIBILITY



REGULARLY PARTICIPATING IN SERVICE OPPORTUNITIES
COMBATS DEPRESSION

