

A Great Year to Virtually Volunteer!

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While many people have maintained connections and continued daily routines during this year of pandemic, others are now feeling the effects of isolation due to layoffs or early retirement. More than ever, this is a time when it is important to take deliberate steps to stay engaged and make life more meaningful. Volunteering your time and expertise is one way of doing that. Fortunately, there now many ways to engage virtually to help others. Here are just a few:

Volunteermatch.org lists both in-person and virtual opportunities such as letter writing to senior citizens, mentoring new business start-ups, tutoring youth in math and language, and even web design and editing for non-profits.

AllForOne.org features opportunities to aid nonprofits and other organizations all over the country. You can even start a project of your own! A few of the many volunteer opportunities available include mentoring at-risk children, reading aloud (virtually) to Head Start students, and offering encouragement to caregivers of U.S. veterans.

UN Volunteers (OnlineVolunteering.org) If you speak more than one language this is a great website for you! You can aid the United Nations with translations, and proofreading. Non-bilingual people can help with outreach and advocacy.

Catchafire.org The mission of this organization is to “strengthen the social good sector by matching professionals who want to donate their time with nonprofits who need their skills.” Marketing, graphic design, brochure writing, and a variety of other projects are listed by estimated time commitment.

ICouldBe.org This program’s mission is to “provide high school students with an online community of professional mentors, empowering teens to stay in school, plan for future careers, and achieve in life.” Volunteers create ongoing relationship with teens to encourage them and aid them in personal and academic success.

ElderWisdomCircle.org This organization matches volunteers aged 60 or over with those younger to offer advice and wisdom through letter writing to aid with career, education and life concerns.

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CrisisTextLine.org If you have a drive to help those in crisis and are willing to donate time regularly, this may be a good fit for you. Volunteers must complete 30 hours of virtual training and then commit to providing at least 4 hours per week for a year of crisis services by text. Night owls are especially needed!

Foster grandparents (<https://www.nationalservice.gov/programs/senior-corps/senior-corps-programs/fostergrandparents>) Just like it sounds, this program matches volunteers aged 55 and up with younger people who need the guidance and concern of a grandparent in their lives. You might be reading with a child or mentoring a young single parent.

Smithsonian Institute (si.edu/volunteer/digitalvolunteers) Are you an academic at heart? The Smithsonian is looking for volunteers to transcribe historical documents. If the outdoors is more your thing, they also need people to help with tracking invasive species and identifying garden plants. If grammar and fact checking is your passion, the Smithsonian is looking for volunteers to edit and update Wikipedia entries.

WarmUpAmerica.org If you are more into crafts than academia, Warm Up America may appeal to you. Volunteers complete crocheted or knitted projects (or partial projects) for people in need of warm clothing and blankets across the country.

OperationWeAreHere.com This website gathers a plethora of opportunities for volunteers to reach out to military personnel and their families with all types of support and encouragement, from letter and card writing to adopting a family.

Volunteering is a great way to increase meaningful engagement with others. If you are looking for other ways to cope with isolation or other life stressors, Profile EAP is here for you.

For more information or to schedule an appointment call 1-800-645-6571 or visit our website www.ProfileEAP.org