

# Day of Caring

## What is a United Way Day of Caring™?

United Way Day of Caring™ is an opportunity that connects volunteers with local non-profit organizations. When agencies are supported through a Day of Caring™ they are able to use their limited resources to help agencies in the community.

## Why organize a Day of Caring™?

- Employees benefit from seeing what agencies do for the community
- Employees come away with increased morale by supporting community projects
- Agencies need your skills and experience to help sustain their operations

## Information about Day of Caring™

- Day of Caring™ projects are available year round
- Most projects require two to four weeks of planning, but larger projects may need more time to plan
- Most projects are completed in half a day or a full day, but some larger projects may span over a few days
- Volunteers and agencies are required to sign a media release form that allows United Way to take pictures at the Day of Caring™

## Ideas for Day of Caring™ Projects

Projects can be as big or as simple as you want. Here are a few ideas to consider for a Day of Caring™.

### Professional/Staff Development

- Safety training
- Team building
- Computer skills
- Financial management
- Time/stress management

### Labour Projects

- Landscaping, gardening
- Building handicapped accessible ramps
- Constructing a shelving unit
- Fixing computers
- Painting buildings or fences

### Social Projects

- Delivering meals to the elderly
- Reading to a child
- Play a game with a senior

