

Give to Others



Ways to give to others

- 1 – Say thank you to someone for something they've done for you
- 2 – Volunteer in our community
- 3 – Donate something you no longer use
- 4 – Pick up trash in your neighbourhood
- 5 – Say encouraging words to those around you
- 6 – Sometimes all people need is someone to listen to them. Find time to just listen and not give advice.
- 7 – Smiling triggers a feeling of happiness for those receive a smile and those who give a smile

When we volunteer time or give financial support to helping agencies, it benefits others as well as ourselves.

You can find a full list of non-profit organizations throughout the Community Directory.

You can easily give to these local organizations online by visiting www.canadahelps.org

- Yellowhead Emergency Shelter
- H.E.L.P. (Freddy's Resource Room)
- The Share Shop
- B.R.I.D.G.E.S. Society
- HIV West Yellowhead
- Hinton Victim Services
- Hinton Health Care Foundation
- Pine Valley Lodge Seniors Society
- Hinton and District SPCA
- NeighbourLink

Most people would agree that helping others is a good thing to do in itself. Research shows it can also improve your wellbeing.

Food security is important to wellbeing. The Hinton Food Bank is a great place to give. www.facebook.com/HintonABfoodbank