

# 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](http://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](https://www.facebook.com/HintonABfoodbank)