

## Give Back This Holiday Season

The holiday season is a great time of year to give back to your community or those less fortunate. Not only will this help those in need, but it will also leave you feeling happy, humbled, and can help you de-stress.

Here are a few ideas of how you can help others:

### Do a random act of kindness

For example, hold the door open for someone, help someone carry groceries to their car, shovel snow for a neighbour, send a coworker an anonymous note or treat, or pay for the person behind you at the drive-thru.

### Volunteer your time

Some places to keep in mind are your local food bank, shelters, soup kitchens, and churches.

### Sponsor a family in need

You can find families in need in your community by checking with local churches or the Salvation Army. Provide them with gifts from Santa for their children and grocery store gift cards to help prepare a holiday meal.

### Donate gently used items

Take the time to clean out your closet and/or your kids' toy box and donate items to your local Good Will.

### Give a financial donation to a charity

Choose a charity close to your heart and make a donation.

### Bring pet food and supplies to your local animal shelter

Our furry friends need help too! Contact your local animal shelter.

