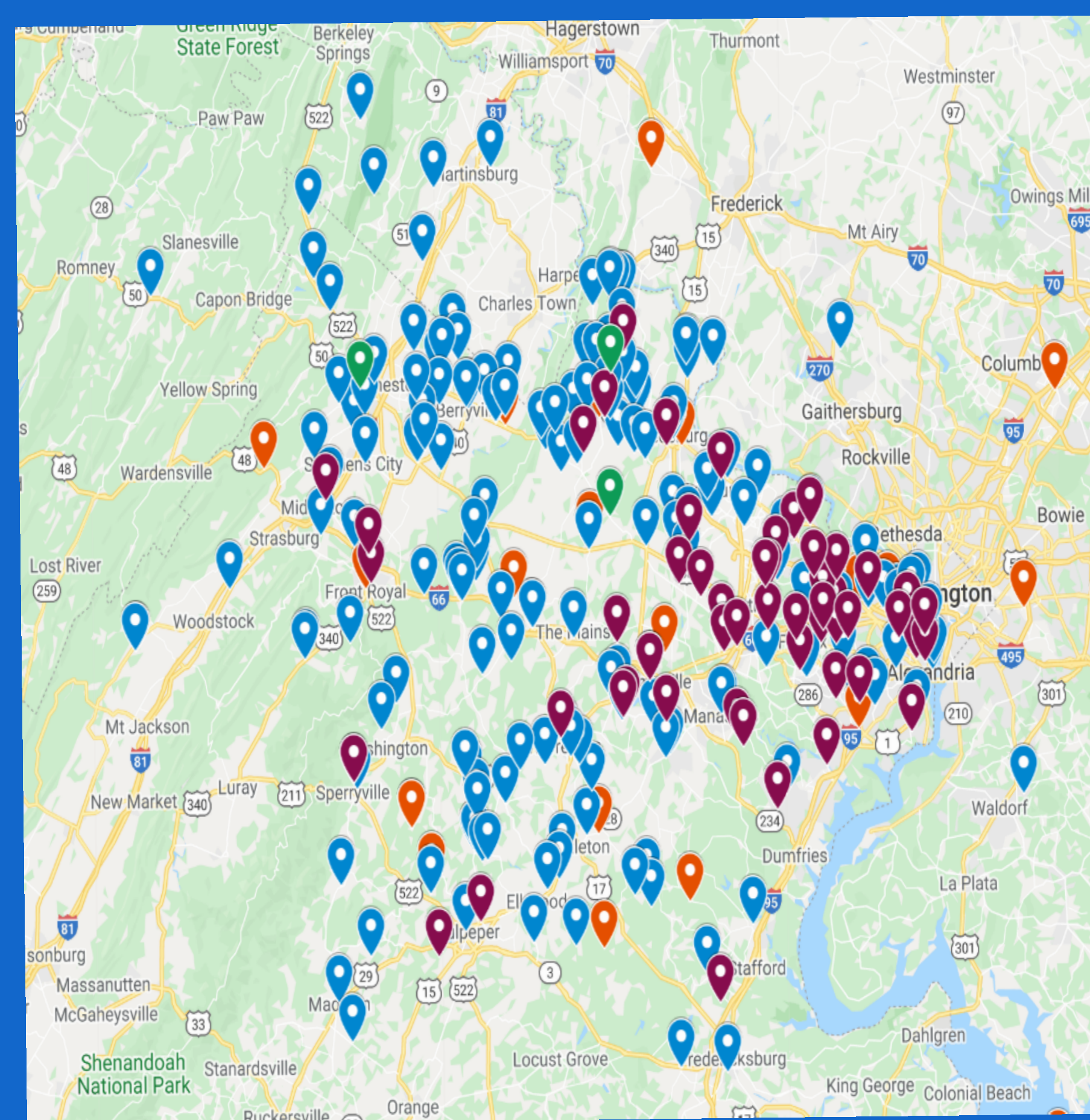


# Volunteer Fairfax

## GUIDE TO HELPING YOUR COMMUNITY

# GoodConnectsUs



People, like you, are always looking for ways to give back and help others. Check out our ideas below to get started. Once you do something good, fill out our survey (linked to this text), and mark your spot! To see what others are doing, click on the map image above! Share it and get your friends and family involved in spreading acts of good in your neighborhood! No act is too big or too small; they all help our communities. Once a week, we'll highlight one of the ideas below on our social media, but you can do any of these and more, at anytime! Just share it so it grows and we can all see that **#GoodConnectsUs!**

[www.volunteerfairfax.org](http://www.volunteerfairfax.org)

### 1 Be Neighborly

Do something good for your neighbors. Bake some cookies, give flowers, cut their grass, wash their car, make a community library or pantry box.



### 2 Honor and Support Our Heroes

Show your support for first responders, doctors, nurses and other front line workers. Deliver a treat or meal, make cards, donate supplies, just say thank you!



### 3 Help the Hungry & Homeless

Meals, toiletries and pantry items are needed now more than ever. Share from your stash or make a donation to help our neighbors. Connect and show you care!



### 4 Spread Gratitude

A little bit of encouragement and cheer go a long way! Thank a teacher, congrad a grad, place thankful signs in your yard. Sow seeds of thankfulness.



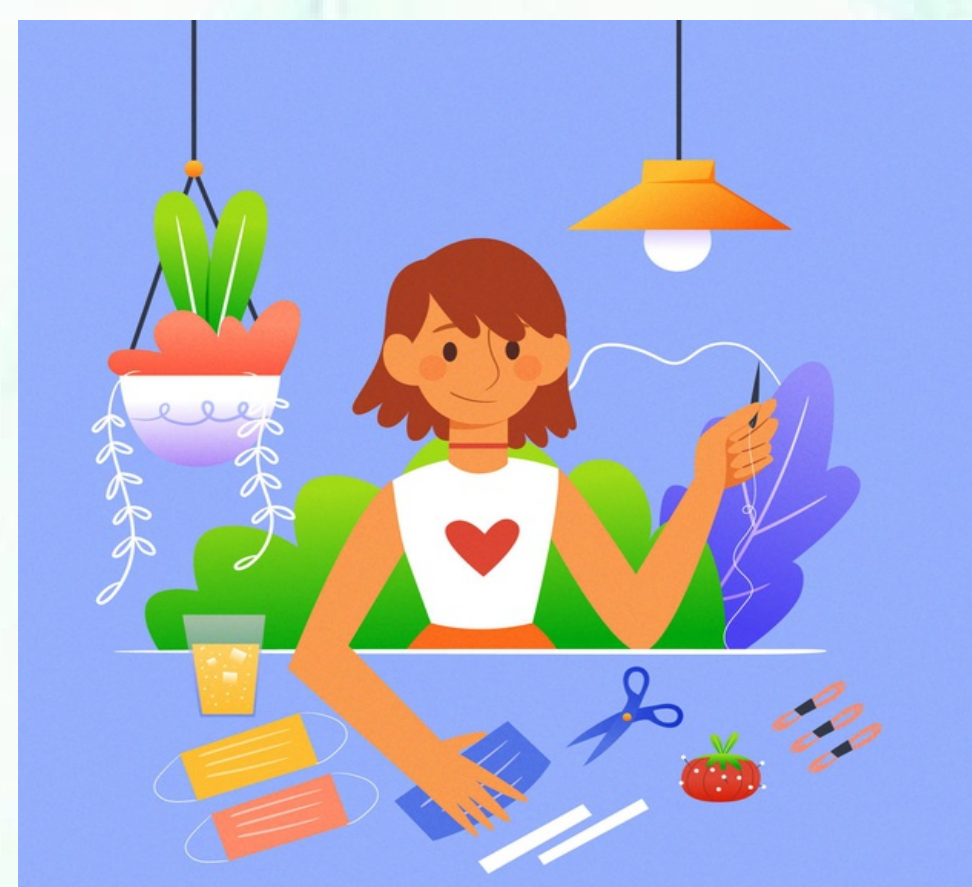
### 5 Pay it Forward

Make someone's day brighter with an unexpected surprise. Cover the car behind you in the drive thru or continue to pay your cleaner. That's always good!



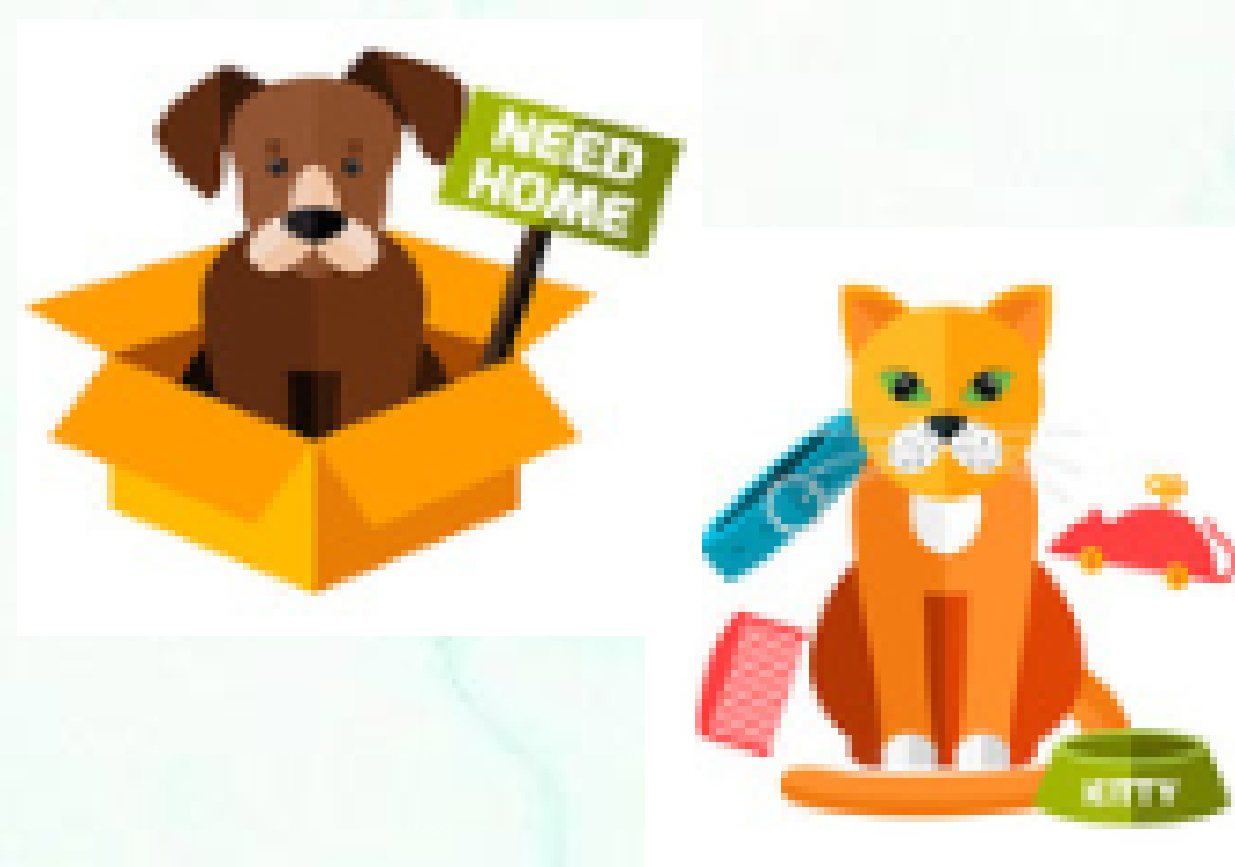
### 6 DIY Volunteerism

Use your creativity to help others in your community; create care kits, paint rocks, grow a community garden, make masks or create your own idea.



### 7 Comfort a Cute Critter

Please remember our four-legged friends! They still need a home, food, medical care or a fresh new toy. Animal rescues continue to care for cute critters.



### 8 Celebrate Summer with Seniors

Senior care communities always decorate for the holidays. Offer to hold a Zoom celebration for them or create/send festive decorations for one near you!



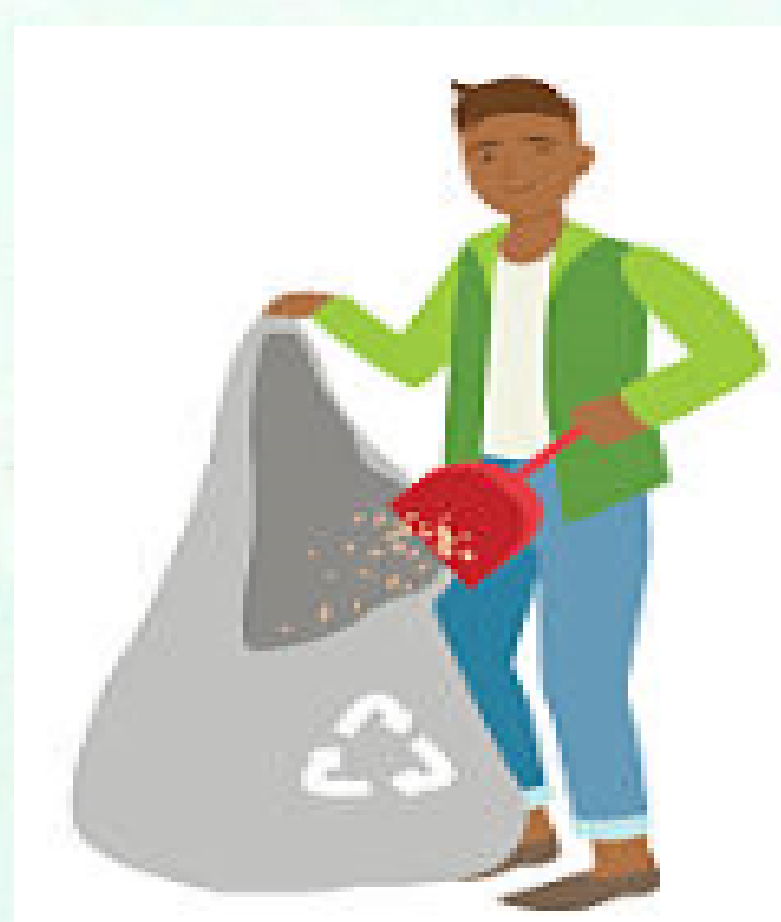
### 9 Support Your Local Nonprofit

Make sure to remember to connect with your local non-profit. Donate, share a skill, volunteer, or spread their message on your social media.



### 10 Keep Fairfax Beautiful

Show your love for our common home. Plant a tree, clean a street or stream, or label storm drains through a local organization.



### 11 Be a Helper

Everyone needs an angel. Show your good, sweet side and help those who can't get out; pick up groceries, medications or other household supplies for them.



### 12 Keep the GOOD Going

Visit Volunteer Fairfax online and click on Volunteer Now to check out our database that connects you to volunteer opportunities and donation needs of area nonprofits.

**VOLUNTEER  
NOW**



Remember to mark your  
**GOOD** on the map!  
**#GoodConnectsUs**

**#GoodConnectsUs!**

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