

VOLUNTEER THIS WINTER

Because by volunteering, you will not only help the community, you will also help your own health and wellbeing!

Volunteering will help:

- Combat Depression
- Increase Happiness
- Increase Self-Confidence
- Provide a Sense of Achievement

HACER'S INVOLVEMENT

Graduate Volunteer Programme -

Commences June 2019

Our Grads are set to embark on a 6 month volunteer project. Details will be shared across their journey.

FareShare - RESCUE.COOK.FEED

Tuesday 6 August 2019 - 6:15pm - 8:30pm

Hacer will participate in an evening of kitchen food prep for people doing it tough.

<https://www.fareshare.net.au>

This Winter, the Hacer Health & Wellbeing Programme will focus around helping those in need and we want you to as well.

If you need inspiration, feel free to ask for ideas
healthandwellbeing@hacer.com.au