



# OUR VOLUNTEER STORY: WHERE CAN YOU HELP? (MIL SPOUSE EDITION)

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<https://warroom.armywarcollege.edu/podcasts/volunteer>

## EPISODE TAKEAWAYS:

- 1. Volunteering can give you a sense of home and belonging.** Constant moves and continual change can cause people to become disconnected from the community they're a part of. It's easy to withdraw into your immediate family, but if you're the type of person that needs interaction and belonging outside the home, volunteering can give you a renewed sense of purpose.
- 2. Two great places to start looking for volunteer opportunities on any installation are the [USO](#) or the service support centers listed below**
  - [Army Community Services](#)
  - [Fleet and Family Support Services](#)
  - [Airman and Family Readiness Center](#)
  - [Marine & Family Programs](#)
  - The [Ombudsman Family Programs](#) for the U.S. Coast Guard.
  - Reserve Component Family Programs are available for the Army, Navy Airforce and Marines as well and can be found [here](#) on [Military OneSource](#) once you're logged in.
- 3. Also take a look for Local Volunteer Opportunities at [Military OneSource](#) and the Army's [Volunteer Management Information System](#)**
- 4. If you're stressing over your upcoming PCS and having trouble sleeping, bone up on the official policy on [DOD INSTRUCTION 1100.21 Voluntary Services In The Department Of Defense](#). It will be the best night's sleep you've had in ages.**
- 5. If you're the one looking for volunteers, you have to ask them personally to be effective.** You can find volunteers by casting broad calls for help, but to really get someone to commit you have to ask them individually to volunteer for something that

suits their personal strengths. Generic requests for volunteers allow people to assume that someone else will do the job.

6. **Once you get someone to volunteer make sure what your asking is reasonable.**

Everybody can come up with an hour of time to volunteer – they can't always find 20 hours or a whole week. Start small and get them to realize how rewarding the opportunity can be.

7. **Never use the word JUST when describing your volunteer efforts.** When you're describing what you've done as a volunteer, especially when communicating with a potential employer, don't minimize your impact. Someone out there is looking to employ you and your particular talents, and JUST because you didn't get paid as a volunteer doesn't mean your expertise isn't valued. You're already the Chief Life Officer (CLO) for your family. Figure out how those talents translate to your resume.

8. **At the end of the day our military lives are better for all of the efforts of volunteers.**

If every volunteer on every installation didn't come to work one day it would be a very bad day for service members and their families. So much of the goodness that is our military community relies on the kindness and exhaustive efforts of volunteers. Why wouldn't you want to be a part of something so powerful and important?