

# SERVICE

There are so many service opportunities out there to be a part of! For your assignment of doing service, you can choose an activity/project that involves the entire community, the entire campus, or just you and your family or your values coach.

- First, think about something that would be meaningful to you and the type of population that you would like to serve. (i.e. animals, children, the elderly, the community in general, etc)
- Next, think about who you want to involve. Then think about the feasibility of getting it done. What are the supplies that you will need, what is the time that is needed, what about transportation?
- Lastly, talk to your Recreation Therapist to coordinate and together plan the place, date, and time that your service activity will take place.

There are many resources to look online to get ideas:

- <https://www.unitedwayuc.org/volunteer/volunteer-opportunities-lists>
- [kotm.org](http://kotm.org) (Kids on the move)
- [heritage.utah.gov/userveutah](http://heritage.utah.gov/userveutah)
- <http://www.volunteermatch.org/search/index.jsp?r=msa&l=84664>
- <http://intermountainhealthcare.org/communitysupport/volunteering/pages/home.aspx>
- [heritage.utah.gov](http://heritage.utah.gov)
- [www.habitatsaltlake.com](http://www.habitatsaltlake.com)
- [www.volunteer.slco.org/](http://www.volunteer.slco.org/)
- [volunteer.truist.com/utah/volunteer/](http://volunteer.truist.com/utah/volunteer/)
- [www.voaut.org](http://www.voaut.org)

