

# the **Benefits** of Volunteering

- Meet New & Diverse People
- Help Others Less Fortunate
- Utilize Your Talents
- Develop Your Job Skills
- Learn New Skills
- Build Your Self Confidence
- Gain Valuable Experience
- Find The Career Ideal For You
- Improve Your Health
- Create More FUN In Your Life

**& it's so**

# EASY

- A Variety Of Job Opportunities
- Flexible Schedule
- Sovereign Immunity Protection
- Volunteer From Home



*Those who bring sunshine  
to the lives of others  
cannot keep it from themselves.*



## Volunteer Services Locations

**Shirley Rose**

Volunteer Services Supervisor

**Lantana/Lake Worth Health Center**

1250 Southwinds Drive • Lantana, FL 33462

**561.547.6870**

**Norma Williams**

Volunteer Coordinator

**West Palm Beach Health Center**

1150 45th Street • West Palm Beach, FL 33407

**561.514.5482**

**Riviera Beach Health Center**

7289 Gardens Road • Riviera Beach, FL 33404

**561.804.7900**

**Jupiter Health Center**

6405 Indiantown Road • Jupiter, FL 33458

**561.746.6751**

**Barbara Purr**

Volunteer Coordinator

**Delray Beach Health Center**

225 South Congress Drive • Delray Beach, FL 33445

**561.274.3122**

**Brian Stanton**

Volunteer Coordinator

**C. L. Brumback Health Center**

38754 State Road 80 • Belle Glade, FL 33430

**Pahokee Community Clinic**

1200 East Main Street • Pahokee, FL 33476

**561.992.1218**

**[www.pbchd.com](http://www.pbchd.com)**



# Volunteering



**What can it  
do for you?**

## Your Volunteering Has A Positive Impact On Our Community But...Did You Know

It Also Has A  
**POSITIVE  
IMPACT  
ON YOU?**



### SELF CONFIDENCE

Taking on new challenges and learning new skills will give you the confidence to face challenges in all areas of your life.

### NEW FRIENDS

There is no better way to meet like-minded people! Working together for the same cause builds bonds that can last a lifetime.

### CAREER BOOST

You gain valuable work experience by volunteering. It provides networking opportunities that can guide your career pathway. Over 60% of all job vacancies are filled through external networking.

### GOOD HEALTH

There is evidence that volunteering can improve your health. It gives you a heightened sense of well-being and makes you feel needed and useful. It provides an improvement of insomnia, a stronger immune system and a speedier recovery from surgery.

### LOTS O' FUN

There is nothing more satisfying then to know that you helped make someone else's life a little better. By finding a task that matches your interest, you will have fun while helping others.

Volunteer readers entertain the children while waiting to see the doctor.



## Welcome

**M**any people are in need of various kinds of help and our resources are so limited. We need dedicated volunteers to assist us in meeting the needs of our clients. As a volunteer member of the Florida Department of Health, you will be part of a team working together to provide your community with a better quality of life.



Our busy Axillary Treasurer helps with bookkeeping, volunteers in the family planning department and knits baby blankets at home.

**V**olunteers are a very vital and integral part of the Health Department. Some volunteers provide administrative support by performing clerical or accounting duties, while others lend their special talents or skills as interpreters, reading to the children, or help with events and fundraising. You can work at home knitting and sewing baby blankets or make phone calls for our "Shots by 2 Program". There are many different and flexible ways to be a volunteer.

**W**e take the time to listen to your needs and learn what skills, strengths and experience you have. We use your time effectively by having meaningful work assignments prepared for you pertaining to your specific interests and goals. The staff and clients appreciate the time and effort our volunteers give. We take every opportunity to make your service here productive and rewarding.

## Purpose And History

**T**he Palm Beach County Health Department was established In 1948. It was created to promote and protect public health. It is the largest public health department in the United States.

**M**any services are required in order to prevent or control disease and to promote health. We monitor the air you breathe, the water you drink, and provide medical services and vaccines.

**V**olunteers including physicians and nurses, work in several clinics and administration sites located throughout the county.

**A**uxiliary groups sponsor each clinic and work on special projects to enhance the lives of our clients. They run our food and clothing pantries, recruit donations and help with special events and health fairs.

**O**ur health centers are in need of retired health care providers who will volunteer their time to help the under served population of our community.

**P**lease take advantage of this opportunity to enrich your life and the lives of others.

### Become A Volunteer!

*Through the compassion of volunteer physicians and nurses, thousands of lives have been saved throughout Palm Beach County.*

