

# Thinking About Getting Involved?

## 5 Great Ways You Can Help at YWCA Trinidad and Tobago

We've all felt that call to serve at some point in time. Whether you hear it while you're meditating on the word of God or when you're reflecting on your own advantages in life, we know how it feels to want to give back. Maybe you're wondering how you can contribute or whether you'll have the time. We're all busy – there's not a single person who thinks there are enough hours in the day to accomplish all that they need to. If you feel called to serve however, whether you have a few hours or a few days, there will be a space for you at the YWCA.

Have you heard the saying "choose something you love and you'll never have to work a day in your life"? In this day and age, there are lots of opportunities to do what you love! Don't know what you fancy just yet? Never fear, the YWCA is here to help – read on to learn more!

### 1. Empowerment, Development, and Leadership

Have you always been passionate about helping women to realize their potential and to reach new heights? So have we! From the early stages of adult and professional life, we are an organization dedicated to placing the development and empowerment of women at the forefront of our mandate. We dedicate our time and services to programmes that will assist in skill-building activities so that we can start removing structural barriers to women's ability to be all they can be and accomplish all they want to.

### 2. Membership, advocacy, and outreach

We know what we do, and we know why it's important – but our message can't stop with us! Helping others outside of organization to understand how important it is to empower women, especially through an organization such as YWCA which vows to do so in an inclusive, respectful, and sustainable way is crucial to fulfilling our mandate. Reaching out to the wider community helps to build a network where people know that even if they don't need us right now, we're right here if they ever do. With more information, more persons can decide they'd like to join or volunteer. Imagine what we could do with more hands on deck!

### 3. Fundraising

Nothing in life is free and don't we all know it. Our organization exists, however, to provide opportunities especially for persons who may not be able to access programmes to learn these skills under normal circumstances. Whether it's self-defence or professional skill-building, preparation of the modules takes time. Getting an instructor takes time. Securing a space takes time. Getting the word out takes time. And further to all the time being spent by the organization, these things cost money. Whether you've always been a financial whiz, or you'd like to donate but don't have the budget to do so yourself, or you'd just like to help, fundraising is an activity most of us would have had some experience in over our lifetimes and can all return to doing in order to help out.

### 4. Youth Programmes

Passionate about getting through to the next generation? So are we. Strong guidance at an early stage in life is proven to be a big success factor later on. For establishing programmes to help with academics, providing good role models and an extra support network for youth, working to provide an environment for constructive growth and collaborative activities to stimulate development, YWCA is dedicated to reaching youth in as many positive ways as possible – after all, they are the future of the nation.

#### 5. Professional skills

If you've browsed this list and still don't think you'd fit into any of the above categories, you might be just what we're looking for. Perhaps you'd be a perfect mentor, teacher, or other type of necessary specialist. Regardless of what you do for a living, YWCA is always in need of sturdy role models who are willing and able to offer their professional services for the betterment of society. Contact us here and tell us about what you can do, and we're sure we have a space for you!