



BE GOOD DO GOOD

VOLUNTEER

Volunteer BREC

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LOVE YOUR COMMUNITY & YOURSELF

Did you know that volunteering doesn't only benefit the community? Volunteers can also gain satisfaction and benefits by being involved in their communities. Not only are volunteers working towards a great cause and helping others in need, but they are also reaping some health benefits themselves.

Volunteering in the community has numerous personal benefits such as mind and body wellness, building connections with others, and a sense of purpose. Studies have shown that volunteering lowers stress, boosts self-confidence, decreases risk of depression, and increases social interaction. Feeling a sense of purpose reduces stress levels and creates "The Happiness Effect." Just like exercising releases dopamine in the brain, helping others has the exact same effect.

BREC has many opportunities for volunteers to get moving, socialize, and enjoy the great outdoors, all of which are beneficial to your health! Each month, the BREC Therapeutics Department and Families Helping Families of Greater Baton Rouge hosts a Sunshine Social where adults with disabilities dance with each other and volunteers to great music. It's not only a social activity but a physical one as well. You'll have such a good time that you won't even realize you're exercising!

There are also events for outdoor lovers that provide fresh air and just a bit of physical exertion such as Mountain Bike Trail Work Days, where volunteers pick up litter and trim limbs along BREC bike trails. For volunteers seeking to stimulate their minds, there are events that offer the chance to teach children how to play games and learn about the earth such as Rockin' at the Swamp. The holidays also offer ample opportunities for volunteers to interact with kids and have a good time. Leprechaun Game Night and the Community Egg Hunts are some of the fun upcoming holiday events this spring that are always in need of enthusiastic volunteers.

Whether trying to improve your mindy, body or spirit, BREC is sure to have something for everyone!



PARK BEAUTIFICATION PROJECTS

BREC relies on volunteers to maintain our parks and keep them safe for all residents to enjoy. BREC's park beautification projects provide the perfect opportunity to get outside. Come enjoy the outdoors while volunteering with your school, church, corporate, or community service group. We hope to have your students, staff, faculty and community members join us at one of our parks or facilities.

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FRIDAY NIGHT T-BALL LEAGUE

Perkins Road Community Park
7122 Perkins Road, Baton Rouge 70810

Every Friday, March 3-April 7 (6-9 p.m.)

Volunteer with BREC's Night T-Ball league, where you will coach 3-6 year olds every Friday night for six weeks beginning March 3. Games start at 6 p.m. and end around 9 p.m. Email volunteer@brec.org to volunteer.

INCLUSIVE BASEBALL LEAGUE

Forest Community Park
13900 South Harrell's Ferry Road, Baton Rouge 70816

Saturdays, April 29 - June 24

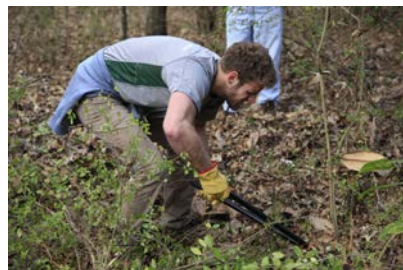
Coaches and volunteers are needed for inclusive baseball to help participants have fun and be the best player they can be! On Game Days, volunteers are needed to help on the field and sometimes run or be one-on-one with a participant. Only coaches are required to attend all listed dates. Baseball experience is NOT required to help. If interested in coaching or volunteering, email volunteer@brec.org. No games on May 27. Skill days are April 29 and May 6.

MOUNTAIN BIKE TRAIL WORK DAY

Comite River Park
8900 Hooper Road, Baton Rouge 70818

Saturday, March 4 (8 a.m.-noon)

Saturday, April 29 (8 a.m.-noon)



Looking for a fun way to give back? Come have an EXTREME time helping BREC's Extreme Sports on one of their trail work days. Work days are held throughout the year so you are sure to find a date that works with your schedule. Work includes but is not limited to trash pickup, trimming limbs, and dirt work (shoveling and raking). Bug spray, water and a love of the outdoors is recommended. Email volunteer@brec.org to volunteer.

LEPRECHAUN GAME NIGHT



HEARTS AND HOOVES RIDING PROGRAM

Therapeutic Riding Program
Farr Park Equestrian Center
6402 River Road, Baton Rouge 70802

This program provides equine-oriented activities for the purpose of contributing to the cognitive, physical, emotional and social well-being of people with disabilities.

The center welcomes adults and children, ages six and older, to participate in sessions throughout the school year every Monday, 4:15-5 p.m., 5:15-6 p.m., or 6:15-7 p.m. Volunteers serve as "side walkers" as they lead the horses through the arena and trails to ensure the safety of participants.

VOLUNTEERS IN ACTION

(click to enlarge)



Zachary Community Park

20055 Old Scenic Hwy.,
Zachary 70791
Friday, March 10 (6-8 p.m.)

Perkins Road Community
Park

7122 Perkins Road, Baton
Rouge 70808
Friday, March 17 (6-8 p.m.)



Volunteers will assist with decorating and helping participants with fun activities such as Search for your "Pot-O-Gold," Rainbow Races, Shamrock-N-Roller with sit-down scooters, and Laser Tag with the Leprechaun. To volunteer, email volunteer@brec.org.

ROCKIN' AT THE SWAMP

Bluebonnet Swamp Nature
Center
10503 N. Oak Hills Pkwy.,
Baton Rouge 70810

Saturday, March 11 (9 a.m.-4
p.m.)



Volunteers are needed to help with this fun event that focuses on the exciting world of rocks, minerals, gemstones and fossils. The event will have a host of activities including a treasure trail, gold mine, rock crafts and more. To volunteer, visit www.SignUpGenius.com/go/20F044FAAAF22A0FF2-rockin1. Volunteers working all day will be provided lunch vouchers for onsite food vendors. There are a variety of both indoor and outdoor assignments, so there should be something for everyone. For more information, email sguidry@brec.org. Volunteers will receive an email the week before the event with further information on parking and checking in.

SUNSHINE SOCIAL

Womack Ballroom
6201 Florida Blvd., Baton
Rouge 70806

Friday, March 17 (6-9 p.m.)
Theme: Shamrock Shuffle

Friday, April 21 (6-9 p.m.)
Theme: Fashion Fiasco



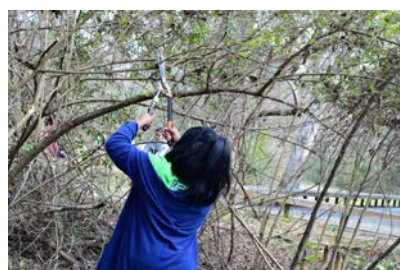
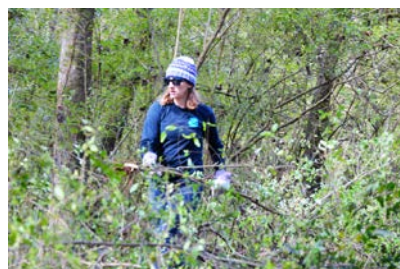
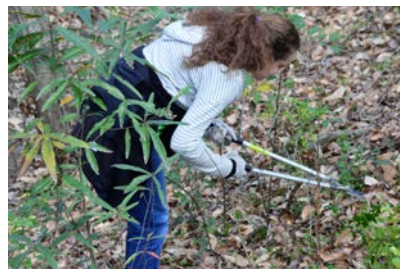
The BREC Therapeutics Department and Families Helping Families of Greater Baton Rouge are proud to offer programming to adults in the community with disabilities. The Sunshine Social is their monthly party complete with great music, food and people. Volunteers will be asked to help serve the participants drinks and snacks as well as dance and socialize! Email volunteer@brec.org to help out.

SWAMP VOLUNTEER DAY - PLANT INVADERS PUSHBACK

Bluebonnet Swamp Nature Center
10503 N. Oak Hills Pkwy., Baton Rouge 70810

Saturday, March 25 (10 a.m.-2 p.m.)

BREC's Bluebonnet Swamp Nature Center will celebrate its 20th birthday in May, and the Swamp will host service days to help prepare



for the big celebration!
Volunteers are needed to help with trail maintenance by clearing invasive plant species. Volunteers should bring work gloves and tools if they have them, and dress for the weather (long pants and close-toed shoes are required). BREC will provide bottled water and snacks. To volunteer, contact Shannon Guidry at SGuidry@brec.org.



ART IN THE PARK

City-Brooks Community Park
1515 Dalrymple Drive, Baton Rouge 70808

Saturday, March 25 (10 a.m. - 2 p.m.)



Volunteers are needed to help with set up, kids art, information tables and clean up. There will be two shifts: 9:30 a.m. - 12 p.m. and 12 p.m. - 2:30 p.m. Email volunteer@brec.org to help out!



GREAT FAMILY CAMPOUT

Highland Road Community Park
14024 Highland Road, Baton Rouge 70810

Saturday, March 25 - Sunday, March 26 (4 p.m. - 10 a.m.)



Howell Community Park
5509 Winbourne Avenue, Baton Rouge 70805

Saturday, April 29 - Sunday, April 30 (4 p.m. - 10 a.m.)

Volunteers are needed to do various activities with kids such as making s'mores, hiking, inflatables and more. Food is provided and no camping experience is needed. This is an overnight event, though you aren't required to stay overnight. Email volunteer@brec.org to help out!



COMMUNITY EGG HUNTS

Plank Road Park - Flashlight Egg Hunt (Bring your flashlight)
19550 Plank Road, Zachary 70791

Friday, March 31 (6:30 - 9 p.m.)

Highland Road Community Park
14024 Highland Road, Baton Rouge 70810

Saturday, April 8 (10 a.m. - noon)

Volunteers are needed to help with these festive holiday events! There will be recreational games, arts and crafts, visits from the Easter Bunny, egg hunts, and more. To volunteer, email volunteer@brec.org.

ZIPPITY ZOO FEST

Baton Rouge Zoo
3601 Thomas Road, Baton
Rouge 70807

Saturday, April 1 (9 a.m. -
6:30 p.m.) and Sunday, April
2 (9 a.m. - 6:30 p.m.)

Volunteers are needed to help
BREC's Baton Rouge zoo
celebrate its 47th birthday. Volunteers help with face painting, education
booths and more. Shifts are available: 9 a.m. - 12:30 p.m., 12:00 p.m. -
3:30 p.m., and 3 p.m. - 6:30 p.m. To volunteer, email
Ashley.Franklin@brzoo.org.



MOVIE IN THE PARK

Nairn Drive Park
2800 Nairn Drive, Baton
Rouge 70808

Friday, April 21 (7:30 p.m. -
10 p.m.)
Movie: Pan



Join BREC for a family movie
night under the stars. Volunteers are needed to help with popcorn and
other concessions. Email volunteer@brec.org to sign up.

CHEER & TUMBLING

Cheerleading
Mills Avenue Park
424 Woodpecker St., Baton Rouge 70807

Mondays (5:30 - 6:30 p.m.)

Tumbling
Howell Place Gym at ExxonMobil YMCA
7717 Howell Blvd., Baton Rouge 70807

Mondays (7 - 8 p.m.)



HOW TO HELP

For more information about signing up for any of these volunteer
opportunities, please email Monica Dugas at volunteer@brec.org,
or call (225) 272-9200, ext. 446. Keep updated on BREC
volunteer opportunities by signing up to receive volunteer
information at BREC.org/volunteer, visit volunteermatch.com and
follow Volunteer BREC on Facebook. Volunteers serving 30 or
more hours with BREC in a calendar year may qualify for a \$500
state income tax deduction.



6201 FLORIDA BLVD • BATON ROUGE LA • VOLUNTEER@BREC.ORG

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