

THE “HAPPINESS EFFECT”*

Handy with Tools?

Help provide occasional repairs on Book Houses in central and south county.... Volunteers need their own tools but Berkshire United Way provides all materials.

Contact: **Kate Murphy**
ext. 22
kmurphy@berkshireunitedway.org

Join the Team!

If you like working in small groups in a friendly atmosphere, we'd love your help with mailings in our Pittsfield office during normal business hours.

Contact: **Gretchen Weber**
ext. 33
gweber@berkshireunitedway.org

Build a Stronger Community

Are you recently retired and looking to keep in touch with your career contacts? Help us coordinate campaigns in workplaces throughout central and south county. Work as few or many hours as you like and help us spread the good news about Berkshire United Way.

Contact: **Duffy Judge**
ext. 12
djudge@berkshireunitedway.org

See Programs in Action

Visit funded program sites with Berkshire United Way staff and evaluate the impact of your dollars at work.

Contact: **Julie Singley**
ext. 32
jsingley@berkshireunitedway.org

Help kids experience the joy of reading

Hold a book drive at work, church, school or in any group. Gently used children's books are always needed to fill Book Houses in central and south county.

Contact: **Kate Murphy**
ext. 22
kmurphy@berkshireunitedway.org



Volunteer for Berkshire United Way and experience the happiness effect.
Call us at (413) 442-6948 or email info@berkshireunitedway.org

*Research suggests volunteering is good for us. In a paper published by Harvard Health, authors noted that volunteers benefit from something they call the “happiness effect.” It turns out that weekly volunteering leads to happiness levels comparable to a life-changing salary boost.

#HereForGood



Berkshire United Way