



Birthing Kit
Foundation
Australia

BENEFITS OF VOLUNTEERING



SOCIAL CONNECTION

Connect with our global community and your family



IMPROVES MENTAL HEALTH

Counteracts the effects of stress, anger and anxiety



IT GIVES YOU PURPOSE

Kick isolation-boredom to the curb!



HELP THOSE IN NEED

Allows you to contribute to a cause that you care about.



OPENS YOUR MIND

Learn about the cause, understand the issue, see the world in a different way



HAVE FUN

Stimulate your mind and get creative. You might just discover a new passion!

<https://www.bkfa.org.au/get-involved/kitsathome>