Step Forward: Where Adventure Meets Opportunity

**SOLVE PROBLEMS, EXPAND YOUR OPPORTUNITIES, STRENGTHEN YOUR COMMUNITY, CONNECT WITH NEIGHBORS, AND UNITE OUR NATION THROUGH NATIONAL SERVICE**

**IMPROVE YOUR PROFESSIONAL AND CAREER SKILLS**
- Learn conflict resolution strategies
- Gain leadership and interpersonal skills
- Explore new career fields
- Build relationships

**ENHANCE YOUR HEALTH AND WELLBEING**
- Reduce isolation
- Improve physical and mental health
- Make more community connections
- Increase your sense of belonging

**GET INVOLVED**
- Be an advocate
- Build community connections
- Increase community involvement
- Strengthen your community

**LAUNCH YOUR CAREER**
- Learn more about available service opportunities at AmeriCorps.gov/serve/find-finder.

**GET THINGS DONE**
- Manage new or unfamiliar experiences
- Navigate challenges
- Overcome adversity
- Build confidence

**EXPAND YOUR VIEW**
- Value other views
- Understand and respect new cultures
- Solve problems among diverse populations
- Bridge differences

**SOURCES**