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If you do not qualify for Rehabilitation or not able to return to school, do not think that there is nothing that you can do with your time outside of dialysis.

## VOLUNTEER

To help you learn more about volunteering go to *VolunteerMatch* - Where Volunteering Begins.

This website will help you to find volunteering opportunities with nonprofit organizations by location and interest area.

[www.volunteermatch.org](http://www.volunteermatch.org)

If you do not have access to a computer, ask your facility Social Worker to help you by providing a computer with Internet access.

OR

Try volunteering at your church, local animal shelter/zoo, food bank or school district.

