

## Social Networking Opportunities for Courage Center Volunteers

- How can volunteers stay connected with Courage Center and with peer volunteers?
- How else can volunteers get involved?

Social media offers a variety of ways for you to stay connected and to keep up-to-date on everything that's new and fabulous at Courage Center. Here are some of the social media tools and resources available to friends of Courage Center.

### WEBSITE

[www.CourageCenter.org](http://www.CourageCenter.org) – Check out the “Volunteer” tab or find up-to-date information, new programs, events and more. Our homepage includes icons for Facebook, Twitter and YouTube. If you misplace this sheet and want to access these sites, simply click on the icon for the social media “place” you wish to visit and ‘presto’ you’re there. Not quite time-travel, but close.

### FACEBOOK

#### Pages

Main Courage Center Facebook page -- [www.facebook.com/couragecenter](http://www.facebook.com/couragecenter)

Courage Center Camps (go to Facebook search to locate)

Courage Cards & Gifts (go to Facebook search to locate)

#### Groups

To locate, go to Facebook search and enter group name:

Courage Center Duluth

Courage Center Ski & Snowboard

Courage Center Sports and Recreation Dept.

Courage Center Golden Valley Fibromyalgia Support Group

### YOUTUBE

Subscribe to Courage Center’s very own YouTube channel –

[www.youtube.com/user/couragecenterorg](http://www.youtube.com/user/couragecenterorg) -- to view inspirational videos, like the one on Lindsey, an ABLE client, as she take her first steps after a spinal cord injury. Or get a taste of the fabulous sports and recreation activities offered through Courage Center Duluth.

## **TWITTER**

Yes, even you can Tweet! It's a fun way to stay on top of current events, while they're happening. Sign up to follow Courage Center on [www.Twitter.com](http://www.Twitter.com) or check out some of our many other "tweeters".

@CourageCtr – main Courage Center Twitter postings

@CourageCamps – Courage Center Camps

@CKCourageCenter – Christian Knights, Courage Center Public Affairs & Research

@CourageDuluth – Courage Center Duluth

@CourageSportsRec – Courage Center Sports & Rec

@CourageCards – Courage Cards

@Courageski – Courage Center Ski & Snowboard

## **BLOGS & E-NEWS**

Courage Center Policy & Research Blog

<http://couragecenter.wordpress.com/>

Zeitgeist – a bite-sized breakdown of the week's news; highlights on policy, health care, and the disability world. Email [Christian.knights@CourageCenter.org](mailto:Christian.knights@CourageCenter.org) and put "Zeitgeist sign up" in the subject line.

Courage Center's Volunteer e-newsletter – delivered several times a year. If you have an e-mail address, let us know and we'll make sure you'll receive our next issue.

*E-Onward* – Do you currently receive a mailed version of *Onward* our newsletter for donors? If you'd like to help us save money on mailing and production costs, sign up to receive an e-version instead. Contact [samantha.balmer@couragecenter.org](mailto:samantha.balmer@couragecenter.org) or at 763-520-0542.