

A GUIDE TO PERSONAL ACTIONS

TAKE ACTION, SPEAK UP FOR NATURE

1



VOLUNTEER

Volunteering is a great way to put time and effort into a cause you care about. It can be as involved as you want it to be and you can spend as little or as much time as you would like. *Be sure to check out who is accepting volunteers in your community. There may also be opportunities to volunteer with organizations outside your community through online options.* CPAWS NB is grateful for all the volunteers that help us to advance nature protection in New Brunswick and are always looking for more people to help support this work.

2



DONATE

Donating to a cause is one way to help out an issue you care about, especially if you can't volunteer or want to help more than one organization. Many organizations rely on donations to help fund their work. *Donating ensures organizations can continue doing the work you care about.* To support nature protection in New Brunswick you can donate to CPAWS NB. Your donation will help us speak out to protect nature on land and sea, in areas like the Restigouche Wilderness, the Chignecto Isthmus, the Bay of Fundy and the Gulf of St. Lawrence.

3



LIFESTYLE CHANGES

Small changes in your daily life to help the environment, such as practicing the 5 steps to Watch Your Paws when outdoors, walking more to cut back on energy consumption or reducing the amount of new goods you buy (so resources don't have need to be mined or industrially harvested to make more stuff). These may seem like small steps, but are important to shift our society to be more nature and climate friendly. Actions you take personally help normalize new behaviours for your friends, family and neighbours. *They can also be done alongside advocating for systems change.*

4



KEEP LEARNING

Seeking out ways to help to educate yourself on various issues is important. It can also help you brush up on skills or allow you to try something new. *There are many organizations, online communities or local libraries that will have resources available to help you on your learning journey.* Take some time to learn about wildlife connectivity, climate change, and terrestrial and marine protected areas to understand why and how we need to protect nature in New Brunswick.

GO TO [CPAWSNB.ORG](https://cpawsnb.org) TO LEARN ABOUT OUR WORK, POTENTIAL VOLUNTEER OPPORTUNITIES OR TO DONATE IN SUPPORT OF NATURE PROTECTION IN NEW BRUNSWICK