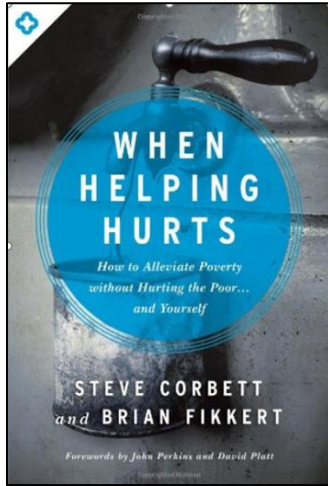


Click on the images or links below to access our most recent World Relief Western NY Volunteer Trainings!



[Helping Without Hurting Training](#)

This 60-minute training covers:

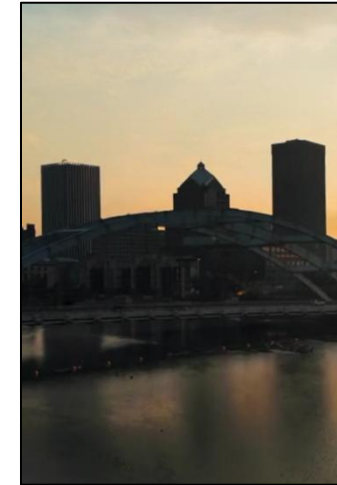
- Defining Poverty
- How our help often hurts others and ourselves
- Developing a new understanding of poverty alleviation
- How to help without hurting
- Practical exercises



[Culture, Communication, and Personal Boundaries Training](#)

This 45-minute training covers:

- How culture impacts communication
- Expectations in communication
- Personal boundaries
- Practical Exercises



[Rochester Resource Training](#)

This 60-minute training covers:

- Overview of World Relief website resources
- World Relief partner organizations
- Important Monroe county administrative resources