

**In these tough times, was so much tragedy in the world, we are able to provide a happy, peaceful and consoling atmosphere; a strong antidote to depression and unhappiness.**

- Visiting the refuge improves your mental health as you are taken outside of yourself and reminded that other living creatures need affection and caring as much as you do.
- Attention from the handicapped animal suddenly remind you that it's much more important to give back the love than to dwell on your problems and what was making you unhappy.
- It's is an excellent place for social interaction.
- It's a great avenue where like-minded though perhaps shy individuals who perhaps don't connect well with other people are able to meet in a safe and comfortable environment.
- Many friendships and relationships are formed between volunteers.
- Social skills are learned and improved.

