

## **WILL YOU VOLUNTEER, PLEASE?**

**Note: You can Volunteer as little or as much as you like – from 1 event a year to once a month, once a week, etc. ANY time you can give can make a BIG difference!**

- 1) To work in the office 1 day per week? YES \_\_\_\_\_ 1 day per month? YES \_\_\_\_\_
- 2) To do calling from your home? YES \_\_\_\_\_
- 3) To write for the newsletter? YES \_\_\_\_\_
- 4) To maintain the website? YES \_\_\_\_\_
- 5) To help with fundraising/development? YES \_\_\_\_\_
- 6) To help in our policy and advocacy issues work? YES \_\_\_\_\_
- 7) To help with outreach for Education Programs? YES \_\_\_\_\_
- 8) To do presentations to providers, civic groups, etc. about NAMI services? YES \_\_\_\_\_
- 9) To write letters to community agencies, etc. when services for the mentally ill are inadequate, inappropriate, or of poor quality? YES \_\_\_\_\_
- 10) To train to:
  - a) teach (co-teach) Family to Family (F2F) Education class YES \_\_\_\_\_
  - b) teach Out of the Shadows (OOS) Parent Ed class YES \_\_\_\_\_
  - c) be a Support Group Co-Facilitator YES \_\_\_\_\_
  - d) be on the Parents & Teachers as Allies team (a 3 hour school in-service program) YES \_\_\_\_\_
  - e) teach Family Connections course on Borderline Personality Disorder (BPD) for families YES \_\_\_\_\_
  - f) be on the team for 10-week Provider Ed Class YES \_\_\_\_\_

OTHER? Please list:

**If you have special skills or connections that NAMI could potentially benefit from (ie. Grant writing, printing, marketing, computer skills, etc.) please list here.**

---

---

---

Name \_\_\_\_\_  
Address \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone (H) \_\_\_\_\_ (W) \_\_\_\_\_  
Cell \_\_\_\_\_ E-Mail\* \_\_\_\_\_

\*Want to be on the NAMI KY List Serve for pertinent articles sent to e-mail? Check \_\_\_\_\_

VOLUNTEER QUOTE:” *Volunteering has provided me with so much knowledge and support that it has been well worth the small amount of time I have given to NAMI.*”

PLEASE RETURN TO: \_\_\_\_\_  
\_\_\_\_\_