

NAMI Greater Des Moines Volunteer Opportunities

We are hoping you will share your expertise with us and volunteer to help NAMI Greater Des Moines.

Volunteers	
Board Member	
Media/Marketing Person	
Veterans Liaison	
Mental Health Awareness Week Coordinator	
Child and Adolescent Coordinator	
Education Coordinator	
Visit hospital once a week (for a month) as part of the Hospital Exit Project	
Distribution of brochures in Des Moines area	
Fundraiser	
Grant writer	
Preparation of newsletter mailings- 2-3 hr/mo	
Occasional volunteer needs for a morning or an afternoon	

Teacher/Mentor for our educational programs

Family to Family		12 week course for family members of adults with mental illness
Visions for Tomorrow		9 week course for parents and caregivers of children with severe emotional disorder
Peer to Peer		9 week course for persons with mental illness taught by peers
Provider		9 week course for organizations and agency staff who work with persons with mental illness
Parents & Teachers as Allies		2 hour in-service at schools

Support Group Facilitator	Family Members	Parents & Caregivers of Children & Adolescents	Consumer Led NAMI Connections support group for persons with mental illness

NAMI Walks	
Fundraiser	
Sponsorship recruitment	
Help the day of the walk	
Other	

Please mail the volunteer sheet to:

NAMI Greater Des Moines
 Box 12174
 Des Moines, Iowa 50312

Name _____ Home Phone _____

Address _____ Cell Phone _____ Fax _____

City, State, Zip _____ Work phone _____

E-mail _____

THANKS !!!