

Date _____

VOLUNTEER OPPORTUNITIES

NAMI Santa Clara County is a volunteer grassroots organization that provides support, education, and advocacy for consumers, families, and friends of those with mental illnesses. For us to be able to expand our commitment, we need more volunteers who are interested in promoting and improving NAMI Santa Clara County's services and programs for our community.

Please mark the volunteer areas you are interested in:

- ☐ General Office Work ☐ Annual Events ☐ Booths/Tabling
☐ Data Entry ☐ NAMI Walk
☐ Other _____

Have you taken any NAMI Classes? Mark the NAMI class you have taken below:

- ☐ ***Family-to-Family*** ☐ ***NAMI Peer to Peer*** ☐ ***NAMI Basics***

If you are a graduate of one of these NAMI classes, here are a few more ways you can be involved:

- ☐ Facilitate Support Groups ☐ Teach NAMI Classes ☐ Helpline

****Please refer to the next page for detailed definitions of volunteer opportunities****

How do you think you will be able to add value with your skills and experience to our NAMI Santa Clara County Community Resource Center? _____

How do you think volunteering at NAMI will benefit you? _____

Please indicate the day(s) and time(s) that you are available to volunteer:

☐ M ☐ Tu ☐ W ☐ Th ☐ F ☐ Sa ☐ Su Hours _____

Name _____

Address _____ Apt. No. _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Cell _____ E-mail _____

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Please mark the volunteer areas you are interested in:

- ☐ **General Office Work** – Prepare bulk mailings, fold newsletters, label and fold brochures, create bookmarks, stuff envelopes, and work on projects as needed.
- ☐ **Annual Events** – Help at events such as the picnic or the holiday drive.
- ☐ **Booths/Tabling** – Staff the NAMI booth/table at various community events and functions.
- ☐ **Data Entry** – Enter data into Excel or Access. Transfer of data. Data analysis is a plus.
- ☐ **NAMI Walk** – Form or join a team for the annual NAMI walk. Help with day of event needs. This is a major fundraising event for NAMI and an opportunity to raise awareness on issues surrounding mental illnesses.
- ☐ **Other** _____

Volunteer opportunities for graduates of NAMI Family-to-Family/NAMI Peer-to-Peer class or NAMI Basics class:

- ☐ **Facilitate Support Groups** – Facilitate a support group for people living with a mental illness and/or their family members.
- ☐ **Teach NAMI Classes** – Teach a NAMI class upon completion of training.
- ☐ **Helpline** – Answer phone calls & emails, have computer proficiency with database and emails, provide resources/information and support, assist walk-ins, 4-hour shifts in the office.

For more information on how to volunteer at NAMI Santa Clara County, please contact us at:
volunteercoordinator@namisantaclara.org