



Santa Clara County

Date _____

VOLUNTEER OPPORTUNITIES

NAMI **Santa Clara County** is a volunteer grassroots organization that provides support, education and advocacy for families and friends of those with severe mental illness. 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.

Here are just some ways you can help, please mark the areas in which you can help:

- Help with General Office Work Brochure Delivery Writing Letters
- Social Media Help with Events Fundraising NAMIWalk
- Data Entry Other _____

Have you taken any of NAMI Classes? (Family-to-Family Class; Peer-to-Peer Class; Provider Education Course) Here are a few more ways you can be involved:

- Warmline Help Desk Teach NAMI Classes Facilitate Support Groups
- Help with Events/Outreach

*Please refer to the next page for detailed definition 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 able 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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Here are just some ways you can help, please mark the areas in which you can help:

- Help with General Office Work** – Prepare bulk mailings; folding newsletters, labeling and folding brochures, stuffing envelopes and work on projects as needed.
- Brochure Delivery** - Distribution of NAMI educational materials at various locations such as hospitals and community centers. A car and a valid driver's license is needed.
- Writing Letters** – Good writing skills to help us with the outreach to local companies and communities. Write letters to community agencies when services for the people living with mental illnesses are inadequate or inappropriate.
- Social Media** – Announce NAMI events and help promote awareness about related issues.
- Help with Outreach Events** – Staff the NAMI booth table at various community events/functions.
- Help with Special Events** – Help organize anniversaries, fundraising events, holiday drives (experience organizing large events needed)
- Fundraising** - experience with fundraising, writing proposals, making telephone calls. Grant writing experience is a plus.
 - NAMIWalk** – Form or join a team for the annual NAMI walk. This is a major fundraising event for NAMI and an opportunity to raise awareness on issues surrounding mental illnesses.
- Data Entry** – Basic knowledge of Excel and Access. Transfer of data. Data analysis is a plus.
- Other** _____

Have you taken any of NAMI Classes (Family-to-Family, Peer-to-Peer; Provider Education Course)? Here are a few more ways you can be involved:

- Warm Line Volunteering** - Answer phone calls, provide support and information, assist walk-ins, 2-4 hour shifts in the office.
- Teach NAMI Classes** – Teach one of NAMI classes upon completing a training.
- Facilitate Support Groups** – Facilitate a support group for people living with a mental illness and family members.
- Help with Events/Outreach** – Provide information on NAMI services and programs.

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

NAMI Santa Clara County
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