



**NAMIWalks Massachusetts: Changing Minds...One Step at a Time
VOLUNTEER INTEREST FORM**

_____ Volunteering to work the day of the Walk. (Tasks include setting up the walk site, registering walkers, serving refreshments, giving out event T-shirts, assist with crowd control, parking lot assistance, and cleaning up after the Walk is over.)

Please indicate one or two activities: _____

_____ Helping to get other people and businesses that I know or have connections with involved.

_____ Helping to promote the Walk by scheduling a presentation at my workplace or to a group or organization that I belong to.

_____ Helping to recruit companies or businesses in the community to sponsor the Walk by making a cash donation or donating good or services in support of the event.

_____ Helping to get food and refreshments (coffee, bottled water, juice boxes, sport drinks, bagels, donuts, snack foods, fruit, etc.) donated for the walk.

_____ Helping to get entertainment (music, clowns, jugglers, magicians, face painters, etc.) for the Walk.

_____ Helping in the NAMI Mass office to put together team captain folders, mail out walker information, make follow-up phone calls, etc. for the Walk.

_____ Helping in some other way. (Please explain: _____

Here is my contact information:

Name: _____

Phone Number: _____ E-mail Address: _____

Address: _____

City: _____ State: _____ ZIP Code: _____

Generally, the Day of the Walk runs anywhere from 6:30am to 3:30pm. Most people do **not** volunteer the entire time, however some have to depending on their role. Registration starts around 9am and the Walk commences at 11am. Most tasks will require 3-4 hours of your time.

What days and/or hours are you available to volunteer, including if only, on the day of the Walk which is in May? (The actual date will be posted when it's official)

Please tell us if you require any accommodations, such as a need to sit while completing the task, can't lift heavy objects or can't stand for long or walk too far, etc., so we can make your volunteer experience as pleasant as possible.

We value all our volunteers. Please bring your patience, enthusiasm and goodwill with you.

Please email this completed form to: CindyNelson@namimass.org

Or Fax to: 781-938-4069 to the attention of Cindy Nelson, Volunteer Coordinator

Or mail to:

Attn: Cindy Nelson
NAMI MASS
400 West Cummings Park, Suite 6650
Woburn, MA 01801

781-938-4048 or 800-370-9085
www.namimass.org