

## VOLUNTEER SIGN UP SHEET

**Name:**

Address:	Phone number(s): H  W  cell
Email (please print):	
	I don't have email, please phone me at above number(s) only for the events I have checked off, below

Only the NAMI-Yolo Volunteer Coordinator and Special Event Coordinators will have access to your information and will never share it with other agencies without your knowledge or permission. By filling out this form you agree to receive periodic emails or phone calls whenever a volunteer need arises.

### I WOULD LIKE TO HELP IN THE FOLLOWING WAYS:

	Yolo County Fair: August
	Mental Illness Awareness Week (MIAW): October
	Thanksgiving Dinner: November
	Operation Holiday Gifting: November/December
	Affective Disorder Day Dinner: January
	Membership drive: Winter
	Sunflower Art Contest: Spring
	Tallest Sunflower Contest: Summer
	Advocacy/ committee work
	Religious Outreach
	Fundraising and/or grant writing
	Mailings
	Legislation Analysis
	Monthly Potlucks
	Support Groups/Education
	Writing feature articles for local media
	Farmers Market & other community outreach
	Other: specify interests

NAMI-Yolo is an inclusive organization and does not discriminate against any group or individual in its requirements for membership, policies or actions. We depend 100% on volunteers to deliver our programs, so please join us and share your skills while helping the community. Please indicate your preferences above and someone will contact you with details. You may also phone 530-756-8181 or 530-759-9343 or visit our website [www.namiyolo.org](http://www.namiyolo.org) for more information.

Thank you for your generous help,  
Melissa Lyans, Volunteer Coordinator  
[mlyans@pacbell.net](mailto:mlyans@pacbell.net)