



# Volunteers are vital to the success of NAMI Colorado Springs and its mission.

While there are many roles to take on at NAMI, our most urgent needs are included below.



## SUPPORT GROUP FACILITATORS

Facilitators help group participants feel comfortable and safe, guide conversation and lead people to places of strength, connection and community.



## CLASS INSTRUCTORS

Instructors leverage their own lived experience of caring for a loved one or walking with a mental health condition by teaching NAMI courses.



## OFFICE VOLUNTEERS

Office volunteers answer the NAMI office line and help with office projects during four-hour shifts between 9 a.m. and 5 p.m., Monday through Friday.

### Additional opportunities:

- Community events
- Support group greeting
- Public speaking\*

*Training and ongoing support for all roles is always provided at no cost.*



If you're interested in joining our incredible community of people — more than 100 strong — scan the QR code and fill out a volunteer application.



*\*We are always seeking presenters for our In Our Own Voice program - call our office at 719-473-8477 for details.*