Thank you for your interest in helping us to empower individuals and families in our communities to move toward resilience, wellness, and independence.

This is a sampling of ways to get involved. Please contact us to discuss your ideas!

**Support Special Events**

- Join the planning committee for our 16th Annual Circle of Support Luncheon featuring keynote speaker David Sheff (*Beautiful Boy*). Scheduled for April 26, 2019, in Menlo Park; planning committee meets January to May.
- Join the planning committee for our 9th Annual In Concert with Caminar gala event. Scheduled for October 19, 2019, in San Francisco. Planning committee meets January to November.
- Help to plan and present the 1st Annual Mental Health Awareness Month recognition and celebration event for San Mateo County clients in May 2019.
- Help to present our Solano County Region’s Annual Cammies, which celebrates the achievements of our program participants as they build lives in recovery. Leverage neighborhood business connections to build support for this Mental Health Month community event.
- Support any of these events in targeted ways, such as by leveraging graphic design skills, promotion, pitching in on event preparation tasks, or helping out on the event day.

**Fulfill Wishes**

- Host a drive to collect holiday gifts for local teens or domestic violence survivors.
- Create household starter kits for adults in recovery.
- Donate school supply items for children, teens, and new college students year-round.
- Brighten the holiday season by providing gifts for a child, teen, or family.

**Showcase the Healing Power of the Expressive Arts**

- Provide display space for artwork created by participants in our Expressive Arts Program.
- Collect art supplies for our participants.
- Share with your friends our Instagram posts featuring client art: [www.instagram.com/caminarformentalhealth/](http://www.instagram.com/caminarformentalhealth/)
Speak Up

- Advocate for quality, accessible behavioral health services and a strong safety net by speaking to elected officials, sharing what you learn with friends and colleagues, and voting.
- Host a donation drive for one of our youth centers.
- Host an event in your home with a speaker to increase understanding of local issues.
- Support our Annual Giving Campaign.
- Invite us to speak at your board, association, volunteer organization, or staff meeting.
- Connect with us on your favorite social media site and share posts and events that resonate with you with your friends and contacts.

Corporate/Workplace Field Trips for Teens and Young Adults

- Offer a tour of your business for local youth
- Host a workplace site visit or participate on a career panel

Share Your Skills

- Spanish speakers/translators
- Administrative support

Makeover for a Brighter Day

- Freshen up therapy rooms with fresh coats of paint.
- Share your interior design talents to make our offices welcoming.
- Use your green thumb in our gardens.
- Decorate a common area in our clinics and residential complexes to bring seasonal cheer to our clients.

Donate Gift Cards for Holidays or Incentives

- Gift cards for grocery, home, and household item stores (e.g., Home Depot, Target, Safeway)
- Tickets for sporting events and performances

Together, we create the community in which we want to live.

Thank you for speaking up and taking action to transform lives and strengthen our communities. We look forward to hearing from you!

FOR INFORMATION OR TO GET STARTED

Please contact: development@caminar.org
650.513.1509

Download our volunteer application: www.caminar.org/volunteer-opportunities