

HOW DO I GET INVOLVED WITH THE VOLUNTEER OR INTERN PROGRAM?

Please fill out this application form and mail it to: MBHA, P.O. Box 249, Marina, California, 93933, or call (831) 272-2781.

Name: _____

Area of Interest (eg. chiropractor, retired senior volunteer, student intern, etc.):

Mailing Address:

Employer/Business/University/College:

Employer/University/College Address:

Primary Phone: _____

Other Phone: _____

Email: _____

Website: _____

Please check any or all that apply.

___ I am a health professional or educator and would like to volunteer my services teaching a health education class or providing therapy or medical care. Please contact me, or send me an application.

___ I would like to donate products to Hearts-to-Hands. Please mail me a list of currently needed items or call me.

___ I would like to be a volunteer or be an intern with MBHA. Please send me the *Employee and Volunteer Application Form*, or the *MBHA Intern Policy and Procedure*, and contact me about next steps to get started.

___ I would like to volunteer typing, data entry, writing articles, or doing other computer work for the Monterey Bay Holistic Alliance. Please call me or email me an application.

___ I would like to volunteer to be a greeter at an event. I would enjoy being there and hosting the events. Please send me an application.

___ I am excited about helping to raise money for those needing health care services. I would like to volunteer my time helping contacting donors and recipients. Please call me.

___ I am excited about working with television. I'd like to find out how I can volunteer to help you with filming events, groups and individuals making a difference. Please contact me.

___ I am interested in membership to the Alliance. Please send me a MBHA (Monterey Bay Holistic Alliance) Membership Brochure.

Visit www.montereybayholistic for more information or call (831) 272-2781.

Volunteers and Interns



Monterey Bay Holistic Alliance Volunteer and Internship Program

"A HELPING HAND AND AN OPEN HEART"

WHAT IS THE MBHA?

Thank you so much for your interest in volunteering for the MBHA, the Monterey Bay Holistic Alliance. The MBHA is a 501 (c) 3 nonprofit organization that is dedicated to providing free access to health and wellness education, products, medical care and health services for people of all ages.



WHAT VOLUNTEER POSITIONS ARE AVAILABLE?



Volunteers can serve in eight different positions. Our volunteer training helps to enhance careers and make volunteers a more marketable prospective employee.

1. Administrative Assistant
2. Assistant Health and Wellness Educator
3. Assistant Film Editor and Producer
4. Demographic Research Specialist
5. Computer Graphic Designer and Editor
6. Health and Wellness Researcher and Writer
7. Social Media Marketing Specialist
8. Webmaster and Web Design Specialist

WHAT ARE THE GENERAL AREAS OF SERVICE?



Volunteers serve in three general areas: 1) Direct Services, 2) Administrative Services, or 3) Fundraising Services.

Direct Services

can include delivering posters, or MBHA brochures at places of business, purchasing supplies and working with grants recipients or donors. It also can include volunteering as a speaker, teacher, licensed healthcare professional, medical doctor, healthcare assistant or a film and cinematography assistant.



Administrative Services includes typing, filing, and/ or phone calling, notifying our grants recipients or donors, updating accounting records and our "Items Needed" list for "Hearts-to-Hands" program, updating calendar information on the websites, typing health education articles for the newsletter or blog, making posters or graphic arts for events, collecting demographic data and entering it into spreadsheets and answering emails.

Fundraising Services

can involve calling MBHA donors or recipients, sitting at booths, sharing our vision, inviting people to become members or to donate to our charitable causes, or updating our Zazzle store products.



WHAT INTERNSHIP POSITIONS ARE AVAILABLE?

MBHA works with the local universities and colleges to provide interns with high-quality educational experiences. The *MBHA Intern Coordinator* is the Chairperson of the Intern Committee and works with the interns and the faculty advisor and follows the *MBHA Internship Policy and Procedure*.



The areas of internship are: 1) Kinesiology 2) Collaborative Health and Human Services, and 3) Cinematic Arts and Technology. The MBHA Internship Program consists of three stages: 1) Orientation, Observation, and Training 2) Resource Development and 3) Community Presentation. Visit our website at www.montereybayholistic.com for more information

HOW DO I GET STARTED AS A VOLUNTEER OR INTERN?

Go to www.montereybayholistic.com, to download an *MBHA Employee and Volunteer Application Form* or copy, complete, and mail us the back side of this brochure, or call us or email us at the address, phone and/or email on the back. After submitting an application, volunteers and interns must be interviewed and receive orientation and training. **Thank you for your support!**