

Seniors - Keep In Touch - Registration Form

Thank you for your interest in the Keep In Touch program. This program provides you with a weekly phone call from a friendly volunteer to chat with. All volunteers are verified for safety and you can opt out of this program at any time. Please note that volunteers have basic training and are only intended as a friendly wellness chat. They can help you find access to resources if you are in need.

Once you have completed this form, send it to the email below and you will be paired with an individual from the community. If you have any questions please call 403-332-4320 or email

HelpingHands@VolunteerLethbridge.com

First and Last Name: _____

Home Phone: _____ **Cell Phone:** _____

Email: _____

What Language(s) are you comfortable speaking: _____

Staff will check in with **you** periodically to see how the calls are going. Please circle your preferred method of contact. **Email** or **Phone**

How many calls per week would you like to receive? _____

Check the times/days of the week that you would like to receive the calls:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning (9 am - 12pm)							
Afternoon (12 - 4 pm)							
Evening (4 - 8 pm)							

Is there anything you would like us or the volunteer who will be contacting you to know before they call you?

Signature

Date

Once you have been match with a volunteer, we will connect with you to provide further information.

Thank you for reaching out. We will get through this together!



Phone: (403) 332-4320

Email: HelpingHands@VolunteerLethbridge.com

Website: www.volunteerlethbridge.com



Phone: (403) 329-4775

Email: admin@cmhalethbridge.ca

Website: <http://lethbridge.cmha.ca/>