

HOW to help

- Provide companionship
- Be an exercise partner
- Drive to appointments
- Help with technology
- Walk dogs or help with pets
- Show off your handyman skills
- Plan programs and events
- Organize paperwork
- Participate on committees
- You tell us!

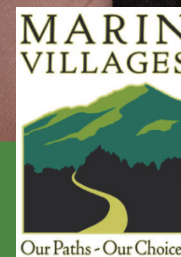
WHERE we are

Belvedere
Corte Madera
Fairfax
Greenbrae
Homestead Valley
Kentfield
Larkspur
Mill Valley
Novato
Ross
San Anselmo
San Rafael
Tiburon



1.415.457.4633
marinvillages.org

Build Community Enrich Your Life Volunteer



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marinvillages.org



WHO we are

Marin Villages is a nonprofit organization. Our mission is to help older adults remain independent in their own homes and communities, with dignity and grace.

We rely on the support of our volunteer network of neighbors helping neighbors.

HOW we are different

- Volunteer when YOU have time
- Choose YOUR own assignments
- Fit volunteering into YOUR lifestyle
- Help seniors in YOUR community
- No set requirements
- No set schedules

WHY volunteer

- Make an impact in your community
- Utilize your skills and knowledge
- Meet interesting new people
- Stay active and engaged
- Develop friendships
- Learn new things
- Have fun

NEXT steps

- Submit an application
- Complete the process
- Review our training materials and procedures
- Volunteer!

TO VOLUNTEER

ONLINE: Download form at www.marinvillages.org

CALL: 415.457.4633

BY MAIL: Send information below to:
Marin Villages
4340 Redwood Highway, Suite F-142
San Rafael, CA 94903

Name: _____

Address: _____

City: _____ ZIP CODE: _____

Phone: _____

_____ I am interested in joining Marin Villages. Please send a member application and information.

_____ Please include me on Marin Villages' mailing list for more information and news.

