

**Full Name / Minor Name / Group/Organization Name**

\* If the volunteer is under age 18, a parent or legal guardian must fill out this form.

\* If volunteering as a group, this form must be filled out by the group representative, and understand that all acknowledgments, releases, and waivers are being agreed to on behalf of the entire group.

\_\_\_\_\_  
Phone#

\_\_\_\_\_  
Email

\_\_\_\_\_  
Address

\_\_\_\_\_  
City/State/Zip

\_\_\_\_\_  
Employer or School or Organization

\_\_\_\_\_  
Date of Birth *\*DOB required for the background check process.*

\_\_\_\_\_  
Emergency Contact Name & Phone No.

\_\_\_\_\_  
Volunteering because .....

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Volunteering interest .....

- Mesa Llana (food distribution)
- La Posada (daily meals provided onsite)
- Respite (migrant welcoming center)
- Clinic (provide/assist medical services)
- Garden (master gardener guided)
- Closet (clothing and hygiene services)
- Client Services (social work services)
- Street Outreach (homeless outreach)
- Other: \_\_\_\_\_

How did you hear about our organization?  
\_\_\_\_\_  
\_\_\_\_\_

**Authorization and Agreements and Waivers:**

I, the undersigned, as a volunteer for Good Neighbor Settlement House (GNSH), understand and agree to the following:

- Permission for Participation and Medical Release:**  
I give my permission for myself to participate in the volunteer program at GNSH and all activities included herein. I hereby consent to and permit emergency treatment for myself in case of injury or illness while participating in the volunteer program.
- Background Check:** (Copy of valid ID required)  
I hereby authorize GNSH to conduct a criminal check, including criminal history, felony, misdemeanor, and sex offender registry, at the county and federal levels of every jurisdiction where I have resided for the past seven years.
- Media Release:**  
I give my permission and consent to use any photographs, videos, or other media records of my participation at GNSH for any lawful purpose without compensation to me or on my behalf. If I choose not to be photographed, videoed, or recorded in other media, it is my responsibility to inform the photographer and/or remove myself from the picture.
- Acknowledgment of Risk and Release of All Claims:**  
Please read this form carefully and be aware that when registering for participation in the volunteer program, you will be waiving and releasing all claims for injuries you might sustain from participating in program activities.

As a participant in this program, I recognize and acknowledge that certain risks, such as physical injury and/or property damage or loss, may be associated with my participation.

I agree to waive and relinquish all claims against GNSH and its officers, agents, servants, and employees arising from my participation in the Volunteer Program.

I acknowledge that I act only as a volunteer and do not function as an employee, agent, or representative of GNSH.

It is my responsibility to keep any information I learn about any of the clients served by GNSH private and Client Confidentiality for the clients' best interest.

I understand that I must not cross professional boundaries to protect clients' privacy and support their transformation. This includes not giving clients gifts or rides or engaging in social activities with them outside of GNSH-sponsored events. I also understand that I may not be eligible to volunteer if I have a pre-existing personal relationship with a client.

I further agree to indemnify, hold harmless, and defend GNSH and its officers, agents, servants, and employees from

any and all claims by other parties resulting from injuries, damages, and losses caused by myself arising out of or in any way associated with the activities of this program.

In the event of any emergency, I authorize GNSH officers, agents, servants, and employees trained in CPR/first aid and medication administration to perform CPR/first aid and/or administer medication as needed and/or secure from any licensed hospital, physical, and/or medical personnel any treatment deemed necessary for my immediate care and agree that I will be responsible for payment of any medical services rendered.

I have read and fully understand the above Acknowledgement of Risk and Release of All Claims and agree that it shall not be modified orally.

---

**Signature of Volunteer**

**Date**

---

***If Volunteer is a Minor, Signature on behalf of Minor* Date**

### **Rules and Expectations**

- GNSH Volunteer Coordinator and/or Administration will assign duties and department of service to any volunteer or intern as needed.
- Volunteers are expected to sign in and sign out at all times when arriving and leaving the center.
- Appropriate attire must be worn at all times! This includes closed-toe or tennis shoes, full-length pants, and shirts with sleeves. Clothing not permitted includes but is not limited to flip-flops, sandals, short shorts, mini-skirts, tank tops, or sleeveless shirts. GNSH reserves the right to send you home to change.
- Always be polite to others, including individuals served.
- It is recommended that you leave personal belongings (e.g., cell phones, purses, or other valuables) in your locked vehicle or at home. GNSH is not responsible for lost or stolen items.
- In case of an emergency, immediately inform a member of the GNSH administration.
- You are responsible for informing GNSH administration of any injuries or health conditions that may impede your work performance.
- Leave your work areas as clean as possible before you leave for the day.
- You are expected to be able to lift items that weigh up to 15 pounds.
- Volunteers are strictly prohibited from accepting donations, gifts, or money from the public.

# Schedule & Services

COME HELP US MAKE A DIFFERENCE.....

[Peak hours that volunteers are needed]



1254 E. Tyler St.  
956.542.2368



## OFFICE HOURS

Monday - Friday  
8:00 AM - 5:00 PM

## LUNCH

12:00 PM - 1:00 PM



## SHOWER & CLOTHING PROGRAM HOURS

Monday - Friday  
7:30 AM - 9:30 AM



## SOUP KITCHEN HOURS

Monday - Friday  
Breakfast: 8:30 AM - 9:30 AM  
Lunch: 12:30 PM - 1:30 PM  
Dinner: 4:30 PM - 5:30 PM



## MESA LLENA FOOD BANK

Monday, Tuesday & Friday  
9:00 AM - 12:00 PM  
1:00 PM - 3:00 PM  
Thursday  
1:00 PM - 3:00 PM  
Closed on Wednesday



## LAUNDRY SERVICES

Monday - Friday  
7:30 AM - 2:30 PM  
By Appointment Only

## CLIENT SERVICES SCHEDULE

Monday - Thursday  
8:00 AM - 2:00 PM  
Appointment Needed



## STREET OUTREACH

Monday, Wednesday & Friday  
1:00 PM - 4:30 PM

## SOUP KITCHEN: Daily Meals Prep/Serve

As you help prepare and serve three daily meals, you play a role in meeting the nutritional needs of our community and unhoused clients. Your kitchen duties, including food preparation, cooking, and cleaning the kitchen.

[Mon. - Fri. 7:00 am. - 12:00 or 2:00 pm - 6:00 pm]

## MESA LLENA: Foodbank Distribution

This program provides food security by distributing pantry bags tailored for low-income and elderly clients and special packages for unhoused individuals. Your duties would be assisting with receiving and organizing food items from the food bank.

[Mon./Tue./Fri. 9:00 am. - 4:00 pm]

## CLIENT SERVICES: Street Outreach/Admin Assistance

Assist our case management team, which offers our clients assistance with logistics and documentation to obtain identification, a social security card, housing, employment applications, SNAP, and Medicaid applications. Street outreach initiatives directly aid the unhoused outside of our surrounding areas by providing hygiene kits, meals, and bare essential supplies.

[Mon. - Wed. 1:00 pm - 5:00 pm]

## RESPIRE: Welcoming Center for Asylums

We offer respite—"a short period of rest or relief from something difficult or unpleasant"—by providing basic needs like a hot meal, showers, a bed, and information packets to help them reach their travel destination/sponsor and what to expect once they arrive.

[Mon. - Fri. 12:00 pm - 5:00 pm]

## GARDENING: Harvesting food for Meals

Work with the garden masters to help plant, harvest, landscape, and beautify our space, which helps our kitchen team create healthier meal options.

[Mon. - Wed. 7:00 am - 9:00 am]

## CLOSET: Clothing and Hygiene

Assist the team in ensuring access to basic sanitation needs, including showers, clothing, laundry, and haircuts.

[Mon. - Fri 7:00 am - 10:00 am or 2:00 - 5:00 pm]

## CLINIC: Medical Support

Assist medical providers, including doctors, nurses, counselors, and medical assistants, who volunteer their time to provide non-emergency care.

[Varies based on medical providers availability]

*We'll accommodate your schedule to make a difference together.*