



# Able Neighbours Volunteer Sign-Up & Contact Information

Help Us Keep Our Community Strong and Prepared!

*\*Upon completion, fold the form and leave it in your neighbour's mailbox or designated drop-off location.*

**\*Tell us how to contact you.**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**\*Preferred contact method:**       Email       Phone

**Volunteer Interests (Check all that apply.)**

- Emergency Preparedness
- First Aid
- Food Distribution
- Clean-Up Efforts
- Communication & Outreach
- Other (please specify): \_\_\_\_\_

**Please describe your abilities, preferences, or availability.**

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