



Volunteer Opportunities at TMHA

October – December 2019

Would you like to help Transitions-Mental Health Association with a task or two this season?

Halloween Party set up

October 31 Meeting at Guild Hall in SLO, 9:00 – 11:00am setting up Halloween decorations; 11:30am – 1:30pm party!; 1:30pm – 3:00pm take down party and transport back to TMHA's office

The Rhythm of Recovery Awards

November 1 Anytime 12:00pm – 4:00pm at Pismo Beach Vets Hall. Volunteers will help set up at noon, stay for the event, and help clean up afterward.

Dia De Los Muertos

November 2 Anytime 9:30pm – 3pm come help us celebrate Dia De Los Muertos at San Luis Obispo's Mission downtown. We need help with our outreach table, which will teach you about our organization!

Consumer Survey

November 4-8 Our Santa Maria office needs help assisting their clients with filling out the Consumer Survey. This task demands patience and even some knowledge of mental health diagnosis.

Open Art Studio

November 21 From 10am – 3pm, we can use help setting up, attending, and cleaning up the wonderful Open Art Studio

Fall Mailer

November 18, 19, 20 and 22 Our big Fall Mailer is coming up in November, and we need volunteers to help us label and stuff envelopes. There are various time slots for those days that we're looking to fill, so let us know if you have an hour to spare on any of those days to swing by and help us out.

Poinsettia Sales

December 3 – 6 Our beautiful TMHA poinsettias are going on sale in December, so we'll need volunteers to help us on the following dates and times:

Tuesday, December 3: 10am – 2pm

Wednesday, December 4: 10am-2pm or 2pm-5pm

Thursday, December 5: 10am-2pm or 2pm-5pm

Friday, December 6: 10am-2pm

Decorate Lemon Cypress Trees

December 18 At 9:00am volunteers will meet at Growing Grounds Farm in SLO to do some simple decoration of Lemon Cypress Trees. It should take about 2-3 hours and requires the ability to tie a bow (shoelace)!

Please see Caity McCardell, cmccardell@t-mha.org or 805-540-1926 if you'd like to help out!