



Transitions - Mental Health Association
784 High Street, San Luis Obispo, CA 93401
www.T-MHA.org (805) 540-1926

Volunteer Job Description

Position Title: **VOLUNTEER FURNITURE MOVER**

Supervisor: Volunteer Support

About Transitions-Mental Health Association

Transitions-Mental Health Association (TMHA) is a nonprofit organization dedicated to eliminating stigma and promoting recovery and wellness for people with mental illness through work, housing, community and family support services. We operate 30 programs at over 35 locations in San Luis Obispo and North Santa Barbara counties. The emphasis of our innovative services is to teach vital independent living skills and help build a framework for community re-entry through personal empowerment and hands on experience. For over 30 years, TMHA has been dedicated to providing work, housing, case management and life-skills support to teens and adults with mental illness while offering support, resources and education for their loved ones.

Position Summary

The Furniture Mover will assist the TMHA main office with furniture moves as needed. The volunteer will work irregularly as projects arise. Scheduling is flexible (typically ranging between 1 and 10 hours per month).

General Tasks

- Dump delivery
- Donation pickup and delivery
- Moving furniture and other donations
- Moving donations within the main office and other TMHA buildings
- Construction clean up

Minimum Requirements

- Basic knowledge and application of moving skills
- Dependable, able-bodied self-starter
- Good driving record and driving skills
- Able to lift 75 pounds

Job Environment

- Work is both indoors and outdoors
- Job sites located throughout SLO County and northern Santa Barbara County
- Provides opportunity to expand knowledge of moving, our organization, and the mental health community

To Apply

Please apply at www.t-mha.org/volunteer.php or contact Caity McCardell, Volunteer Support, with questions regarding this volunteer position at 805-540-6557 or cmccardell@t-mha.org

Thank you for supporting TMHA! We appreciate the many contributions of our community!