

VOLUNTEER APPLICATION

Inspiration for Tomorrow, Inc.

Thank you for your interest in volunteering with Inspiration for Tomorrow, Inc.

Our volunteers are the heart of our mission to empower women, strengthen families, and inspire hope through healing, education, housing support, and domestic violence awareness.

Please complete this application. We will contact qualified applicants within 5-10 business days.

Section 1: Personal Information

Full Name

Date of Birth (MM/DD/YYYY)

Phone Number

Email Address

Street Address

City

State

Zip Code

Section 2: Emergency Contact

Emergency Contact Name

Relationship

Phone Number

Email Address

Section 3: Volunteer Interests

Which volunteer opportunities interest you? (Check all that apply)

- Domestic Violence Awareness Events
 - Care Bag Preparation (L.O.V.E. Care Bags)
 - Fundraising
 - Social Media & Marketing
 - Graphic Design
 - Workshop Support
 - Mentorship
 - Office Support
 - Community Education
 - Other:
- Community Outreach
 - Administrative Support
 - Event Planning
 - Photography/Videography
 - Grant Research
 - She Rise Restoration Living
 - Transportation Assistance
 - Public Speaking

Section 4: Availability

How often are you available?

- Weekly
 Biweekly
 Monthly
 Special Events Only
 As Needed

Preferred Days (Check all that apply):

- Monday Tuesday Wednesday Thursday
 Friday Saturday Sunday

Preferred Time (Check all that apply):

- Morning Afternoon Evening Flexible

Section 5: Skills & Experience

Tell us about any skills or experience you'd like to share.

Examples: Customer Service, Counseling, Healthcare, Event Planning, Office Administration, Teaching, Social Media, Construction, Photography, Graphic Design, Grant Writing, Fundraising, Public Speaking, Case Management

Section 6: Why Do You Want to Volunteer?

Section 7: Background Information

Have you volunteered before?

- Yes No

If yes, where?

Are you willing to complete a background check if required?

- Yes No

Do you have any certifications? (Check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> CPR | <input type="checkbox"/> First Aid |
| <input type="checkbox"/> Mental Health First Aid | <input type="checkbox"/> Crisis Intervention |
| <input type="checkbox"/> Nursing | <input type="checkbox"/> Social Work |
| <input type="checkbox"/> Teaching | |
| <input type="checkbox"/> Other: | <input type="text"/> |

Section 8: L.O.V.E. Care Bag Program

Would you like to help with our L.O.V.E. Care Bags initiative? (Check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Assemble Care Bags | <input type="checkbox"/> Donate Hygiene Items |
| <input type="checkbox"/> Organize Donation Drives | <input type="checkbox"/> Deliver Care Bags |
| <input type="checkbox"/> Collect Community Donations | |

Section 9: She Rise Restoration Living

Would you like to volunteer with our transitional housing program? (Check all that apply)

- | | |
|---|--|
| <input type="checkbox"/> Move-In Preparation | <input type="checkbox"/> Apartment Setup |
| <input type="checkbox"/> Organizing Donations | <input type="checkbox"/> Mentoring Residents |
| <input type="checkbox"/> Financial Literacy | <input type="checkbox"/> Career Readiness |
| <input type="checkbox"/> Life Skills | <input type="checkbox"/> Wellness Activities |

Section 10: Event Support

Which events would you like to assist with? (Check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Voices Unbroken | <input type="checkbox"/> Domestic Violence Awareness Month |
| <input type="checkbox"/> Community Workshops | <input type="checkbox"/> Fundraising Gala |
| <input type="checkbox"/> Vendor Events | <input type="checkbox"/> Resource Fairs |
| <input type="checkbox"/> Holiday Drives | |

Section 11: T-Shirt Size

Select your t-shirt size:

Section 12: Photo Release

Do you give Inspiration for Tomorrow permission to photograph or video you during volunteer activities for

promotional purposes?

Yes No

Section 13: Volunteer Agreement

Please check each box to indicate your agreement:

- I certify that the information provided is true and complete.
- I understand volunteering does not guarantee employment.
- I agree to uphold the mission and values of Inspiration for Tomorrow, Inc.
- I understand that some volunteer positions may require training and a background check.

Signature

Date (MM/DD/YYYY)

Thank You!

Thank you for joining the Inspiration for Tomorrow family.

Together, we are empowering women, strengthening families, and inspiring hope.

“Be the reason she rises.”