

Volunteer Opportunities for MHF Ambassadors 2025

EVENTS & FUNDRAISING:

Kids & Family Expo - Last Saturday of January @ De Vos Center / 10:00-4:30

- Connect be nice. with a business for sponsorship or vendor booth space at Kids & Family Expo at DeVos Center in January.
- Set up day before
- First shift help 9:45-1:00 (6 volunteers)
 - Registration
 - Raffle
 - Working a booth
 - Monitoring an attraction
- Second shift help including clean-up 12:45-4:15 (6 volunteers)
 - Registration
 - Raffle
 - Working a booth
 - Monitoring an attraction
 - Clean up

Stomp Out Stigma Walk - Third Saturday of May @ GVSU Seward Lot GR / 7:30 -12:00 noon

- Walk Team Captains - recruit and organize a team of walkers
- Register to walk and collect donations/pledges
- Sell Stigma Circle Distribution - \$1.00 per circle the month of the walk
- Greeters (2-4 set up, answer questions, snack distribution)
- Put up yard signs (2-3)
- Create sidewalk art along route (4-8)
- Registration table help - register new walkers, answer questions (2-4 volunteers)
- Pass out t-shirts to walkers on site who don't have them yet (4-6 volunteers)
- Merchandise table/tent assistance (2-4 volunteers)
- Water / give away station host (1-2 volunteers)
- Clean-up (all hands on deck who are present)

Shining Through Art Show & Auction - Goei Center Grand Rapids / 5:00-10:00 p.m.

- Prior to event
 - Individual or business "Table Sponsorship" (\$1,000.00 per table)
 - Purchase tickets for you and friends to attend event (\$125.00 per ticket)
 - Comp Ticket Donation to cover artist's entry (\$125.00)
 - Join the Shining Through Committee
 - Look for art to enter by persons with mental illness
 - Solicit items to contribute to auction off months ahead of time
 - Wrap and pack artwork day before event at MHF office (1-2 volunteers)
- Night of event
 - Greeters at the entrance of event (1-2 volunteers)
 - Registration helper - take names, distribute bid numbers, other (2 volunteers)
 - Auction Table Monitors - encourage bidding and close down (6 volunteers)
 - Live Auction runner (2 volunteers)
 - Check-out helpers (3-4 volunteers)
 - Tear down at 10:00 (all who are left)

- Table or artist sponsor at Shining Through for 10 for in October.

Grandville 4th of July Parade

- Walk in the parade with the be nice. car and staff, show be nice. Apparel. (Unlimited)

Zeeland Pumpkin Fest Parade

- First Saturday in October - Downtown Zeeland

Grand Rapids Santa Parade -

- Saturday December 7, 2024 9:00-10:00 a.m. Downtown Grand Rapids
- Walk in the parade with the be nice. car and staff, show be nice. Apparel. (Unlimited)

Zeeland Magical Christmas Parade -

- Monday, December 2, 2024 6:30 parade in downtown Zeeland
- Walk in the parade with the be nice. car and staff, show be nice. Apparel. (Unlimited)

Tulip Time Parade -

- First week in May - Downtown Holland
- Walk in the parade with the be nice. car and staff (as many as want to)

3rd Party Event Tables - Merchandise & Materials Table Host:

- Love & Lean Walk - Last Saturday of April @ Zeeland Stadium, Zeeland Mi
 - Register walkers or coordinate a walk team (as many as want to)
 - Assist at the merchandise tent (1-2)
- Grand Rapids PRIDE Festival - Saturday in June
- Holland PRIDE Festival - Last Saturday in June - 10:00-3:00 @ Centennial Park Holland
- Out of Darkness Walk - September
- NAMI Walk - September
- Survivors of Suicide Conference - SOMI Center
- John Ball Park Zoo
- Petal It Forward - October
 - Hand out flowers to people on the street around your community.
 - Setting up a be nice. sporting game, event, or contest.
 - Setting up a walk event to benefit be nice.

MARKETING / COMMUNICATIONS & SOCIAL MEDIA:

- Pushing out messages from our Director of Marketing & Communications
- Taking photos at events and submitting to Director of Marketing & Communications

SPEAKING ENGAGEMENTS:

- Volunteering at be nice. Symposiums - Various times during the year (Detroit & Grand Rapids)
- One-on One Conversations with Event Attendees

ADVOCACY:

- Encouraging others to dial 988 and text NICE to 741741

- Connect our be nice. Director of Programming & Expansion or CEO to present to local interested organizations to expand programming.
- Take and promote be nice. pledge online.

EDUCATION PROGRAMS:

- Connect be nice. Staff to schools currently without programming
- Connect be nice. Staff with educational programs that fall outside of traditional school settings, such as Boys and Girls Clubs, YMCAs, and travel sports organizations.

SITE SUPPORT:

- Ongoing throughout the year
- Pack renewal boxes, fold banners, flags - August
- Weekly trash and recycling runs to dumpsters.
- Window cleaning as needed.
- Merchandise

Revised Oct. 2, 2024