

**Mood Disorders Ottawa Mutual Support Group (MDO)**  
**Group d'entraide des troubles de l'humeur d'Ottawa**

c/o Canadian Mental Health Association  
301 - 1355 Bank Street  
Ottawa, ON K1H 8K7

Voice Mail: (613) 526-5406  
Fax: (613) 737-7644 (Attention: MDO)  
Email: mdosupport@hotmail.com

**Volunteer Application**

MDO always welcomes grassroots volunteers for a wide range of activities. Volunteering with MDO is a fun way to make friends and make a difference in your life and the lives of others. We provide coaching and mentoring, if needed, and opportunities to develop new skills and share your experience and knowledge. The minimum of requirements are kindness, respectfulness, honesty, integrity, generosity of spirit, teamwork, compassion, and understanding of people living with mood disorders and the mental health and recovery community.

Please circle any volunteer activities that interest you:

1. Facilitating Discovery 2000 social and recreational events: researching, planning, booking, organizing, registering participants, etc.
2. Administration: filing, copying, mail management; coordinating bulk mail-outs; managing MDO info-line.
3. Advocacy: representing MDO on local and provincial committees and reporting to our Board.
4. Facilitating a central Family Support Group.
5. Contributors and researchers/writers for monthly newsletter.
6. Radio personality/broadcaster.
7. Fundraising.
8. Outreach.
9. Special events and projects.
10. Monthly information meeting: organization, set-up, registration, greeting and clean-up.
11. Phoning members each month about events.
12. Board members.
13. Subcommittee participants: Finance, funding, outreach, policy and procedures, constitutional amendments.

Please tell us about your skills, interests, experience, education and talents:

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Bring this form to one of our meetings or mail to our address above.