



## Membership Requirements

- Dues: \$15/semester or \$25/year, includes a T-shirt
- Participation points - 7 total
- Attend a minimum of **3** out of 7 general meetings
- Volunteer at a minimum of **one** volunteer event
- Participate in a minimum of **one** fundraising event
- Attend **one** NAMI-UW social
- *We are very flexible, so please talk to us if you need accommodations!*

## Ways to be involved!

**General Meetings**-Bi-weekly, Wednesday nights 7pm at Union South

**Wi Chat**-Weekly peer support groups, Monday night 7pm SAC #3125

**Ambassador Program**-OPEN TO NEW MEMBERS, a great way to gain leadership experience and get involved with the org!

**Bandana Project**- End stigma on campus and spread a message of support with mental illness.

**Volunteer Opportunities**- Throughout the semester, we have multiple opportunities for members including with the Porchlight Homeless shelter, hospital volunteering, blood drives, and more!

**Fundraising Opportunities**- Each semester, we have multiple fundraisers you can be part of including charity walks, restaurant fundraisers, and more!

**Socials**-Get to know other members at one of our fun socials! These include movie nights, an annual stress relief event, and dogs on call.