



**HEARTS & HAMMERS**  
Restoring Homes. Touching Lives.

**INDIVIDUAL VOLUNTEER  
REGISTRATION FORM**  
HEARTS & HAMMERS – TWIN CITIES

**AREA OF INTEREST:**

- Warehouse  Program Day  Home Coordination  
 Inspections/Skilled Labor  Marketing/Events

**Contact Information:**

Name:	E-Mail:
Address:	Mobile Phone:
City, State, Zip:	Group Affiliation:
Have you participated with Hearts & Hammers before? <input type="checkbox"/> No <input type="checkbox"/> Yes - # of Yrs: _____	Contact Person:

**Time Commitment:**

Season Preference:  Spring  Summer  Fall  Other  
Duration:  One-Time  Weekly  Monthly  Annually  As Needed  
Hours Preferred:  1-5hrs  6-10hrs  11-15hrs  16-20hrs  20+hrs

**Interests / Experience:**

I am willing and able to work, but have no specific technical skills.  
 I am willing and able to work, and have specific technical skills in the following:  
 Carpentry  Exterior Painting  Repair/Replace siding and trim  
 Gutters  Railings  Accessibility Ramp repairs  Stair/Walkway Repair  
 Repair/Replace Doors and Wdws  Deck and Porch Repair  Repair Retaining Walls  
 Technical Inspections  
 I prefer to scrape and paint.  
 I prefer landscape work.  
 I have Construction/Project Management experience.  
 I prefer **not** to work on a ladder.  I am comfortable working on a step ladder.  
 I am comfortable working on an extension ladder.

**Events / Admin:**

I have a truck or van and would be willing to help transport material to and from worksites.  
 I am physically capable and willing to help load and unload materials.  
 I would like to donate materials and/or equipment.  
 I am interested in photography at events.  
 I am interested in administration duties.

**Please Return Completed Form To:**

Hearts & Hammers - Twin Cities | 2603 Fairview Avenue North | St. Paul, MN 55113

OR

melanie@heartsandhammers.org

Updated 03/18/2020