

**H.E.L.P.**  
**Honoring Experience, Launching Possibilities**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Preferred Method of Communication: \_\_\_\_\_

Are you able to receive emails/phone calls to provide feedback? \_\_\_\_\_

What time would work best for you for meetings and workshops?

Weekdays (circle which days)	Monday	Tuesday	Wednesday	Thursday	Friday
	Mornings	Afternoons	Evenings		

Are you able to commit two hours every other month for the next 12 months? YES NO

Are you able to contribute to a positive and supportive culture for all participants? YES NO

Would you need transportation assistance to attend meetings? \_\_\_\_\_

We want to set all H.E.L.P. participants up for success. Please list any tools or aid that would be helpful to your success in H.E.L.P., or any barrier than may prevent you from attending meetings and activities.

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Please select the activities you are most interested in participating in as a H.E.L.P. member:

- Network with other individuals who have lived experience
- Leadership Development
- Learning how to tell your story
- Public policy process
- Financial Fitness
- Cooking & Nutrition Classes
- Civic Engagement
- Public Speaking
- Participate in small group discussions
- Interviewing
- Resume writing

Please tell us a bit about yourself and why you would like to be part of H.E.L.P.:

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Applications are due at the Food Bank of Delaware by the close of the business day on  
Tuesday, December 1, 2020.

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Are there specific skills or opportunities that you would like to gain through your participation in H.E.L.P.?

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Anything else you would like to add?

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Completed applications can be returned to Chad Robinson by Tuesday, December 1, 2020:

Chad Robinson  
Food Bank of Delaware  
1040 Mattlind Way  
Milford, DE 19963  
[crobinson@fbd.org](mailto:crobinson@fbd.org)

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