

If you are considering volunteering, **thank you!** We encourage you to follow the three steps below to maximize the experience for both you and ANA.

**Step 1: Review our [mission, vision and values](#).**

What do you want to accomplish that will help us achieve our goals?

**Step 2: Quantify and qualify what you can offer**

After reviewing our volunteer opportunities, determine if your skills match those needs. [Fill out our volunteer form](#) and we will contact you to discuss the specific program(s) you are interested in as well as answer any questions you have. We suggest you conduct a self-assessment to ascertain your personal goals - make sure you can answer the following questions:

- How much time can I realistically give in a week, month or year?
- What days of the week and time of day am I available to volunteer?
- What unique talents do I possess that would help ANA achieve its mission?
- What tasks am I unable or not willing to do?
- What do I hope to gain from the experience?
  - Do I want to develop a new skill set?
  - Do I want to meet new people with similar experiences?
  - Do I just want the gratifying feeling of helping?

**Step 3: Make a commitment**

If you are offered a volunteer position, it is important that you make a personal commitment to the organization. Volunteers that do not fulfill their roles and responsibilities encumber the organization, costing it money and preventing us from achieving our mission. ANA is looking for reliable volunteers with a strong work ethic that are dedicated to helping us meet our goals. Volunteers are vital to the success of ANA and work alongside staff members in order to help increase awareness and serve the AN community.

Thanks again for your interest in ANA volunteer opportunities! If you have questions or need more information, please contact Manager of Volunteer Programs at [volunteers@ANAUUSA.org](mailto:volunteers@ANAUUSA.org).