



Headwaters' Phone Pal Program

Headwaters Relief Organization has established a list of individuals who would like to receive a phone call through our Headwaters' Phone Pal program. When we established our list, we asked for each individuals' preference for frequency of contact, time of day, gender of volunteer and particular interests. We need volunteers who are committed to making calls at agreed upon times. We also need volunteers to read and acknowledge the guidelines for volunteers. It's very important to be caring and compassionate with others at this time.

How our Phone Pal program works:

1. Make the commitment of time to the people who want a phone pal.
2. Fill out our [volunteer form](#).
3. Our Headwaters team member will contact you to assign a Phone Pal to you. We will provide our Guidelines for Volunteers at that time.
4. We will be available to you if you have any questions or concerns. We will check in with you periodically to ensure you and your Phone Pal are satisfied with the Phone Pal program.

Who We Are

Headwaters Relief Organization is a non-profit disaster relief collaboration of volunteers that supports the needs of families and communities after disasters. Headwaters provides public health, psychosocial and medical support, as well as disaster debris clean-up and re-building in partnership with other organizations.

Headwaters seeks to inspire passion to serve others. We forge connections between those who are being served, the Headwaters team and the community. We work to ensure that every volunteer, regardless of age, background, skills or experience feels valued and motivated to continue to serve others. Our volunteers learn to recognize, respect and value differences. In doing this work, Headwaters' volunteers build stronger communities and a better world for all.

Headwaters is a member of Minnesota Voluntary Organizations Active in Disaster (Mn VOAD) and the National VOAD. VOADs (Voluntary Organizations Active in Disaster) are non-profit, nonpartisan, response, recovery and mitigation organizations that help disaster survivors and their communities. Headwaters is also a member of InterAction, a national non-governmental organization (NGO) working toward global change.

