Volunteers play a vital role at Northwest Assistance Ministries, and NAM could not fulfill its mission without them. NAM, with the help of its volunteers, has been helping neighbors in need since 1983. More than 2,500 volunteers donate their time and skills on a regular basis to help NAM serve those in need in the northwest Houston community.

Volunteers must be at least 16 years of age unless accompanied by a parent. Certain programs indicated with an * require volunteers to be 18 or older to participate.

**Meals on Wheels (MOW)**
*Provides nutritious meals and groceries to homebound seniors and disabled adults.*
**Volunteer Opportunities** - Meal Delivery Drivers are needed at three locations to deliver meals. Monday - Saturday, mornings only, 9 a.m. - 12 p.m.

**Joanne Watford Nutrition Center (Food Pantry)**
*Choice food pantry that provides groceries and meals for clients.*
**Volunteer Opportunities** - Food Sorting/Stocking, Client Assistance Mondays and Tuesdays, daytime; Fridays 12:30 p.m. - 3:30 p.m.

**Assistance - Emergency Basic Needs**
*Provides emergency assistance for basic needs, including shelter, food, prescriptions and clothing.*
**Volunteer Opportunities** - Assistance Interviewer, Receptionist Monday - Friday, daytime

**Assistance - Housing Services**
*Provides housing assistance and case management.*
**Volunteer Opportunities** - Data Entry, Donation Room Sorter, Receptionist Monday - Friday, daytime

**Resale Store**
*Receives and sells donations, generating funds for NAM’s programs and services.*
**Volunteer Opportunities** - Sorting, Tagging, Organizing, Creating Displays, Data Entry, Greeting Customers Monday - Saturday, mornings and afternoons

**Building Services**
*Oversees NAM building operations*
**Volunteer Opportunities** - Front Desk Receptionist Tuesday, Wednesday, and Thursday mornings, 8 a.m. - 12 p.m., and substitute

**Development**
*Responsible for fundraising, volunteers, and special events.*
**Volunteer Opportunities** - Office and Data Entry, Opportunities available for Special Events Monday - Friday, daytime; some evenings and weekends for special events
Northwest Assistance Ministries is a non-profit, community-based social service agency that strives to meet basic human needs through Neighbors Helping Neighbors. NAM provides assistance in areas such as food, shelter, health, education and domestic violence awareness and intervention. During its last fiscal year, NAM touched the lives of more than 129,000 people through its many programs and services.

For more information contact NAM’s Community Relations Coordinator at volunteer@namonline.org or visit http://namonline.org/volunteer

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NORTHWEST ASSISTANCE MINISTRIES 15555 KUYKENDAHL ROAD, HOUSTON, TEXAS 77090 (281) 885-4604