

**Triangle Meditation Community  
Caring Circles Request for Assistance**

<b>Date:</b>	
<b>Name:</b>	
<b>Primary Telephone Number:</b>	
<b>Secondary Telephone Number:</b>	
<b>Email address:</b>	
<b>Description of assistance requested (include pertinent details such as date, time, specific requirements, etc.):</b>	
<b>Best way to contact you:</b>	

***Complete this request form and give it to one of the Caring Circles moderators:  
Gordon Livermore, Mary Mudd or Howard Staab.***

***OR***

***Place it in the Caring Circles Request slot in the file on the TI bookcase in the hallway.***

***OR***

***Send your request as an email message to [caringcircles@triangleinsight.org](mailto:caringcircles@triangleinsight.org).***

***A Caring Circles moderator will send your request via email to the Caring Circles Volunteers.  
You will hear from any volunteer who can assist you with your request.***