

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

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

***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.

***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.***