

**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 or Mary Mudd .***

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.***