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## Keep In Touch – Registration Form

Thank you for your interest in the Keep In Touch (KIT) program. This program will provide you with a weekly phone call from a friendly volunteer to chat with. All volunteers are verified for safety, have basic training, and are only intended as a friendly wellness chat. They can help you find access to resources if you are in need. Please note, you can opt out of this program at any time

Once you have completed this form, send it to the email below, you will be paired with an individual from the community. If you have any questions, please call 403-527-9038 or email [sydney@cfsea.ca](mailto:sydney@cfsea.ca)

**First and Last Name:** \_\_\_\_\_

**Preferred Phone #:** \_\_\_\_\_ **Secondary Phone #:** \_\_\_\_\_

**Email (optional):** \_\_\_\_\_

**What language(s) are you comfortable speaking:** \_\_\_\_\_

Staff will check in with **you** periodically to see how the calls are going.  
 Please *circle* your preferred method of contact. **Email** or **Phone**

**How often would you like to receive calls?** (Circle below)

**Daily**    **Twice a Week**    **Weekly**    **Bi-Weekly**    **Monthly**

**Check any of the times/days of the week that you would prefer to receive the calls:**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning (9 am - 12pm)							
Afternoon (12 - 4 pm)							
Evening (4 - 8 pm)							

Is there anything you would like us or the volunteer to know before they call you?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**

*Once you have been matched with a volunteer, we will connect with you to provide further information.  
 Please allow approximately two weeks for a call. We will get through this together!*

**Agency Referred By:** \_\_\_\_\_