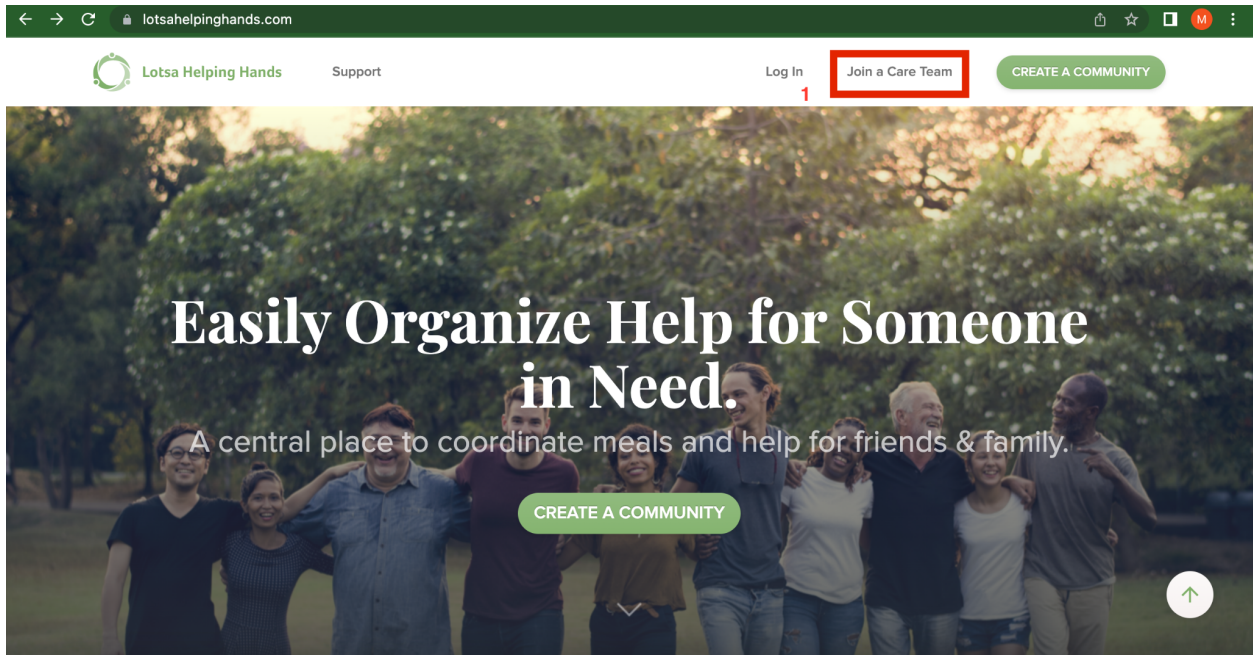


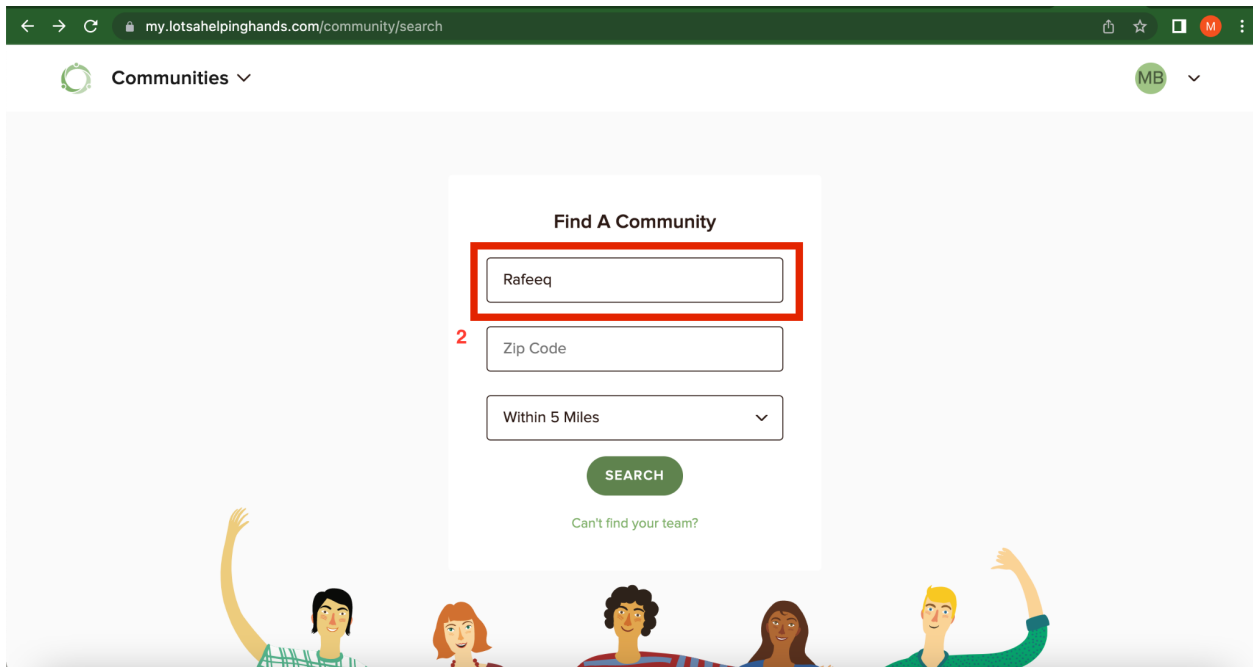
How to join Rafeeq: Your Supportive Friend Community to volunteer program

Website: Lotsa Helping Hands

1. Go to the website <https://lotsahelpinghands.com/> and click on “Join a Care Team”



2. In the next screen, search for “Rafeeq” under Find A Community



3. In the next screen you should see the list of communities, click on “Rafeeq: Your Supportive Friend”

The screenshot shows a web browser at the URL `my.lotsahelpinghands.com/community/search-results?search_term=Rafeeq&zip_code=&within=5`. The page title is "Communities" and the user is logged in as "MB". The main heading is "1 Communities Found". On the left, there is a "Find A Community" search form with fields for "Rafeeq", "Zip Code", and "Within 5 Miles", and a "SEARCH" button. Below the search form is a link that says "Can't find your team?". On the right, a red box highlights the search result for "Rafeeq: Your Supportive Friend" in Minneapolis, MN. The description for this community is: "To connect with the elderly and having conversations with them, learning from their experiences, creating memories with them and spending time with them to let..."


4. Enter your email address and click on “Continue”

The screenshot shows the "Rafeeq: Your Supportive Friend" community page. The heading is "Rafeeq: Your Supportive Friend" and the subtext says: "The community you want to join is a private community. Share a little information about yourself, and the community coordinator(s) will be notified of your request." On the left, there is a circular logo with three people icons and a description: "To connect with the elderly and having conversations with them, learning from their experiences, creating memories with them and spending time with them to let them know they are not alone and we are here for them." Below the description are details: "Community started on: 1/19/23", "Members: 2", and "Location: Minneapolis, MN". On the right, a red box highlights the "Join Community" section. It says "Enter your email address to continue." and has an "Email" input field and a "CONTINUE" button.

5. Enter your information and create a password

Rafeeq: Your Supportive Friend

The community you want to join is a private community. Share a little information about yourself, and the community coordinator(s) will be notified of your request.



To connect with the elderly and having conversations with them, learning from their experiences, creating memories with them and spending time with them to let them know they are not alone and we are here for them.

Community started on: 1/19/23

Members: 2

Location: Minneapolis, MN

Join Community


You must be approved by a community coordinator before you are able to join. Enter a personal note as needed so that the coordinator reviewing your request is able to identify you.

5

First Name *

Last Name *

Phone *


 (201) 555-0123

6. After creating a password, click on “Request to Join”

Password *

Must be at least 8 characters.
 Must contain at least one lowercase letter, uppercase letter, and number.
 Must not repeat the same letter.
 Must not contain your username.

By accepting this invitation, you are confirming that you have read and agree to the [Terms Of Use](#).

I'm not a robot 

* Required Field

After you have submitted your request to join the community, your request will be sent to the Community Admin to accept your request. Once your request has been accepted, you will have now fully joined the community, and the admin will be able to assign volunteer opportunities to you or you will be able to view the community calendar and assign opportunities to yourself.

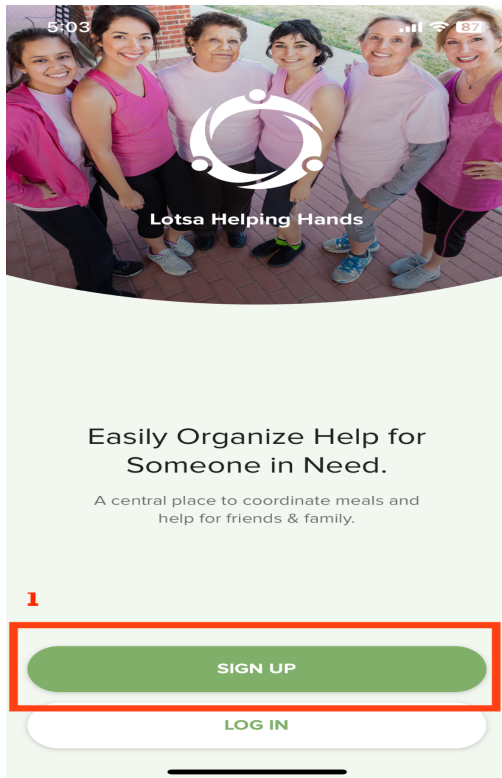
For any questions or if you have trouble joining the community, please contact Mohammed Hanif Bagha at: hanif@sukoonhealingoftheminds.org.

Phone/App: Lotsa App

1. Download the Lotsa App on your mobile device



2. After downloading the app, open the app and click on “Sign up” to create an account



2. Enter your Name, Email, Phone number, and create a password, then click “Done”

5:04 87%

Sign Up Done

First Name

Last Name

Email

+1 Phone

Password

By continuing, you agree to our Terms & Conditions.

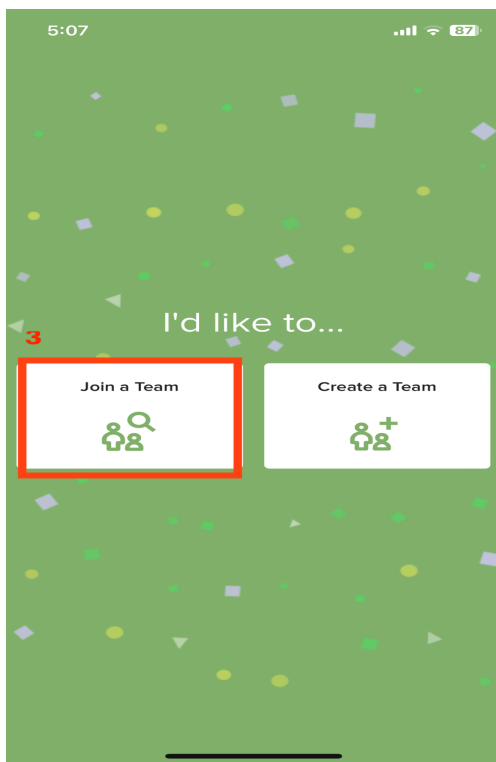
Q W E R T Y U I O P

A S D F G H J K L

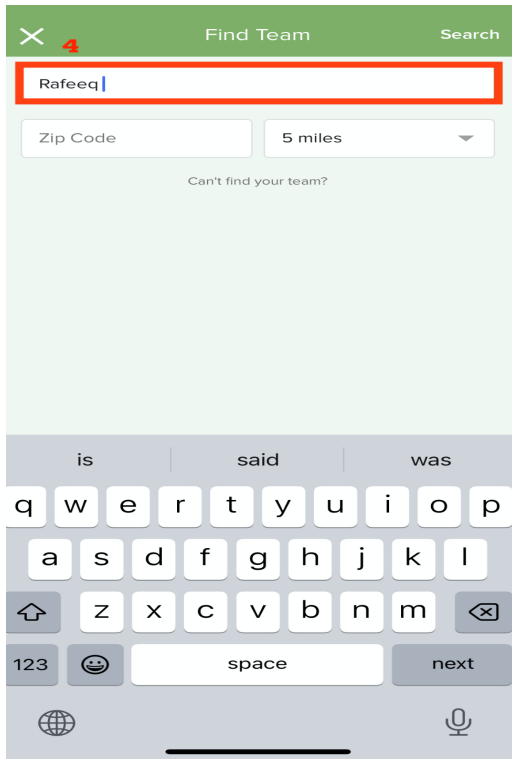
Z X C V B N M

123 space next

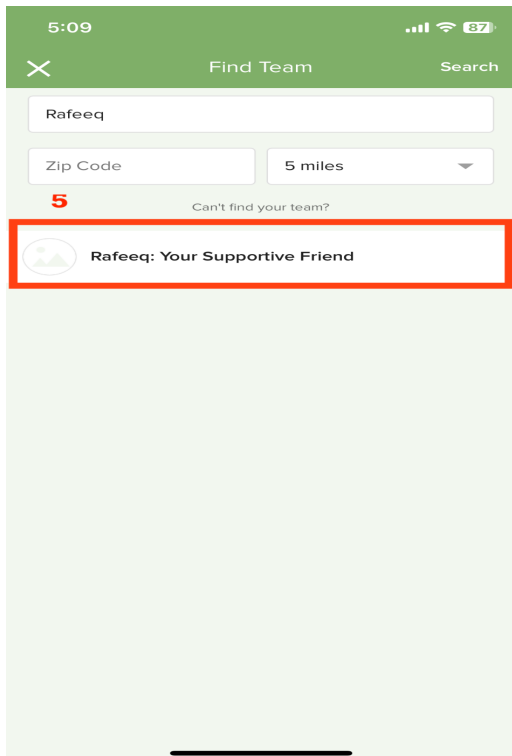
3. In the next screen, select “Join a Team”



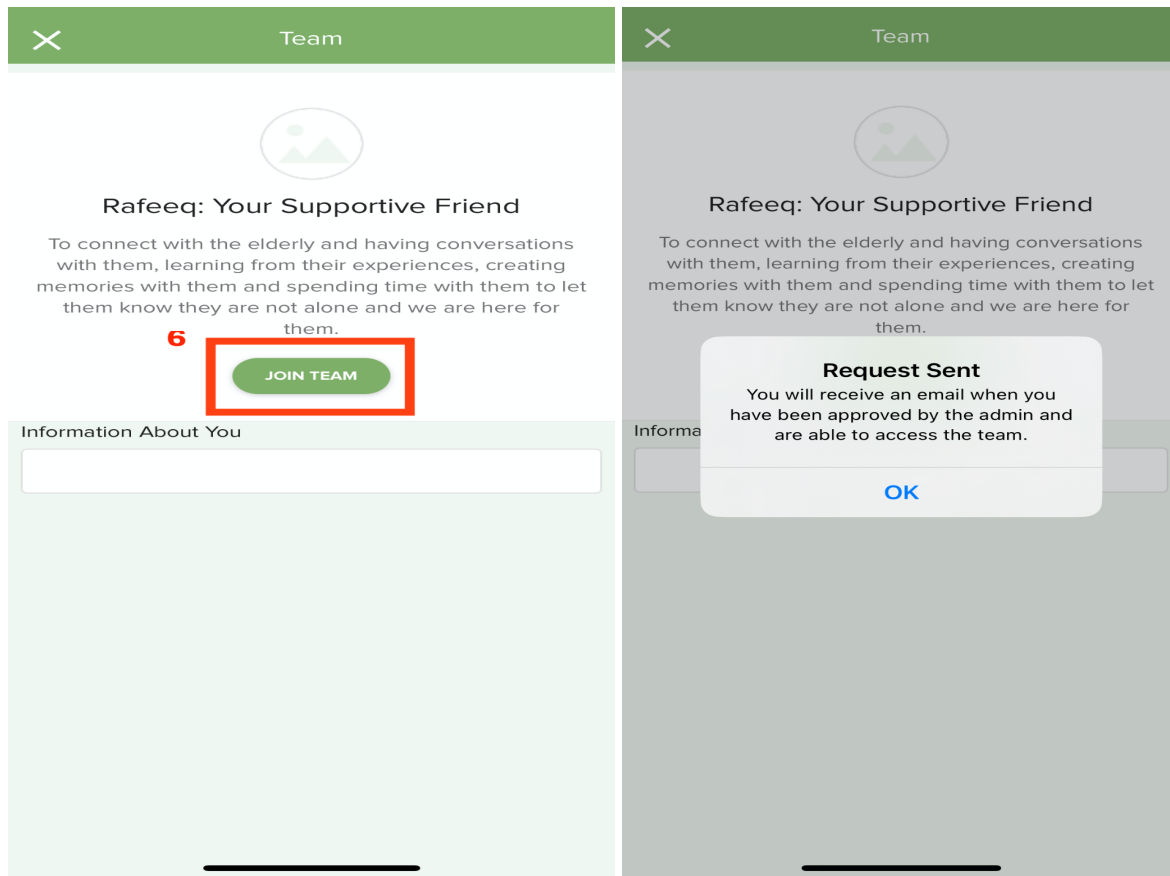
4. Search for “Rafeeq”



5. In the list of communities, select “Rafeeq”



6. Click on “Join Team”



After you have submitted your request to join the community, your request will be sent to the Community Admin to accept your request. Once your request has been accepted, you will have now fully joined the community, and the admin will be able to assign volunteer opportunities to you or you will be able to view the community calendar and assign opportunities to yourself.

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