

How Do I Get Started as a Registered VA Volunteer?

We hold monthly orientation sessions at each of our two main Divisions – the Seattle and American Lake VA Medical Centers. The three hour sessions are divided into two parts: the first part includes a general orientation to VA Puget Sound and our volunteer program, and focuses on a review of all current volunteer needs and opportunities. Participants believing they are able to help with one or more of these assignments are then invited to stay for the second part of new volunteer orientation in order to complete a number of required educational topics.

Please note: July and August orientations have been cancelled. September orientation will occur sometime after Labor Day (September 5, 2016). We appreciate your patience.

The new volunteer orientation sessions are held as follows:

Seattle VA Medical Center
1st Saturday of the month, 9am – 12pm
Building 1, 2nd Floor, Room 236B

American Lake VA Medical Center
1st Friday of the month, 9am – 12pm
Bldg 9, 1st Floor, Auditorium

<http://www.pugetsound.va.gov/locations/directions.asp>

I'm Ready, Sign Me Up! We look forward to seeing you at an upcoming new volunteer orientation session so you can learn more about our opportunities and what assignment need is the best fit for you. Here's what you need to do:

1) Tell us which orientation session you would like to attend –

[SEATTLE new volunteer orientation - 1st Sat/mo, 9am-12pm](#)

[AMERICAN LAKE new volunteer orientation - 1st Fri/mo, 9am-12pm](#)

Clicking on one of the links above will generate an e-mail message to us –

- Before you hit 'send' please include in the subject line your name and which month's session you wish to attend.
- In the text of the message, please give us a short paragraph about why you are wishing to volunteer for VA Puget Sound at this time.

2) Complete and sign the national [VA volunteer application form 10-7055](#) (only page 1 is required for adult volunteers). Please leave the Assignment Preferences portion blank for now. Please bring your completed application form on orientation day.

3) On orientation day, please bring with you two forms of matching identification, such as a driver's license and passport or social security card, from the [list of identity source documents](#). This is in preparation for the required background check.