

WHAT DOES  
HOT MESS EXPRESS  
HELP WITH?

- |                         |                  |
|-------------------------|------------------|
| ✗ HOARDING              | ✓ DISHES         |
| ✗ HUMAN OR ANIMAL WASTE | ✓ LAUNDRY        |
| ✗ STORAGE UNITS         | ✓ BASIC CLEANING |
| ✗ NEEDLES OR SHARPS     | ✓ SWEEPING       |
| ✗ CONSTRUCTION          | ✓ ORGANIZING     |
| ✗ DRUG PARAPHERNALIA    | ✓ MOPPING        |
| ✗ MOVING                | ✓ VACCUMMING     |
| ✗ CHILDCARE             | ✓ FRIENDSHIP     |

## OUR SERVICE

Hot Mess Express is a group of women who are here to rescue each other when we can't seem to get ourselves out of the day to day funk. Through nominations, we dispatch ourselves as a group to the houses of our fellow women who need help. We aim to help with laundry, dishes, organizing, meal prep and restoration of household balance.

## CONTACT US



### Volunteer Contact Form and Waiver

*No commitment necessary; just to stay informed*

<https://www.hotmessepress.co/volunteerform>

### Nominee Application

<https://www.hotmessepress.co/nominationform>

### Email Us

camdencountynj@hotmessepressaffiliate.co



## CAMDEN COUNTY NJ AFFILIATE



not a handout · just a hand

## Ways Volunteers, Volunteer

**Donate Goods:** Supplies, clothing, food

**Donate Gift Cards:** Gas, groceries, supplies

**Wishlist Fulfillment:** Purchase specific needs from an Amazon wishlist.

**Networking -** Introduce HME to friends, family, other organizations

**Offer Skills:** Organizing, tech, event planning

**Meal Train Support:** Participate by cooking or ordering food for volunteers or nominees.

**Social Media Advocacy:** Like, share, comment, and engage to spread the word.

**Event Attendance:** Support by attending or purchasing tickets to fundraising events.

**Missions:** Volunteer time to help with missions

# HOT MESS EXPRESS



# VOLUNTEER

# SUPPORT

A great way to support us is to **share the word** about us and our Mission. When more women hear about us we are able to have more volunteers and lead more rescue missions. We have flyers and photos that can be shared and printed on our public Facebook page.



**Come join our community of amazing and non-judgmental women!**



# NOMINATE

A nominee is someone who reaches out needing a rescue mission, or a village of support. Nominations can be made on behalf of someone in need, as long as they are aware.

## HOT MESS EXPRESS

# Take What YOU NEED

*Submit a nomination form to receive help.  
We know it can be hard to ask for help sometimes. Local Volunteers come free of judgement, ready to clean, organize, and offer a fresh start.  
(A person can nominate themselves or be nominated by another.)*

HELP WITH BASIC CLEANING
FRIENDSHIP
HELP WITH DISHES & LAUNDRY
A BREAK
HELP WITH GETTING ORGANIZED
A HUG
HELP WITH VACUUMING & MOPPING
A VILLAGE