



Volunteer Benefits

A thank-you guide for our volunteer community

Thank you for supporting the Center for Nature Informed Therapy. Volunteers help us deliver trainings, strengthen community, and expand access to nature-informed mental health support. This guide explains how our volunteer benefits work — our way of saying thank you for the time and care you bring to our mission.

Two Ways to Volunteer

CNIT recognizes volunteers through two pathways. Choose the one that fits the way you contribute — and benefits are automatically extended once you qualify.

Occasional Volunteer

Best for: *one-time help at an event or short project (typically under 5 hours)*

HOW YOU QUALIFY

- Volunteer for **one event or project** (typically under 5 hours)

YOUR THANK-YOU BENEFIT (CHOOSE ONE AFTER YOUR EVENT)

- **10% off** your next **in-person training or public program** (up to \$100 off)

— or —

- **50% off** your next **live online training**

— or —

- **Free access to one on-demand workshop recording**



Sustained Volunteer

Best for: *volunteers who show up regularly or help across multiple projects*

HOW YOU QUALIFY (CHOOSE ONE PATH)

- Contribute **5+ hours per month for 3 consecutive months**
- or —
- Register for **3 or more events or projects per calendar year**

YOUR SUSTAINED VOLUNTEER BENEFITS

- **25% off** all in-person trainings and public programs (up to \$250 off)
- **Free access** to up to **3 online trainings or professional-development webinars** per calendar year
- **One free CNIT merchandise item** each year
- Annual **“Volunteer Spotlight”** feature on the CNIT website and newsletter
- Official **service verification letter** (hours and role)
- Eligibility for our **annual Volunteer Recognition Award** honoring exceptional volunteers each year

How to Redeem Your Benefits

Once you’ve completed your event (Occasional Volunteer) or met sustained eligibility, follow these simple steps:

- 1. Email us.** Send a note to info@natureinformedtherapy.org with the program or training you’d like to apply your benefit to.
- 2. We verify.** We’ll confirm your eligibility and reply within **3 business days** with a personalized discount code or recording access link.
- 3. Apply at checkout.** Use your code when you register on natureinformedtherapy.org. Recording links are sent directly by email.
- 4. Need help?** Reach out anytime — we’re glad to walk you through it.



A Few Things to Know

- Volunteer benefits are a **thank-you** — not wages or compensation.
 - Benefits apply to CNIT programs and trainings unless otherwise noted.
 - Occasional Volunteer benefits must be **redeemed within 12 months** of your event.
 - Discounts are non-transferable and not combinable with other promotions.
 - Benefits are available **subject to seat availability**; CNIT reserves the right to limit volunteer registrations in capacity-constrained programs.
 - Some trainings or partner-led programs may be excluded; we'll let you know in advance.
 - Benefits are subject to change at CNIT's discretion as our programs evolve.
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Ready to volunteer with us?

Visit natureinformedtherapy.org/volunteer to view current opportunities and sign up.

We're grateful you're here.