

MultiCare Volunteer Services

[Sign-up for a phone screening to learn more about volunteering at MultiCare -Capital Medical Center:](#)

Thank you for considering MultiCare -Capital Medical Center or surrounding clinics as a place to share your time! Our volunteers play a crucial role in helping support MultiCare's mission in partnering in healing and a healthy future.

- Volunteers must commit to a consistent, 1 day per week schedule for a 4-hour shift.
- Volunteers must commit to volunteering 100 hours. Typically, this takes 7-8 months to complete.
- Volunteers must be at least 16 years old.
- MultiCare will conduct a criminal background check on all volunteer applicants.

Finding a volunteer role that is a good fit is an important part of the process. Before applying to volunteer, we want to take time to ensure the volunteer opportunities match what you are seeking.

Step 1 – Schedule an appointment for a phone call with our Volunteer Coordinator. Please [click here](#) to schedule a time when we can call you to learn more about your interests and share information on our current openings.

Step 2 – If we have a volunteer opportunity that is a potential match, you will receive an email with links to complete our 2-part online application and dates of our upcoming onboarding meetings.

Step 3 – Attend the New Volunteer Onboarding Meeting

Step 4 – Complete required health screening

Step 5 – Complete department training **Step 6** – Begin volunteering!