

Community Service Opportunities

Need Community Service Hours? There are hundreds of ways to help in your community. Check out the list below for a few ideas.

Volunteer San Diego – www.volunteersandiego.org – all ages, some younger students need to be accompanied by parents. They offer an endless list of different volunteering opportunities and are free to sign-up. Volunteers just need to attend a 1 hour orientation (which can be done online and counts toward their hours).

Sharp Grossmont Hospital

Contact: 619-740-4059 or sgh.volunteers@sharp.com

San Diego Food Bank - Volunteers collect, clean, sort, bag, box, and distribute ten million pounds of food. Just one day can make a difference to a family or individual in need. Please contact Maureen Polimadei at mpolimadei@sandiegofoodbank.org or 858 527 1419 Ext. 30 to schedule shifts or with any further questions.

Kid Korps

Kids Korps will offer children and teens an opportunity to volunteer through week-long summer camps in collaboration with the Rancho Santa Fe Community Center and the La Colonia Community Center in Solana Beach. For more information, please call 858-259-3602.

Father Joe's Village

Programs such as education, job training, child care, medical and dental care and substance abuse counseling enable thousands of families and individuals to discover the confidence and the ability to succeed.

General Information: 619.645.6411, or email volunteer@neighbor.org.

Brother Benno's/Oceanside

Brother Benno's is a non-profit, all-volunteer organization that has been committed to serving the poor and homeless in San Diego North County since 1983. (760) 439-1244

Inter –Faith Escondido/Vista/Oceanside

North County Interfaith Council, *dba* Interfaith Community Services, was founded in 1979 by a handful of diverse faith communities to address the needs of low-income, homeless, and underserved populations. For more information, contact Volunteer Coordinator Nusrat Symons at (760) 489-6380 ext.221, email nsymons@interfaithservices.org.

Humane Society –

Volunteers help with animal cleaning, feeding, socializing, and other care for our dogs, cats and small animals. Training classes are required for all volunteers interested in working with our animals. Volunteers sign up for training classes after attending a volunteer orientation. For minors, the minimum age to volunteer with the dogs is 16 years old. Volunteers who are 14 and 15 years-old can volunteer with the cats and small animals only.

http://www.sdhumane.org/site/PageServer?pagename=vol_VolunteerOpportunities

Encinitas Resource Center

Founded in 1979, Community Resource Center (CRC) is a nonprofit social services agency serving residents throughout San Diego North County. CRC is dedicated to helping women and children, individuals, and families live safe, self-sufficient lives by providing critical assistance in the areas of domestic violence services, food programs, and emergency and transitional housing assistance. Events & Volunteer Coordinator – Sarah Loveless. Phone: (760) 753-1156, ext. 1304

Jamul Preschool – contact Jennifer Emerick at 619-669-7771. She can use high school students to play, read and help the 2-5 year old children.

AYSO (American Youth Soccer Organization) – in the fall, they requested high school students to referee games. Training is included free. AYSO Jamul can be contacted at www.jamulayso.com

Birch Aquarium takes volunteers ages 16+ for a 6 month commitment. Orientation is in April. For more information 858-822-4934