Volunteering in San Diego

**American Cancer Society**

VolunteerMatch - American Cancer Society - San Diego, CA

American Cancer Society - San Diego, CA is located in San Diego, California, and offers 2 opportunities to serve your community. www.volunteermatch.org/results/org_detail.jsp?orgid=33983 [More results from www.volunteermatch.org]

**American Red Cross**

http://www.sdarc.org/

American Red Cross
San Diego/ Imperial County Chapter
3650 5th Ave
San Diego, CA 92103-4220
E-mail: info@sdarc.org
Phone: (619) 542-7400
Fax: (619) 298-0649

Youth & Young Adult Volunteers
Make a difference in our future. Red Cross youth (15-18 years) and young adult (19-24 years) volunteers make a difference everyday. Young people have enthusiasm and talent to offer. We can help them develop leadership skills and channel these qualities. Youth volunteers are actively involved in their communities. Start a Red Cross club in your school or become involved in some of the areas listed above. Leadership Development Camps are offered during the spring and summer. Training necessary.

**Animal Shelters**

San Diego Humane Society

... Glorious Antiques) and some fees for service. The San Diego Humane Society and SPCA 5500 Gaines Street San Diego, CA 92110 619.299.7012. www.sdhumane.org

Note on Youth Volunteers
Minors must be a minimum of 14 years old to volunteer. All youth volunteers must have reliable transportation and a parent or guardian's
consent to volunteer. Minors 14 - 15 years old must be accompanied by a parent or guardian at all times and can only assist with our rabbits & guinea pigs. Minors 16-17 years old may volunteer alone and can assist in departments that do not specify a minimum age requirement. Minor volunteers must meet the commitment requirement for the department they are volunteering in. Community service volunteers (over age 13) are selected on an "as-needed" basis. Please call the Volunteer Director at (619) 299-7012 ext. 2211 for further information.

Education: Minors may volunteer to assist with Pet Pals events and Animal Adventure Camp. Community Programs interview required. For more information on program qualifications, please call Youth Education at (619) 299-7012 ext.2251.

Birch Aquarium

http://aquarium.ucsd.edu/joinus/volunteer.cfm

Requirements
Volunteers must be at least 16 years of age and able to commit to working a minimum of four shifts per month for a period of at least six months. We are open from 9am to 5pm seven days a week, and most shifts are 9:00am-1:00pm or 1:00pm-5:00pm. Please note that all volunteer and internship positions at the Birch Aquarium at Scripps are unpaid

Beach Clean Up

I Love a Clean San Diego
Through outreach, community involvement and example, I Love A Clean San Diego leads and educates our community to actively conserve and enhance the environment.
http://www.ilacsd.org/get_involved/volunteer.html
Volunteer Coordinator: (619) 291-0103 ext.3003
E-mail: volunteers@ilacsd.org
Camp Fire USA
Provides positive alternatives to youth ages 3 - 21 years through four program areas: inner-city drop-in center, clubs, camping, and in-school self-reliance classes. Can volunteer at age 13 and up if a member of the organization. If not must be 18 and over.
Location: 3101 Balboa Drive, San Diego, 92103
Contact: Executive Director Karen Loeder (619) 291-8985

Catholic Charities – Senior Nutrition Program
Deliver hot, noontime meals to seniors in La Mesa and Lemon Grove. Meal delivery is between 11:30 am and 1:30 pm, Monday through Friday. Pick a day that works for you. You will need your own car to deliver meals. Mileage is reimbursed at .30¢ per mile.
Contact: Pam (619) 337-1425

City Of La Mesa

Engineering Department:
Field survey, data entry, and general office assistance.
Year Round
16 years or older with Drivers License
Contact: Hamed Hashemian (619) 667-1153
City of La Mesa – Engineering Division
8130 Allison Ave.
La Mesa, CA  91941

Finance Department:
Filing assistance on an as needed basis.
16 years or older
Contact: Patty Rios (619) 667-1125
City of La Mesa – Finance Division
8130 Allison Ave.
La Mesa, CA  91941

Police Department:
“Paint Out Posse” – paint out graffiti in La Mesa. A pool of names will be collected and called as needed. Unlimited group of members are
needed. If under 18 must be accompanied by parents. This is a great
family activity.
Contact: Mike Gleason (619) 466-3789
La Mesa Police Department
8181 Allison Ave.
La Mesa, CA  91941

Special Events at Community Services:
Kids Care Fest
A fun, free interactive family event at Briercrest Park. See La Mesa’s
Fire, Police and Community Services Departmental Safety displays.
Free health screenings and health information handed out at over 50
booths. We have an astro jump bungee jump and pony rides.
Date:  September 26, 2009
Time:  8:00 am - 2:30 pm, times can be worked out to volunteer. Must
be 14 years and older.
Duties to include: supervising children in/out of astro jump, bungee
jump and pony rides, assist children with art area and picking up trash.
Contact: Michele Greenberg-McClung
La Mesa community Services
4975 Memorial Drive
La Mesa, CA  91941
mgreenberg-mcclung@ci.la-mesa.ca.us

Convalescent Homes

Grossmont Gardens
5480 Marengo Ave.
La Mesa, CA 91942
(619) 463-0281

Regency Park La Mesa Retirement Residence
5740 Lake Murray Blvd.
La Mesa, CA  91942
(619) 464-6801

County Villa La Mesa
5696 Lake Murray Blvd.
La Mesa, CA  91941
(619) 460-7871

Waterford Terrace
  5580 Aztec Drive
  La Mesa, CA  91942
  (619) 463-2111

**Clubs** that offer volunteer opportunities at La Mesa Schools

**Builder’s Club**
  La Mesa Middle & Parkway Middle Schools

**Interact & Key Clubs**

[Helix Charter High School Web Site](http://www.helixcharter.net/)

HELIX CHARTER HIGH SCHOOL 7323 UNIVERSITY AVE. LA MESA, CA 91941. PHONE 619.644.1940 FAX 619.462.9257. [www.helixcharter.net](http://www.helixcharter.net/)

[www.grossmont.k12.ca.us/grossmont/grossmont.html](http://www.grossmont.k12.ca.us/grossmont/grossmont.html)

[Dress For Success](http://www.dressforsuccess.org)

Provides professional clothing and employment retention services to low-income San Diego women and men actively seeking employment. Last Saturday of each month, volunteers will sort clothes. If volunteer is under 18 years, must be accompanied with an adult.

Contact: Sylvia Evans-McKinney
  642 Third Ave., Ste. C, Chula Vista  91910
  (619) 420-1488
  [www.dressforsuccess.org](http://www.dressforsuccess.org)
Elderhelp

http://www.elderhelpofsandiego.org/4-a.html

FOCAS

FOCAS--Friends of County Animal Shelters--San Diego

... is a volunteer, non-profit organization formed to shelters: North (Carlsbad), South (Bonita), and Central San Diego. 619-685-3536 Give a shelter animal a second

www.focas-sandiego.org

Food Bank

http://www.sandiegofoodbank.org/volops.html

Volunteer Coordinator: jgilmore@neighborhoodhouse.org

Generations of Action

Volunteer Opportunities vary: will match volunteers' interests.

Contact: Gabby Rivers (619) 741-8075

Girl Scouts

Girl Scouts, San Diego-Imperial Council, Inc. Welcome Page

1231 Upas Street * San Diego, CA 92103 * 619.298.8391 or 800.643.4798.

PLEASE NOTE: This website is best viewed with Internet Explorer.

GoCityKids

An events calendar for youth http://www.gocitykids.com

Habitat for Humanity

http://www.habitat.org/script/link.asp?url=www%2Ehabitatsdiego%2Eorg

10222 San Diego Mission Road
San Diego CA 92108
Call us at (619) 283-HOME
Building for the future

Through Habitat for Humanity, young people have the opportunity to put faith into action, to partner with a diverse group of people, and to make a positive impact in their communities. We strongly encourage youth groups to participate in making a difference!

Youth under 16

Children under age 16 are not allowed on construction sites. However, participating in awareness activities and fundraising is a great way for young people to get involved with Habitat. "Coins for Habitat", building playhouses for fundraisers, starting school chapters of Habitat and promoting the Aluminum Cans Build Habitat Homes program are just a few of the many opportunities.

Youth ages 16 and older

Volunteers 16 and older are welcome at construction sites. It is up to the house leaders for a given house project to decide what duties youth volunteers may do at a work site. This decision will be made for each house and could vary from week to week. Generally, activities can include all phases of construction except those activities involving power tools and heavy machinery. Volunteers aged 16 and 17 who are present on the job site must have a release signed by a parent or guardian allowing permission to volunteer on a construction site. Only individuals over age 18 are permitted to do actual construction, but 16 and 17-year-olds may help on-site with painting and cleanup duties. To ensure proper supervision, there will be a minimum of one adult for every two volunteers under the age of 18. Again, it is highly recommended that a parent or guardian accompany their child to the work site.
Harmonium

Provides counseling, childcare, and community services to children, youth and families. Prepares teens for the 21st century through business, community service, arts, education, and recreational opportunities run by and for teens. Contact SAVY; www.volunteersandiego.org

Hospitals

Grossmont Hospital

http://www.sharp.com/Hospital/list.cfm?id=1F1A4C5F-6FA9-11D4-B4B300508B76449E

Volunteer Information
(619) 644-4059
(619) 644-4175 (Junior Volunteers)

Kids Care Fest

A fun, free interactive family event at Briercrest Park. See La Mesa’s Fire, Police and Community Services Departmental Safety displays. Free health screenings and health information handed out at over 50 booths. We have an astro jump bungee jump and pony rides.

Date: September 26, 2009
Time: 8:00 am - 2:30 pm, times can be worked out to volunteer. Must be 14 years and older.

Duties to include: supervising children in/out of astro jump, bungee jump and pony rides, assist children with art area and picking up trash.

Contact: Michele Greenberg-McClung (619) 667-1333
La Mesa Community Services
4975 Memorial Drive
La Mesa, CA  91941
Libraries
http://www.sdcl.org/

La Mesa Branch
8055 University Avenue
La Mesa, CA  91941
(619) 469-2151
Handicap accessible
www.lmteens.wordpress.com

El Cajon Branch
201 E. Douglas
El Cajon, CA  92020
Handicap accessible
(619) 588-3718

Lemon Grove Branch
8073 Broadway
Lemon Grove, CA  91945
Handicap accessible
(619) 463-9819

Spring Valley Branch
836 Kempton Street
Spring Valley, CA  91977
Handicap accessible
(619) 463-3006

Lutheran Social Services
Volunteers need to be 16 years of age or older, 14 and over ok with permission slips required for office work. Website: www.lsssc.org

A.  Caring Neighbors Program – minor home repair and weed abatement, usually done as a group project. If interested, volunteer coordinator needs approximately one month lead time to set up.
Contact: Rigoberto Del Campo @ (619) 263-1384
B. Thrift Sore, Food Pantries and Office Work - available on an individual volunteer basis. Contact: Raquel Pedersen @ (619) 698-1716

Mama’s Kitchen
Prepare and deliver meals to those with AIDS who are unable to provide for themselves. Minimum age is 16 years. Must attend an orientation during the evening.
Contact: Bill Patton
1875 Second Ave.
San Diego, CA 92101
(619) 233-6262
www.mamaskitchen.org

March of Dimes
March of Dimes San Diego-Imperial Division 9325 Sky Park Court, Suite 250 San Diego, CA 92123-4383 Telephone (858) 576-1211 Fax (858) 492-9180 Email: e-mail us
http://sandiego.modimes.org/

Meals on Wheels
Look at We Care Packages at the holidays and Delivery Assistance, must have a driver 18 years and up.

Mission Trails Regional Park
Visitor Center Director & Volunteer Opportunities
Debbie Waddell
(619) 668-3278
dwaddell@mtrp.org

MS Walk
San Diego Area Multiple Sclerosis Society
8840 Complex Dr
San Diego, CA 92123
8 mi N - Directions

The San Diego Area Chapter, Multiple Sclerosis Society
Website: www.msconnection.org
Performance and Entertainment Program (PEP)

Assist elderly in convalescent and board care facilities to create craft projects. Ages 13 – 17 can volunteer, parents welcome.

Contact: Andrea Ladimer, Executive Director (619) 593-7377.

Pro Kids Golf

www.prokidsonline.org

Provides, at no charge, inner-city children and youth how to play golf. In addition, they provide homework assistance, tutoring and computer literacy assistance. Application necessary to volunteer. Ages 13 – 17, assist with clerical duties, golf program assistance (clean up and classes). Contact: Julie Thompson, Office Manager (619) 582-7884, 4085 52nd Street, San Diego, Ca  92105

Race for Literacy

Union-Tribune Race for Literacy Volunteer Registration

Sign up today! Union-Tribune Race for Literacy Volunteer Registration. San Diego, CA

Reuben H. Fleet Science Center

Donate your Body to Science® Become a Museum Ambassador Today! Opportunities for every day of the week, Monday to Sunday, Ages 15 and up. Minimum commitment: 12 hours per month, for 6+ months. Museum ambassadors help welcome, greet, answer visitor questions, collect tickets, monitor the IMAX movies and galleries, serve as mentors for new ambassadors, and give tours of the fleet.

Contact nschiffer@rhfleet.org (619) 238-1233 ext. 835
Ronald McDonald House  
Ronald McDonald House - San Diego  
3101 Berger Avenue, San Diego, California 92123  
(858) 292-7413

Salvation Army  
The Salvation Army Ray and Joan Kroc Corps Community Center  
The Salvation Army Ray and Joan Kroc Corps Community Center (RJKCCC) is a 12-acre family support, education, recreation, and cultural arts center.

San Diego Natural History Museum  
Provides a scientific, educational institution dedicated to the study of the natural world, e.g. plants, animals, geology. Volunteers will help with guests. An on-line application is available.

Director of Volunteer/Intern Services  
(619) 255-0245  
volunteers@sdnhm.org

San Diego Oceans Foundation – White Seabass Restocking Program and Canyon Watch Program  
www.sdoceans.org  
Volunteers (age 13 or older) to help feed and monitor the growth of our white seabass and volunteers to help walk local canyons to keep an eye out for sewage spills or possible vandalism or sewer manholes.  
Site: White Sea Bass: Mission Bay at the Marina Village Marina and in San Diego Bay  
Canyon Watch: You can chose from 13 canyons in San Diego  
Contact: Cheryl Barnes (619) 523-1903

SAVY  
http://www.volunteersandiego.org/more/fvo.shtml

Sharp HospiceCare  
Volunteer your time providing companionship to Hospice patients in Skilled Nursing Facilities. Life Review with patients which consist of
videotaping, audio taping, journaling, and scrapbooking. This is a valuable experience to make a difference. Trainings are held on Saturdays.

Contact: Volunteer Services at (619) 667-1900
8881 Fletcher Parkway
La Mesa, CA 91942

Sign On San Diego
(The UT) with links to categories of San Diego volunteer opportunities

St. Madeleine Sophie’s Center
Prepares adults with developmental disabilities for paid work in an integrated community environment. Provides catering, packaging and janitorial services to the public.

Need life guards during the summer (paid job) - must have current CPR, First Aid and Lifeguard Training - must be 16 years old.

Contact: Kim Hart @ (619) 442-5129, 2119 East Madison Ave., El Cajon, CA 92019

St. Vincent de Paul
http://www.svdpv.org/volunteer.html
General Information: (619) 645-6411, or email volunteer@neighbor.org Volunteer Coordinator: (619) 687-1073

T.I.P. Trauma Intervention Program
Trained citizens who provide immediate emotional and practical support to victims and their families in the first few hours following a tragedy. Call for information: (760) 931-2104 email: tipsandiego@sbcglobal.net www.tipsandiego.org Go to “Programs and Services” tab at the top of the home page, TIP Teens.
United Way of San Diego

www.informsandiego.com

Type in volunteer opportunities under Search in the upper right corner. You can view all the United Way member agencies to find other volunteer opportunities.

Volunteer Opportunities in San Diego, CA. Multiple Sclerosis Association of America

Ongoing Great For: Kids ... Counselor Volunteer SCORE - San Diego Ongoing Great

volunteermatch.org/bymsa/m7320/c/opp81.html

Volunteer San Diego

4699 Murphy Canyon Road

San Diego, CA  92123

Contact: Staff (858) 636-4127

Volunteer San Diego

Volunteer San Diego coordinates a network of 2000 volunteers who feed our homeless, serve our seniors and read to our kids.

Wildlife Assist

Contact person: Marie Molly, (858) 278-2222

4203 Genesse Ave., Suite 103

PMB 444

San Diego, CA 92117

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