

CATHEDRAL CATHOLIC HIGH SCHOOL

LIST OF APPROVED AGENCIES

The following is a list of non-profit agencies which CCHS has contacted and approved for the Christian Service Program. This is not an exhaustive list, but a place to start in preparing for service. Any non-profit organization may be appropriate, but you should make sure the service you do for an agency not listed follows the stated Christian Service Guidelines. These guidelines can be found on the CCHS Campus Ministry webpage. If you have any questions about an agency for which you may wish to do service, please contact Mr. Dunn about any questions.

We do not guarantee the environment or if the organization is still in operation. You should contact the organization for this information.

Some Tips:

1. Determine the type of Christian Service you would like to do.
2. Look through this list and identify the agencies you might be interested in working with for your service.
3. Contact the organization and ask them about volunteering opportunities. When calling:
 - a. Introduce yourself to the person who answers the phone/or the person to whom you are directing the email.
 - b. State why you are calling – to complete Christian Service hours as part of your graduation requirement.
 - c. Ask how you can go about service with the agencies.
 - d. Ask any other questions you may have.
 - e. Make an appointment.

Sample Phone Call:

Hello, my name is Sally Smith and I am a student at Cathedral Catholic High School and am required to complete 60 hours of service for my graduation. I am calling to see how I can volunteer at (*state name of organization*). What are the qualifications I might need, or the steps that I need to take, in order to volunteer with (*state name of organization*). May I make an appointment to begin volunteering (*or to visit*)?

4. Once you have made your appointment, arrive on time and appropriately dressed.
5. Bring the necessary forms you may need – “Supervisor Form.” Have these forms filled out as much as possible to save time for the supervisor.
6. Report to the Office of Campus Ministry any problems you may have with an agency.
7. At the completion of your service, or within three months if you are doing on-going service with the same agency, return your completed “Student Form” and “Supervisor Form” to the Campus Ministry Center.

ALVARADO HOSPITAL MEDICAL CENTER

Junior Volunteer Program. Those who volunteer at this site are expected to make a 100 hour commitment over the course of a year (4 hours per week) in the areas of Information/Gift Shop, Patient Care and Clerical assistance. Type of hours you can expect: Both Direct & Indirect.

Location:

6655 Alvarado Rd.
San Diego, CA 92120

Contact:

(619) 229 4619

Website:

<http://www.alvaradohospital.com>

You must be at least 14 to work with this agency. This agency requires training before you may begin service. Please call agency for more information.

AMOR MINISTRIES

Build houses in Mexico in the border area and south of Phoenix. It is sometimes beneficial if students speak Spanish but it is not necessary. Students may be dealing with those who do not speak English. This is an excellent organization to do work with a large group of friends. They have day trips and week-long experiences.

Type of hours you can expect: Both Direct and Indirect.

Location:

1664 Precision Park Lane
San Diego, CA 92173

Contact:

(619) 662 1200

Website:

<http://www.amor.org>

A NIGHT TO REMEMBER EASTLAKE CHURCH IN CHULA VISTA

A Night to Remember is an opportunity to attend a Prom for people with special needs. Students will be partnered with one of the honored guests and act as a host for them for the evening. You can sign up and find out more information on the website (sign up under student host—there is a problem with the website, so be sure to click on the student host tab at the top of the page and then click registration)

Type of hours you can expect: Direct

Location: Eastlake Church, Chula Vista

Normally the first week of May

Mandatory meeting in April

Website:

www.anighttorememberprom.com

ARROYO VISTA CONVALESCENT HOSPITAL

Care for people who are disabled and unable to care for themselves. Many residents and seniors enjoy companionship from volunteers. You can help with recreational activities, arts and crafts and/or games. You can volunteer to transport residents to and from activities, help read their mail and give them one-to-one contact and friendship. You can also help with clerical duties. Residents also like receiving mail from pen pals.

Type of hours you can expect: Both Direct & Indirect.

Location:

3022 45th Street
San Diego, CA 92105

Contact:

(619) 283 5855

Website: <http://arroyovistacare.com>

This agency requires training before you may begin service. Please call agency for more information.

AVIARA HEALTHCARE

Volunteers assist in the office, provide companionship to patients, work in arts and crafts and entertain.

Type of hours you can expect: Both Direct & Indirect.

Location:

444 Regal Road
Encinitas, CA 92024

Contact:

(760) 944 0331

Website:

<http://www.aviarahealthcare.com/>

BAYSIDE COMMUNITY CENTER

This organization may need volunteers to garden and work in maintenance. Working with seniors and/or children tutoring and skills enhancement is also a possibility.

Type of hours you can expect: Both Direct & Indirect.

Location:

2202 Comstock Street
San Diego, CA 92171

Contact:

(858) 278 0771 ex. 3021

Website:

<http://www.baysidecc.org>

BOYS & GIRLS CLUB OF CLAIREMONT

Homework tutors for youth 5-13. A large group of up to 20 students could also volunteer to do miscellaneous work.

Type of hours you can expect: Both Direct & Indirect.

Location:

4635 Clairemont Mesa Blvd.
San Diego, CA 92117

Contact:

(858) 273 1645

Website:

<http://www.sdyouth.org/clairemont.htm>

BRADLEY COURT CONVALESCENT CENTER

Type of hours you can expect: Both Direct & Indirect.

Location:

675 E. Bradley Avenue
El Cajon, CA 92021

Contact:

(619) 448 6633

BROTHER BENNO FOUNDATION, INC.

Food service to the hungry. You must be 18 to volunteer.

Type of hours you can expect: Direct.

Location:

3260 Production Avenue
Oceanside, CA 92054

Contact:

(760)-439-1244

Website:

<http://www.brotherbenno.org>

CAMP ABLE AT CORONADO

Camp Able at Coronado was developed in 1980 by the faculty of the Department of Recreation, Parks, and Tourism at San Diego State University to provide challenging, recreational, and educational activities for disabled children.

Type of hours you can expect: Both Direct & Indirect.

Location:

July 9-3:30, July 7-Aug. 8
Fundraiser once a year; sometimes wi

Contact:

(858) 254 -0944
Email Janelle Nettles:
campable@yahoo.com

Website: <http://www.campable.org>

CARE WITH DIGNITY CONVALESCENT HOSPITAL

We are a convalescent hospital providing care and services for disabled seniors who are long term residents. Our activity department is the only outlet for our seniors, providing social recreation, educational and spiritual programs. We need YOU to help with this program.

Type of hours you can expect: Both Direct & Indirect.

Location:

8060 Frost Street
San Diego, CA 92123

Contact:

(858) 278 4750

CATHOLIC CHARITIES

We are Catholic Charities of the Diocese of San Diego, California, a ministry of the church caring for the poor and the vulnerable. Our ministry is based on the person of Jesus, who "came not to be served, but to serve." We believe in the dignity of the human person, and are committed to the Judeo-Christian vision of justice and peace.

Type of hours you can expect: Both Direct & Indirect.

Location:

349 Cedar Street
San Diego, CA 92101

Contact:

(619) 231 2828

Website:

<http://www.ccdsd.org/>

CATHOLIC CHARITIES, EMERGENCY SERVICES

Various food and toy drives throughout the year. Both collections and deliveries.

Type of hours you can expect: Both Direct & Indirect.

Location:

Various

Contact:

(619) 231 2828

Website:

<http://www.ccdsd.org/>

CATHOLIC CHARITIES, EMPLOYMENT SERVICES

Help with child care at events. Assist clients with computer lab (internet, MS Word, etc.). Basic office assistance. Assist with school drives.

Type of hours you can expect: Both Direct & Indirect.

Location:

Various

Contact:

(858) 547 3630

Website:

<http://www.ccdsd.org/>

CATHOLIC CHARITIES, FOSTER GRANDPARENTS AND SENIOR COMPANION PROGRAMS

Assist with visiting homebound seniors with parental supervision. Work in facilitating annual volunteer recognition event. Tutor special needs children with foster grandparents.

Type of hours you can expect: Both Direct & Indirect.

Location:

Various

Contact:

(619) 231 2828

Website:

<http://www.ccdsd.org/>

CATHOLIC CHARITIES, HOMELESS MEN'S SERVICES

Assist with general building maintenance.

Type of hours you can expect: Indirect.

Location:

Various

Contact:

(760) 929 2322

Website:

<http://www.ccdsd.org/>

CATHOLIC CHARITIES, HOMELESS WOMEN'S SERVICES

Assist in various meals - preparation and service. Assist in clothing boutique - stocking and organizing donations. Assist residents with tending of vegetable and flower beds.
Type of hours you can expect: Both Direct & Indirect.

Location:

Various

Contact:

(619) 231 2828

Website:

<http://www.ccdsd.org/>

CATHOLIC CHARITIES, IMMIGRANT SERVICES

Act as receptionist to enable employees to perform direct client assistance.
Type of hours you can expect: Indirect.

Location:

Various

Contact:

(619) 498 0722

Website:

<http://www.ccdsd.org/>

CATHOLIC CHARITIES, REFUGEE SERVICES

Assist with shopping, library visits or other special needs regarding community orientation. Assist in the furniture donation inventory management and apartment set-up for new refugee clients – lifting will be required. Administrative tasks. Teacher aides/tutors for English and community orientation classes.
Type of hours you can expect: Both Direct & Indirect.

Location:

4575-A Mission Gorge Place
San Diego, CA 92120

Contact:

(619) 287 9454

Website:

<http://www.ccdsd.org/>

CATHOLIC CHARITIES, SENIOR RESIDENTIAL SERVICE

Work with seniors on a variety of activities. Also general ministry of presence - being with seniors.

Type of hours you can expect: Both Direct & Indirect.

Location:

Various

Contact:

(619) 234 1615

Website:

<http://www.ccdsd.org/>

CITY OF SAN DIEGO PARK & REC. DEPARTMENT

Students must be able to work at least 4 hours per week for most programs. There are countless programs offered through this agency. Students should visit website for more information.

Type of hours you can expect: Both Direct & Indirect.

Location:

Contact:

(619) 525 8232

Website:

www.ci.san-diego.ca.us/volunteer-program/opportunities/park-and-recreation.shtml

You must be at least 13 to work with this agency.

CITY OF SAN DIEGO THERAPEUTIC SERVICES

If you like to have fun, help others and have a good time, this is the place for you! We offer recreational activities for people of all ages with a variety of disabilities. Alternate phone (619)236-7753.

Type of hours you can expect: Both Direct & Indirect.

Location:

3325 Zoo Drive
San Diego, CA 92105

Contact:

(619) 525 8247

Website:

<http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml>

CLOISTERS OF THE VALLEY ASSISTED CARE RETIREMENT

Assist residents on strolls, playing games, conversation and quality time.

Type of hours you can expect: Both Direct & Indirect.

Location:

4671 Camino Del Rio South
San Diego, CA 92108

Contact:

(619) 283 2226

Website:

<http://www.cloistersofthevalley.com>

CORAZÓN

Students should check website for information about this agency and their work; however, this organization mainly builds houses in Tecate and Tijuana. An individual in San Diego coordinates the trips.

Type of hours you can expect: Direct.

Location:

23422 Peralta, Ste. F
Laguna Hills, CA 92654

Contact:

(858) 486 6344

Website:

<http://www.corazon.org>

CORAZON DE VIDA FOUNDATION

Corazon de Vida Foundation brings volunteers from L.A. and San Diego to serve in orphanages in Mexico. You will travel to Mexico in a bus. There is a cost for this service experience. All information can be found on their website.

Type of hours you can expect: Direct.

Location:

Mexico

Website:

<http://corazondevida.eventbrite.com/>

COTTONWOOD CONVALESCENT CENTER

Aids and cares for seniors who are residents. Volunteers offer companionship and help with music, gardening, reading, sports and recreation.

Type of hours you can expect: Both Direct & Indirect.

Location:

1391 East Madison Ave.
El Cajon, CA 92021

Contact:

(619) 444 1107

COUNTRY VILLA HEALTHCARE

Assistance with arts, crafts, music, reading, sports and recreation and companionship.

Type of hours you can expect: Both Direct & Indirect.

Location:

5696 Lake Murray Blvd.
La Mesa, CA 91942

Contact:

(619) 460 7871

CURE JM FOUNDATION

Help find a cure for Juvenily Myositis! Help by holding mini fundraisers for Cure JM, including car washes, lemonade stands, etc.

Type of hours you can expect: Both direct and indirect

Contact: (760) 487- 1079

sharihume@cox.net

Website: www.curejm.org

DEPT. OF VETERANS AFFAIRS

At various locations you may do clerical work or have direct interaction with veterans.

Type of hours you can expect: Both Direct & Indirect.

Location:

3350 La Jolla Village Drive
San Diego, CA 92161

Contact:

(858) 642 3267

Email: nonnie-llii.artero@med.va.gov

Website:

<http://www.volunteer.va.gov/StudentProgram.asp>

EYE COUNSELING & CRISIS SERVICES-HIDDEN VALLEY HOU

This agency is a 30 bed shelter for battered and/or homeless women and their children, and those who, for reasons other than domestic violence, need shelter.

Type of hours you can expect: Both Direct & Indirect.

Location:

200 N. Ash Street
Escondido, CA 92027

Contact:

(619) 692 0727 ex. 123

Website:

<http://home-start.org>

GEORGE G. GLENNER ALZHEIMER'S FAM. CTR.

Adult day care center for seniors with Alzheimer's and other types of dementias. Volunteers are needed to help with arts and crafts, reading, sports etc. Volunteers are required to have TB test.

Type of hours you can expect: Both Direct & Indirect.

Location:

280 Saylor Drive
Chula Vista, CA 91910

Contact:

(619) 420 1703

Website: <http://glenner.org>

HABITAT FOR HUMANITY

This agency builds homes throughout the United States for those in need of shelter. Check website for local opportunities.

Type of hours you can expect: Direct.

Location: Various

Contact: See website

Website: <http://www.sdhfh.org>

You must be at least 16 to work with this agency

HELEN WOODWARD ANIMAL CENTER

Animal and human services include animal care and adoptions, teaching children animal care and responsible pet ownership, hospital services for large animals, pet encounter therapy and therapeutic riding.

Type of hours you can expect: Both Direct & Indirect.

Location:

6461 El Apajo Rd.
Rancho Santa Fe, CA 92091

Contact:

(858) 756 4117 ex. 305

Website:

<http://www.animalcenter.org/volunteer/>

HILLTOP COUNTRY ESTATE

Aids and cares for seniors who are residents. Volunteers offer companionship and help with music, gardening, reading, sports and recreation. (you need to fingerprint)

Type of hours you can expect: Both Direct & Indirect.

Location:

28661 Meadow Glen Way
Escondido, CA 92024

Contact:

(760) 749 9122

(858) 837 0213

<http://hilltopcountryestate.com/>

KAISER PERMANENTE

Provide support to patients, visitors and staff. Provide services not otherwise available.

Type of hours you can expect: Both Direct & Indirect.

Location:

4647 Zion Avenue
San Diego, CA 92120

Contact:

(619) 528 5191

Website:

http://info.kaiserpermanente.org/sandiego/about_us/volunteer.html

MAMA'S KITCHEN

Deliver meals to homebound persons with AIDS or Cancer. Or, prepare meals, pack grocery bags, answer phones and assist our Pantry clients with their shopping.

Type of hours you can expect: Both Direct & Indirect.

Location:

1875 Second Avenue
San Diego, CA 92101

Contact:

(619) 233 6262 ex. 109

Website:

<http://www.mamaskitchen.org>

MEALS-ON-WHEELS GREATER SAN DIEGO

Metro San Diego 619-260-6110; East County 619-295-9501; South County 619-420-2782; North County 760-736-9900. Packaging and preparing meals is indirect service, while delivery is direct. Check website for local branches.

Type of hours you can expect: Both Direct & Indirect.

Location: Various, see above

Contact: Various, see above

Website:

<http://www.meals-on-wheels.org>

MERCY HEALTHCARE SAN DIEGO

Volunteers assist with patient care and office functions. Youth volunteers are needed for many things including delivery, food services, hospital visitations, library and mailing assistance and more.

Type of hours you can expect: Both Direct & Indirect.

Location:

4077 Fifth Avenue
San Diego, CA 92103

Contact:

(619) 260 7082

Website: http://www.scripps.org/about-us/volunteer/volunteer-opportunities_scripps-mercy-hospital

MITCHELL THORP FOUNDATION

Help families with a child who is suffering from a life threatening illness. Apply to be on a student advisory committee to help the foundation. Download the application, link below.

Type of hours you can expect: Indirect

Website: <http://www.mitchellthorp.com>

Application:

http://www.cathedralcatholic.org/drop/Student_Advisory_Application.pdf

MONARCH VILLA BONITA

Assisted living community.

Type of hours you can expect: Both Direct & Indirect.

Location:

3434 Bonita Road
Chula Vista, CA 91910

Contact:

(619) 476 9444

Website:

<http://www.villabonitaseniorliving.com>

NAZARETH ORPHANAGE, TECATE, MEXICO

Vavious dates throughout the year, please see Fr. Kelly and the website for more information.

Type of hours you can expect: Direct.

Location:

Tecate, Mexico

Contact: Fr. Kelly

Frkelly@cathedralcatholic.org

Website: <http://www.nomt.org>

NOAH HOMES

Helping developmentally disabled persons with a variety of activities, including playing Wii, exercising, reading skills, etc.

Type of hours you can expect: Direct.

Contact:

(619) 660-6200 ext. 10

volunteer@noahhomes.org

Website: <http://noahhomes.org>

PACIFIC REGENT LA JOLLA

Skilled nursing facility. Take care of elderly residents equipped for physical rehabilitation. Students who have any talents they'd like to share can come in to entertain residents. Some students can help pass out ice cream, call BINGO numbers, do trivia, read current events and things of the like.

Type of hours you can expect: Both Direct & Indirect.

Location:

3890 Nobel Drive
San Diego, CA 92122

Contact:

zhaliebadar@yahoo.com

(858) 342-4716

Website:

<http://www.watermarkcommunities.com/LaJolla/>

PARADISE HILLS CONVALESCENT CENTER RIO VISTA

Work with seniors.

Type of hours you can expect: Both Direct & Indirect.

Location:

6061 Banbury Street
San Diego, CA 92139

Contact:

(619) 475 2211

Website: <http://www.reovista.com>

PEOPLE SKILLS INTERNATIONAL FOUNDATION, INC.

The goal of our nonprofit organization is to assist families, individuals and students to obtain life skills through its courses and workshops, working in collaboration with other agencies .Mailings, phone calls, typing (light secretarial tasks), computer work on flyers, addressing envelopes and light typing for domestic violence classes, etc.
Type of hours you can expect: Indirect.

Location:

330 32nd St.
San Diego, CA 92102

Contact:

(619) 262 9951

Website:

<http://www.people-skills-international-foundation.org/>

RADY CHILDREN'S HOSPITAL AND HEALTH CENTER

The mission of the Volunteer Services Department is to enhance and support the services of Rady Children's Hospital-San Diego through the contributions of trained volunteers in a caring environment. Volunteer Services is dedicated to provide the highest possible quality of service while at the same time respecting the dignity, individual differences and cultural diversity of our patients, families, staff and the communities we serve

Type of hours you can expect: Both Direct & Indirect.

Location:

3020 Children's Way
San Diego, CA 92123

Contact:

(858) 966 8145

Website:

<http://www.rchsd.org/>
<http://www.helpsdkids.org/page.aspx?pid=343>

You must be at least 14 to work with this agency.

REUBEN H. FLEET SCIENCE CENTER

The Reuben H. Fleet Science Center is seeking high school volunteers for its many programs, especially as volunteer Museum Ambassadors and Origins of Life Technicians. We are asking high school teachers and advisors to bring our programs to the attention of students and encourage them to consider volunteering their time and talents at the Fleet. Volunteers gain new skills and experiences, meet interesting people from around the world, earn free admission to our galleries and theater shows, achieve personal and professional goals, and much more. The Fleet Science Center seeks to inspire lifelong learning by furthering the public understanding and enjoyment of science and technology. Volunteers play an integral role in the operation of the Fleet and its programs. Opened in 1973 and located in Balboa Park, the Fleet features seven exhibit galleries with more than 100 hands-on science exhibits, including major traveling exhibitions, and the world's first – and Southern California's only IMAX Dome Theater.

Type of hours you can expect: Mostly Direct

Location:

Intersection of Park Blvd & Space Theater Way, 2 blocks from the Zoo

Contact:

Tanya: tschroeder@rhfleet.org

Website: www.rhfleet.org/volunteer

The minimum age is 15 to volunteer.

SALVATION ARMY

We assist needy families in North County by providing emergency food assistance, information and referral for shelters and youth programs. Our greatest needs occur around the holidays. Volunteers are needed to work with youth on arts and crafts, recreation and sports and provide entertainment during holidays.

Type of hours you can expect: Both Direct & Indirect.

Location:

3935 Lake Blvd.
Oceanside, CA 92056

Contact:

(760) 631 8212

Website: <http://www.salvationarmyusa.org>

SAN DIEGO CENTER FOR THE BLIND

Perform chores for the blind in their homes; read to them and write letters for them either in their homes or at the center office.

Type of hours you can expect: Direct.

Location:

5922 El Cajon Blvd.
San Diego, CA 92115

Contact:

(619) 583 1542

Website: <http://www.sdcdb.org>

SAN DIEGO COUNCIL ON LITERACY

One-on-one and small group instruction/community outreach/bookfairs/book sorting. Must be over 17.

Type of hours you can expect: Both Direct & Indirect.

Location:

2515 Camino Del Rio South, Ste. 125
San Diego, CA 92107

Contact:

(619) 574 1641 ex. 101

Website:

<http://literacysandiego.org>

You must be at least 18 to work with this agency.

SAN DIEGO DAY LABORERS ASSOCIATION

There are opportunities during the week, but they are before 11am. CCHS students should ask about weekend work. The San Diego Day Laborers Association is looking for volunteers to serve sandwiches and other food items to day laborers at some 15 sites in North County, from Encinitas to Fallbrook. Because of the current economic crisis, there is more hunger among these workers, and we would like to serve the food on a consistent and sustainable basis – at least 3 times a week.

Type of hours you can expect: Direct and indirect

Location:

North County San Diego

Contact: (760) 224-3871

Website: <http://myajsd.org>

SAN DIEGO FOOD BANK

Collecting and distributing food to those in need. Collection of food is indirect hours, distributing is direct. Check website for locations and contact information.

Type of hours you can expect: Both Direct & Indirect.

Location:

Contact:

Website:

<http://www.sandiegofoodbank.org>

SAN DIEGO HUMANE SOCIETY

To inspire and engage the community to end animal suffering. All work with animals is indirect. Working with children in education programs is direct.

Type of hours you can expect: Both Direct & Indirect.

Location:

5500 Gaines St.
San Diego, CA 92110

Contact:

(619) 243 3406

Website:

<http://sdhumane.org>

This agency requires training before you may begin service. Please call agency for more information.

SAN DIEGO YOUTH & COMMUNITY SERVICES

Several opportunities exist throughout San Diego County for mentors, tutors, mediators, counseling, childcare workers.

Type of hours you can expect: Both Direct & Indirect.

Location:

Contact:

(619) 221 8600

Website:

<http://sdycs.org>

SAN DIEGO YOUTH & COMMUNITY SERVICES/THE STOREFRONT

Shelter for runaway children. Prepare lunches for children; skilled labor to fix up shelter.

Type of hours you can expect: Both Direct & Indirect.

Location:

1039 12th Avenue

Contact: email:

volunteer@sdyouthservices.org

Website:

<http://www.sdyouthservices.org/site/PageServer?pagename=storefront>

This agency requires training before you may begin service. Please call agency for more information.

SD POLICE DEPT./SCHOOL SAFETY PATROL SUMMER CAMP

Four week summer session at Mt. Palomar school as counselors.

Type of hours you can expect: Both Direct & Indirect.

Location:

San Diego Police Dept.
Attn: School Safety Patrol
1401 Broadway MS 758
San Diego, CA 92101

Contact:

(619) 533 5740

SENIOR OLYMPICS

Assist seniors in sports events. (on website go to registration and follow along)

Type of hours you can expect: Direct.

Location:

Contact:

Website:

<http://www.sdseniorgames.org>

SILENT VOICES

Silent voices is an organization that supports women who are in a crisis pregnancy. They provide spiritual, emotional and physical support for women who are choosing life. Various opportunities are possible, check website for more information.

Type of hours you can expect: Direct.

Location:

Chula Vista, Wednesdays from 7-8:30pm
(child care)

Contact: svoices@pacbell.net

Website: www.silentvoices.org

SPIRIT OF CASA, INC.

Assist at Mexican orphanage Casa de la Esperanza - 4th Saturday of month - alternate contact Terry (619) 823-4508. Alternate phone for Claire (858)692-6895 (cell)

Type of hours you can expect: Both Direct & Indirect.

Location:

PO Box 469
La Jolla, CA 92038

Contact:

(858) 456 9226

Website: <http://www.spiritofcasa.org>

SPORTS FOR EXCEPTIONAL ATHLETES

Year round opportunities to assist individuals with special needs in athletics.

Type of hours you can expect: Both Direct & Indirect.

Location:

858-565-S4EA (7432)

Contact:

Walter Jackson and Claire
<http://www.s4ea.org/>

ST. CLARE'S HOME, INC.

Provides shelter for homeless women and their families. Volunteers needed to help sort clothing, assist with food donations and work with children. Opportunities exist in thrift shop, childcare and office.

Type of hours you can expect: Both Direct & Indirect.

Location:

2091 East Valley Parkway
Escondido, CA 92027

Contact:

(760) 741 0122

ST. MICHAEL'S THRIFT SHOP/ST. VINCENT DEPAUL

Thrift store. Stocking and clerical work is indirect. Working with the poor in choosing clothing is direct.

Type of hours you can expect: Both Direct & Indirect.

Location:

12845 Poway Road., Ste. 210
Poway, CA 92064

Contact:

(858) 486 6848

ST. VINCENT DE PAUL VILLAGE

Food distribution program. Volunteers must attend orientation.

Type of hours you can expect: Direct.

Location:

1501 Imperial Ave.
San Diego, CA 92101

Contact:

(619) 645 6412

Website: <http://www.svdpv.org>

This agency requires training before you may begin service. Please call agency for more information.

TACO - THIRD AVENUE CHARITABLE ORGANIZATION

Community Ministries of First Lutheran Church.

Type of hours you can expect: Both Direct & Indirect.

Location:

1420 Third Avenue
San Diego, CA 92101

Contact:

(619) 235 9445

Email: lisa.taco@firstlutheransd.org

Website: <http://tacosd.org>

THERAPEUTIC RECREATION SERVICES

You might work with the disabled in camps, as companions, helping set up events, or go on field trips. This is a city run organization

Type of hours you can expect: Both Direct & Indirect.

Location:

3325 Zoo Drive
San Diego, CA 92101

Contact:

(619) 236 7753 [Marisol]

MAMendoza@saniego.gov

VILLA RANCHO BERNARDO

Skilled nursing facility. Volunteers needed for companionship, hospital visitation, language translation, reading, arts and crafts, clerical work, music and other related activities.

Type of hours you can expect: Both Direct & Indirect.

Location:

15720 Bernardo Center Drive
San Diego, CA 92127

Contact:

(858) 672 3900

Website: <http://ranchobernardocare.com>

WORDS ALIVE

Volunteers travel to the same site each week, spending about an hour reading to children. Most often, volunteers will be reading to the same children all year at sites such as Head Start, schools and public housing complexes.

Type of hours you can expect: Direct.

Location:

5111 Santa Fe Street, Ste 219
San Diego, CA 92109

Contact:

(858) 274 9673

Email: Christina@wordsalive.org

YMCA, MISSION VALLEY

Various opportunities in sports, supervision, etc.
Type of hours you can expect: Both Direct & Indirect.

Location:

5505 Friars Road
San Diego, CA 92110

Contact:

(619) 298 3576

Website:

<http://www.missionvalley.ymca.org/get-involved.html#vol>

YOUNGLIFE CAPERNAUM CLUB

YoungLife Capernaum Club (a group helping young adults with developmental disabilities) will be meeting every other Tuesday from 6-7:30pm at Daybreak Church in Carlsbad. Club meetings are an absolute blast and include hanging out, playing games, singing songs and studying the Word. Anyone (high school or older) is welcome to check it out hassle-free. If they enjoy it and are interested in continuing to volunteer, they can commit to as much or as little as they want, from just being there when available as a buddy, to committing as a leader and helping to facilitate club meetings. We just need people who are willing to share God's love with an often overlooked population.

Type of hours you can expect: Direct.

Location:

6515 Ambrosia Lane
Carlsbad, 92011

Contact: Matt Anderson

(760) 685-5345

Matt@SDcapernaum.org

Website:

www.capernaumsandiego.younglife.org

Video: <http://vimeo.com/43448607>

List of Dates:

<http://www.cathedralcatholic.org/drop/ClubCalendarFall13.pdf>

YOUNG NEIGHBORS IN ACTION

Through Ascension Catholic Parish. Various trips throughout the nation and world. Location changes yearly. Contact for more information.

Type of hours you can expect: Both Direct & Indirect.

Location:

Contact:

(858) 279 2735 ex. 24

Website: <http://catholicyoungneighbors.org/>

YOUTH WITH A MISSION (YWAM)

Work across the boarder to build houses for the poor.

Type of hours you can expect: Direct.

Location:

100 West 35 St, Suite C
National City, CA 91950

Contact:

(619) 420 1900

Website:

<http://www.ywamsandiegobaja.org/>