

VOLUNTEER RESOURCES for Pre-Health Students

Local Hospitals:

Alvarado Convalescent and Rehabilitation Hospital	619-286-7421
Children's Hospital	858-576-1700
Sharp Memorial Hospital	858-541-3400
Sharp Mary Birch Hospital for Women	858-541-3400
Grossmont Hospital	619-465-0711
Paradise Valley Hospital	619-470-4321
UCSD Medical Center, Hillcrest	619-543-6222
UCSD Thornton Hospital	858-657-7000
Scripps Memorial Hospital, La Jolla	858-457-4123
Green Hospital (at Scripps Clinic)	858-455-9100
Scripps Mercy Hospital	619-294-8111
Veterans Administration Hospital	858-552-8585

Agencies and Organizations:

United Way of San Diego (www.uwspd.org for agencies and phone numbers)	
Volunteer San Diego (www.volunteersandiego.org) for volunteer listings	
Flying Samaritans (www.flyingsamaritans.org)	
Neighborhood House Association (see white pages for many locations)	
YWCA and YMCA of San Diego (see white pages for many locations)	
San Diego County Dept. of Public Health (health clinics)	619-515-6505
San Diego Hospice (formal training for volunteers)	619-688-1600
Osteopathic Center for Children (large D.O. group practice)	619-583-7611
Planned Parenthood of San Diego (formal training)	619-683-7526
San Diego Police Department Volunteer program	619-531-2489
Episcopal Community Services	619-667-4072
St. Vincent de Paul Village	619-233-8500
American Cancer Society	619-299-4200
American Diabetes Association	619-234-9897
American Heart Association	619-291-7454
American Lung Association	619-297-3901
American Red Cross	619-542-7400
Big Brothers and Big Sisters	619-479-2940
Burn Institute of San Diego	858-541-2277
Boys and Girls Clubs of San Diego	619-280-7423
Chicano Federation	619-236-1228
Crisis House (El Cajon)	619-444-1194
Boys and Girls Clubs of East County	619-440-1600
Polinsky Children's Center (abused, abandoned kids)	858-514-4600
Special Olympics	619-283-6100
San Diego Unified School District	619-725-8000
Hospice of Grossmont Hospital	619-463-9911

Hospice of North Coast	760-940-5801
Lutheran Social Services	619-698-0302
Meals on Wheels	619-260-6110
Salvation Army	619-440-3579
San Diego Blood Bank	619-296-6393
San Diego Rescue Mission	619-280-1161
San Diego Youth and Community Services	619-579-8761
Senior Community Centers of San Diego	619-235-6538
Social Advocates for Youth	858-565-4148
Mama's Kitchen	619-233-6262
Harmonium, Inc. (trains crisis counselors)	858-566-5740
San Diego Food Bank	619-523-8811
San Diego Mediation Center (formal training)	619-233-8871
Family Service Association	858-279-0400
Habitat for Humanity	619-465-7576

Science and Research Volunteer Suggestions:

Salk Institute	858-453-4100
Scripps Research Institute	858-784-1000
Burnham Institute	858-646-3100
Neurosciences Institute	858-626-2000
Scripps Institution of Oceanography (UCSD)	858-534-2830
Shiley Eye Center (UCSD)	858-534-6290
Cancer Center (UCSD)	858-534-7600
Elementary Institute of Science (tutor inner city kids)	619-263-2302

Other Volunteer and Job Suggestions:

- Refugee resettlement organizations
- Churches, synagogues, temples (service to their communities)
- Lifeguard jobs (hired by cities and counties)
- EMT training at Miramar College; then, apply for EMT jobs
- Ronald McDonald House (volunteer with families at Children's Hospital)
- Teacher's aide in special needs classrooms or inner city classrooms
- Teaching literacy classes
- Smoking cessation and weight loss counselor jobs
- Personal aide to the chronically ill
- Burn unit, trauma unit, or AIDS unit volunteer at UCSD Medical Center, Hillcrest
- Emergency room volunteer at the Veteran's Hospital
- Red Cross Hospital volunteer in Tijuana, Mexico
- UCSD Volunteer Doula Program (volunteers are trained as childbirth coaches)

Many hospitals and organizations have structured training programs for their volunteers.