

Volunteer Opportunities at UCP of San Diego

Below is a listing of current volunteer opportunities:

Aquatics Assistant – Join us in the pool to help coach children with disabilities participating in our swim program on Saturday mornings. Training is provided and your feet stay on the bottom of the pool so it is not necessary to be an experienced swimmer yourself.

Toy Library Assistant – every Friday toys used during the week in our traveling toy library program must be cleaned and re-stocked, as well as inventorying and sorting new toys. 2 hr. minimum on Fridays @ 9:30 a.m – 2:30 p.m. are available.

Receptionist/Office Assistant - help in our San Diego or Escondido locations with a variety of general office work and simple accounting tasks. Hours are Monday – Friday 9 a.m. to 3 p.m. Volunteers can work any time during those hours in 1.5 hr. or more time slots.

Classroom Assistant – Work one-on-one or with small groups of adults who attend a day program focusing on continued education and job skills training. Work in an open, friendly, interactive work environment. Hours are 9 a.m. to 2 p.m. Monday – Fridays - volunteers can work any time during those hours in 1.5 or more hour time slots

Be A Guest Speaker or Teacher – Can you teach an art class? Have a hobby, collection, or experience you could share or lead a discussion about? Technology, history, music, art, yoga, sports ... we can give you guidance as to how you can make presentations or share your interest interactively for the enrichment and education of others. Serve 9:00 a.m. to 2 p.m. Mondays – Fridays within our adult day program class schedule. Volunteers can contribute once a week, once a month, or once a quarter.

Fundraising – UCP has several annual fundraisers and activities whose success depends on the wide variety of skills and talents as well as the time and energy of its many volunteers. There are many ways to be included and contribute. You can serve on a planning committee for an event or participate in our Walk Without Limits in October each year. We want you!

Contact: Mary Krieger @ 858 571-7803 ext. 114 or mkrieger@ucpsd.org for more information on these opportunities and how to sign up.