



# volunteer opportunities

## CONTINUING CARE SERVICES

### Kaiser Permanente Services

- Home Health..... 619-641-4663
- Hospice..... 619-641-4100
- Hospital ..... 619-528-5191

### Community Services

*This information is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members are encouraged to contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.*

Foster Grandparent Program .....(ext. 4 then ext. 5)... 619-231-2828

#### Hands on San Diego

Search calendar for volunteer projects  
[www.handsonsandiego.org](http://www.handsonsandiego.org)

Helen Woodward Animal Center.....858-756-4117  
 (AniMeals, Pet Encounter Therapy, Pets Without Walls)  
[www.animalcenter.org](http://www.animalcenter.org)

JFS Volunteer Services.....858-637-3050  
[www.jfssd.org](http://www.jfssd.org)

#### OASIS Tutoring Program

San Diego..... 619-881-6262  
 North County..... 760-796-6020  
[www.oasisnet.org](http://www.oasisnet.org)

Retired Senior Volunteer Program (RSVP)..... 858-505-6399  
[www.sdcounty.ca.gov/hhsa/programs/ais/volunteers](http://www.sdcounty.ca.gov/hhsa/programs/ais/volunteers)

#### VolunteerMatch

Search for volunteer projects that match your interests  
[www.volunteermatch.org](http://www.volunteermatch.org)

*For corrections or additions to this handout, please call (619) 641-4456*

<http://continuingcare-sandiego.kp.org>

