

MS. GILMORE'S GUIDE: QU LOCAL VOLUNTEER OPPORTUNITIES

QUINNIPIAC UNIVERSITY PRE-HEALTH ADVISING OFFICE

101 volunteer opportunities near Quinnipiac found below! Before starting your search:

1. Remember the point: Volunteer experiences should be based on *YOUR genuine interests and passions (whether they are health related or not!)*. While many pre-health students enjoy volunteering in healthcare settings and gaining exposure to medicine, don't feel limited to these. There is value and personal growth to be gained in *any* volunteer activity, regardless of setting. Being involved in your community and exhibiting a commitment to helping others is what is most important. Remember, volunteering involves giving up your free time, so think broadly and find things that you enjoy. Volunteering is an easy way to set yourself apart from other applicants during the graduate and professional school application process, so get creative, start early, and volunteer often. **When search, ask yourself the following:**

- Is there a specific population or cause that I am interested in helping?
- What areas of need have I observed in my own community or communities near QU?
- What talents, background, or experiences could I contribute in a volunteer setting?
(*Examples: musicians may play at nursing homes, pediatric units or hospice facilities; athletes may coach or teach sports through the YMCA or other programs; students with great organization/leadership skills may find fundraising or event planning roles; tutors may volunteer at area school after-school programs; etc.*)

2. THINK BEYOND HOSPITALS! If interested in volunteering in a healthcare setting, hospitals are a great place to do so; however, don't limit yourself. Think outside of the box! Many clinical settings such as nursing homes, hospice care, physical rehabilitation units, mobile clinics for the underserved, AIDS clinics, mental health or crisis hotlines, public health facilities, etc. have a great need for volunteers. These sorts of experiences can be incredibly impactful and rewarding for pre-med and pre-health students.

3. LONGEVITY IS KEY: Find activities you wish to commit to *over time*. You may have to try some different things before you find something you are passionate about – this is perfectly OK and expected. However, once you find activities you enjoy, longevity in your commitments is critical to your personal development and important in the eyes of professional school admission. Scrambling to volunteer in the months prior to a medical or professional school application may imply a lack of sincerity amongst the applicant. *Volunteer early and often and take on leadership roles whenever possible.*

4. BE PROACTIVE AND DON'T DELAY! YOU are responsible for finding opportunities and it is extremely easy to do so – procrastination may negatively impact your timeline and success.

5. FIND OPPORTUNITIES IN YOUR HOME COMMUNITY: You are NOT limited to organizations near campus. You may often find you have more time to commit to community efforts while home or during breaks. Utilize the following national search engines to search specific locations and key words:

Idealist: www.idealists.org

Volunteer Match: <http://www.volunteermatch.org/>

United Way: <http://www.unitedway.org/get-involved/volunteer>

Health Care Volunteer: http://www.healthcarevolunteer.com/volunteers/search_opportunities

VITAS: <https://www.vitas.com/about-us/hospice-volunteers>

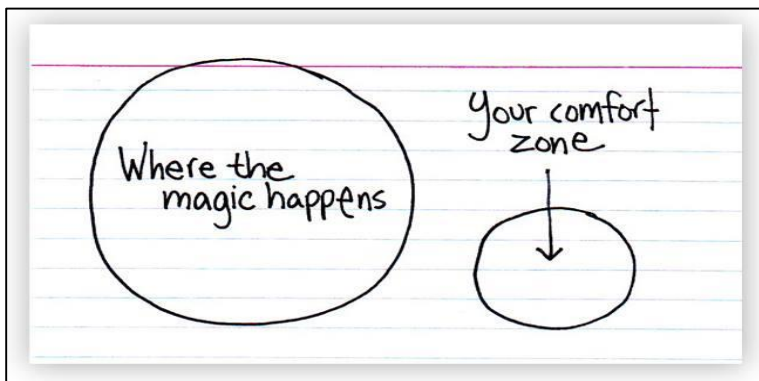
Public Health: <http://www.publichealth.org/volunteering/>

Google Maps: Search by key words to find almost any type of organization!

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6. TRY NEW THINGS & ALWAYS REMEMBER...



The follow are *some* examples of opportunities near Quinnipiac. Find organizations, causes, and/or populations that YOU will *genuinely enjoy* working with:

Healthcare, Medical, & Public Health

1. [Hole in the Wall Gang Camp](#), Ashford, CT
2. [American Red Cross](#)
3. [Aids Project New Haven](#)
4. [Yale New Haven Hospital](#)
5. [Planned Parenthood](#), New Haven Center
6. [CT Hospice](#)
7. [Masonicare](#)
8. [Connecticut Children's Medical Center](#), Hartford, CT
9. [Hartford Hospital](#)
10. [UCONN Health](#)
11. [Windham Hospital](#), Windham, CT
12. [Johnson Memorial Hospital](#), Stafford, CT
13. [CT Breast Health Initiative](#)
14. [Stamford Health](#)
15. [St. Francis Hospital and Medical Center](#), Hartford, CT

Animal Rescue

16. [Friends of New Haven Animal Shelter](#)
17. [The Animal Haven](#), North Haven, CT
18. [CT Humane Society](#)
19. [Our Companions Animal Rescue](#), Manchester, CT
20. [Pet Animal Welfare Society](#), Norwalk, CT
21. [Animals for Life Connecticut](#), Naugatuck, CT
22. [Protectors of Animals](#), East Hartford, CT
23. [Animal Welfare Society](#), New Milford, CT
24. [Animal Control Center](#), Stamford, CT
25. [Dan Cosgrove Animal Shelter](#), Branford, CT
26. [The Simon Foundation, Inc.](#), Bloomfield, CT

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27. [CT Cat Connection](#), Windsor, CT
28. [Westport Animal Shelter Advocates](#), Westport, CT
29. [Ridgefield Operation for Animal Rescue](#), Ridgefield, CT
30. [Dog Star Rescue](#), Canton, CT

Tutoring, Teaching, or Mentoring

31. [New Haven Reads](#)
32. [Best Buddies Connecticut](#)
33. [Boys and Girls Club of New Haven](#)
34. [Girls Inc CT](#), Waterbury, Litchfield, Fairfield, CT
35. [Stamford Mentoring Collaborative](#), Stamford, CT
36. [YMCA of Greater Hartford](#)

Environmental & Nature Conservation

37. [Habitat for Humanity of Greater New Haven](#)
38. [CT Department of Energy and Environmental Protection](#)
39. [The Nature Conservancy of CT](#)
40. [Connecticut Forest and Park Association](#)
41. [CT Fund for the Environment: Save the Sound](#)
42. [The CT Audubon Society](#)
43. [The Long Island Sound Study](#)
44. [Earthplace](#), Westport, CT
45. [Environmental Learning Centers of CT, Inc](#)
46. [Elizabeth Park Conservatory](#), West Hartford, CT
47. [Knox](#), Hartford, CT
48. [Mystic Aquarium](#), Mystic, CT
49. [USDA Natural Resources Conservation Service CT](#)
50. [Beardsley Zoo](#), Bridgeport, CT
51. [New Canaan Nature Center](#), New Canaan, CT
52. [Ansonia Nature Center](#), Ansonia, CT
53. [Eleanor Buck Wolf Nature Center](#), Wethersfield, CT
54. [The White Memorial Conservation Center, Inc.](#), Litchfield, CT
55. [Flanders Nature Center](#), Woodbury, CT
56. [Meigs Point Nature Center](#), Madison, CT
57. [Roaring Brook Nature Center](#), Canton, CT
58. [Stamford Museum and Nature Center](#), Stamford, CT
59. [Denison Pequotsepos Nature Center](#), Mystic, CT
60. [Oswegatchie Hills Nature Preserve](#), Niantic, CT
61. [Woodcock Nature Center](#), Wilton, CT

Food Banks, Farms & Food Sustainability

62. [Yale Sustainable Food Program](#)
63. [CT Food Bank](#)
64. [Downtown Evening Soup Kitchen](#), New Haven, CT

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65. [Southbury Food Bank](#), Southbury, CT
66. [Cheshire Community Food Pantry](#), Cheshire, CT
67. [Hands on Hartford](#), Hartford, CT
68. [Covenant Soup Kitchen](#), Willimantic, CT
69. [St. Vincent de Paul Middletown](#), Middletown, CT
70. [Food in Service to the Homebound](#), New Haven, CT
71. [The Corner Food Pantry](#), Lakeville, CT
72. [The Black Rock Food Pantry](#), Bridgeport, CT
73. [Bethel Community Pantry](#), Bethel, CT
74. [Southbury Food Bank](#), Southbury, CT
75. [Enfield Food Shelf](#), Enfield, CT
76. [The Thomas Merton Center](#), Bridgeport, CT
77. [St. Vincent de Paul Place](#), Norwich, CT
78. [Gifts of Love](#), Avon, CT
79. [Bridgeport Rescue Mission](#), Bridgeport, CT
80. [Jewish Family Services](#), West Hartford, CT
81. [Chrysalis Center](#), Hartford, CT

Arts & Theater

82. [Days for Girls](#)
83. [Greater Hartford Arts Council](#)
84. [The Wadsworth Atheneum Museum of Art](#), Hartford, CT
85. [Silvermine Arts Center](#), New Canaan, CT
86. [New Britain Museum of American Art](#)
87. [CT Theatre Company](#), New Britain, CT
88. [Creative Arts Workshop](#), New Haven, CT
89. [Mattatuck Museum](#), Waterbury, CT
90. [Shoreline Arts Alliance](#)
91. [Art Space](#), New Haven, CT
92. [Arts for Learning CT](#), Hamden, CT
93. [Lyman Allyn Art Museum](#), New London, CT
94. [Hartford Stage](#), Hartford, CT
95. [Bruce Museum](#), Greenwich, CT
96. [Milford Arts Council](#), Milford, CT
97. [Trumbull Nature and Arts Center](#), Trumbull, CT
98. [Garde Arts Center](#), New London, CT
99. [Simsbury Meadows Performing Arts Center](#), Simsbury, CT
100. [Warner Theatre](#), Torrington, CT
101. [Glastonbury Arts](#), Glastonbury, CT