

## Gilmore Guide to **VOLUNTEER OPPORTUNITIES**

**Over 100 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. It 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 searching, 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 fine 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 that 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](http://www.idealists.org)

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

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

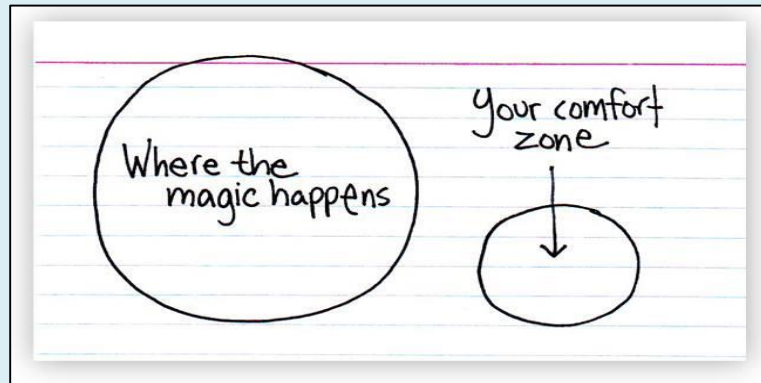
**Health Care Volunteer:** [http://www.healthcarevolunteer.com/volunteers/search\\_opportunities](http://www.healthcarevolunteer.com/volunteers/search_opportunities)

**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!

## 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.

-----[Click on title for website link](#)-----

### Healthcare Related

1. American Red Cross
2. Aids Project New Haven
3. Yale New Haven Hospital
4. Planned Parenthood, New Haven Center
5. CT Hospice
6. Masonicare
7. Connecticut Children's Medical Center
8. Hartford Hospital
9. UCONN Health
10. Windham Hospital
11. Johnson Memorial Hospital
12. CT Breast Health Initiative
13. Stamford Health
14. St. Francis Hospital and Medical Center
15. Hole in the Wall Gang Camp
16. Camp Promise
17. Midstate Hospital
18. AHEC Community Based Experiential Training
19. Fund for Global Health
20. VITAS Healthcare
21. Bureau of Education and Services for the Blind
22. Seasons Hospice & Palliative Care
23. Yale Brain Imaging Program
24. Constellation Health Services
25. Compassus Hospice
26. Beacon Hospice
27. Humanist Association of Connecticut
28. Hospice of Western and Central Massachusetts/Athena Hospice
29. United Methodist Homes

30. Caring Hospice
31. Perspectives Center for Care, Inc.
32. Whitney Center Senior Living

### **Tutoring, Teaching, or Mentoring**

33. New Haven Reads
34. Best Buddies Connecticut
35. Boys and Girls Club of New Haven
36. Girls Inc. CT
37. Stamford Mentoring Collaborative
38. YMCA of Greater Hartford
39. Hamden Youth Services Bureau

### **Animal Rescue**

40. Friends of New Haven Animal Shelter
41. The Animal Haven
42. CT Humane Society
43. Our Companions Animal Rescue
44. Pet Animal Welfare Society
45. Animals for Life Connecticut
46. Protectors of Animals
47. Animal Welfare Society
48. Dan Cosgrove Animal Shelter
49. The Simon Foundation, Inc.
50. CT Cat Connection
51. Westport Animal Shelter Advocates
52. Ridgefield Operation for Animal Rescue
53. Dog Star Rescue

### **Environmental & Nature Conservation**

54. Habitat for Humanity of Greater New Haven
55. CT Department of Energy and Environmental Protection
56. The Nature Conservancy of CT
57. Connecticut Forest and Park Association
58. CT Fund for the Environment: Save the Sound
59. The CT Audubon Society
60. The Long Island Sound Study
61. Earthplace
62. Environmental Learning Centers of CT, Inc.
63. Elizabeth Park Conservatory
64. Knox
65. Mystic Aquarium
66. USDA Natural Resources Conservation Service CT
67. Beardsley Zoo
68. New Canaan Nature Center

69. Ansonia Nature Center
70. Eleanor Buck Wolf Nature Center
71. The White Memorial Conservation Center, Inc.
72. Flanders Nature Center
73. Meigs Point Nature Center
74. Roaring Brook Nature Center
75. Stamford Museum and Nature Center
76. Denison Pequotsepos Nature Center
77. Oswegatchie Hills Nature Preserve
78. Woodcock Nature Center

### **Food Banks, Farms & Food Sustainability**

79. Yale Sustainable Food Program
80. CT Food Bank
81. Downtown Evening Soup Kitchen
82. Southbury Food Bank
83. Cheshire Community Food Pantry
84. Hands on Hartford
85. Covenant Soup Kitchen
86. St. Vincent de Paul Middletown
87. Food in Service to the Homebound
88. The Corner Food Pantry
89. The Black Rock Food Pantry
90. Bethel Community Pantry
91. Southbury Food Bank
92. Enfield Food Shelf
93. The Thomas Merton Center
94. St. Vincent de Paul Place
95. Gifts of Love
96. Bridgeport Rescue Mission
97. Jewish Family Services
98. Chrysalis Center

### **The Arts**

99. Days for Girls
100. Greater Hartford Arts Council
101. The Wadsworth Atheneum Museum of Art
102. Silvermine Arts Center
103. New Britain Museum of American Art
104. CT Theatre Company
105. Creative Arts Workshop
106. Mattatuck Museum
107. Shoreline Arts Alliance
108. Art Space
109. Arts for Learning CT

110. Lyman Allyn Art Museum
111. Hartford Stage
112. Bruce Museum
113. Milford Arts Council
114. Trumbull Nature and Arts Center
115. Simsbury Meadows Performing Arts Center
116. Warner Theatre
117. Glastonbury Arts

Additional advice on finding volunteer opportunities available through **AAMC** – [click here](#).