

# VOLUNTEER CORNER

TRS is proud to offer a wide variety of volunteer opportunities for anyone **13 years and older** to get involved. We rely heavily on volunteers to help provide quality programming to enrich the lives of individuals with disabilities.

## Requirements

- At least 13 years old
- Attend a volunteer orientation
- Clear a background check
- Commit to two or more activities each month

## Qualifications

- Patient
- Enjoy working with people
- Dependable
- Desire to work with a diverse population
- Energetic, enthusiastic, and eager to have fun!

## Volunteer Spotlight:

Thank you to Didier for going above and beyond with caring for our birds in our program garden!



**Why did you want to get involved with our garden?**

I saw it as a good outlet for my time and energy.

**What do you enjoy most about volunteering?**

I enjoy getting to spend time with and feed the birds, and watering the plants.

**Fun fact about you?**

I ride a Harley!

If you are interested in becoming a volunteer, please contact Michael Rodriguez  
at (619) 236-7755 or [MichaelR@sandiego.gov](mailto:MichaelR@sandiego.gov)

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