

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!

Dixie Estrada



Volunteer Spotlight:

How did you first get involved with TRS?

I initially joined TRS to earn hours for an honors class in college last year, but I ended up loving it and chose to keep volunteering.

What has been your favorite memory so far?

The Voice @ TRS night. I was really shy about being a judge at first, but the energy in the room was electric. There was so much joy, and the song choices were amazing. It ended up being such a memorable experience.

Fun fact about you:

I'm a Girl Scout troop leader who loves camping and volunteering. I'm basically always planning the next adventure.

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

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