Community CallHub

Help reduce the burden of loneliness among older adults.

Connect with a socially isolated adult from the comfort of your own home.

CONNECT

Do you have 15 minutes a week?

We need volunteers to help alleviate chronic loneliness through fun, social phone calls.

BE THE ONE

Take the time to share meaningful stories and listen with empathy, curiosity, and care.

Training and support are provided.

MAKE THE CALL

Regular phone calls have been shown to boost well-being and improve physical and mental health.

A friendly phone call can make all the difference.

We believe simple actions can make a huge difference.

To sign up as a volunteer, click here or call: (619) 650-5032

The Community CallHub is coordinated by SDSU CEAL in collaboration with Determined Health, the City of San Diego AgeWell Services, and Meals on Wheels.

CENTER FOR EXCELLENCE IN AGING & LONGEVITY
SDSU CEAL

Determined Health

The City of SAN DIEGO

MEALS on WHEELS SAN DIEGO COUNTY