



**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.

