



Are you looking for a little more connection in your week?

We're inviting anyone over the age of 55 to join our Community CallHub program where you'll receive a friendly phone call once a week from a caring community member or college student.

Interested in receiving once weekly calls?

Regular friendly phone calls have been shown to boost well-being and improve physical and mental health. And, you may even make a new friend!

The Community CallHub is free, and easy-to-use. Our trained volunteers will call you weekly at your preferred time to chat for a minimum of 15 minutes. All we need is your name and phone number and we will get you connected.

We want to hear your stories, and share ours too! Help us bridge generations and make meaningful connections.

We believe simple actions can make a huge difference.



To sign up call: (619) 650-5032 or email: Jocelyn Protopappas at JProtopappas@sdsu.edu

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

