# GET INVOLVED

There are many ways to get involved with FIMRC! Participation in our Global Health Volunteer Program is just one option. Whether you decide to volunteer abroad, initiate a campus or community chapter, or pursue an international internship, your participation is central to the overall success of our mission of promoting health worldwide. No matter the path you choose, you can make an impact! See below for a complete listing of all FIMRC programs.

- GLOBAL HEALTH
  VOLUNTEER PROGRAM
- SUMMER INTERNATIONAL HEALTH FELLOWSHIP
- GLOBAL HEALTH
  NURSING FELLOWSHIP
- INTERNSHIP PROGRAM
- HIGH SCHOOL STUDENT

- MEDICAL SCHOOL ROTATION PROGRAM
- MASTER'S DEGREE PRACTICUMS
- CHAPTERSHIP
- ADOPT-A-PRO JECT
- CUSTOM PROGRAMS

"Each time [I work with FIMRC] I am impressed with the level of commitment to the community and improving global health for all. I highly recommend traveling and working with them!"

 Tara Haskell, BSN, MSN, DNP candidate, faculty at Denver College of Nursing, and FIMRC volunteer

# **ABOUT FIMRC**

FIMRC is a 501(c)(3), non-profit organization dedicated to improving the health of families in the developing world. Through its network of outpatient clinics and partnerships, FIMRC asserts a multidimensional strategy that includes clinical services, community outreach efforts and health education programs.

Three key components lie at the heart of our mission and include: Access, Education, and Participation.

#### Access

In areas where no clinical services are available, we work with the community to build out the necessary infrastructure to improve access to medical care.

## **Education**

We listen to our community members, the Ministry of Health and other major organizations in the communities where we work and build health education programs based on that feedback.

# **Participation**

Participation from community members is vital to our success. We also believe in participation from the global community. That's why we engage volunteers from all walks of life to participate in our volunteer programs!

WWW.FIMRC.ORG



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#### **DOMINICAN REPUBLIC**

#### Project Restauración

- Mobile medical clinics to remote communities
- Health based youth empowerment programs
- Support local hospital and rural health posts
- Diabetes & hypertension support groups

#### **NICARAGUA** Project Limón

- FIMRC's clinic offers care to patients of all ages, with specialty care for women and children
- Therapy program for youth with disabilities
- Prenatal and postnatal home visits
- Diabetes and hypertension support groups

#### **EL SALVADOR** Project Las Delicias

- FIMRC's clinic provides care to patients of all ages
- Family planning program for adolescents
- Water sanitation program
- Zika & preventative health education efforts

### COSTA RICA ProjectAlajuelita

- FIMRC clinic provides primary care and psychological services to patients of all ages, including refugees
- Mobile medical clinics for remote communities
- Expressive therapy and health education sessions given in waiting room, on outreach, and with local partners

#### **PERU** Project Huancayo

- Support local hospitals and government health posts
- Dale La Mano (Lend a Hand) health education program
- WASH (Water, Sanitation & Hygiene) program
- Portawawa prenatal program and holistic support groups for women and teen mothers

#### **INDIA** ProjectKodaikanal

- Well-child visits in local crèches (day care centers)
- Physical therapy suport provided to local school
- Chimney installation program
- FIMRC rural clinic provides primary care to patients including specialty services for women's health

#### **ECUADOR** Project Anconcito

- Health-based youth empowerment programs
- Home health visits with local health post physicians
- Nutrition programming for underweight children
- Diabetes and hypertension support groups

## **PERU** Project La Merced

- Support local hospitals and government health posts
- First aid and SODIS water sanitation trainings
- Health campaigns in native communities
- School clubs for health and environmental sustainability

# **UGANDA** Project Bududa

- FIMRC clinic, equipped with a maternity ward and full lab, provides primary care services, HIV testing and counseling, malaria testing, and more
- Health education and outreach programs with FIMRC's local Community Health Educators (CHEs)

# WHERE WE WORK

FIMRC currently manages
project sites in nine
countries across the
globe. Each location
encompasses FIMRC's
mission, but the way in
which we execute our work
differs depending on the
needs of the community.

As our sites are always open, we welcome volunteer travel year round! We also welcome volunteers from all walks of life. No major or career path is necessary to make a difference, just the willingness to give back to a community in need.

#### PHILIPPINES Project Cavite

- PhiIPEN chronic disease screenings with local barangay health workers
- Psychosocial therapy through arts and crafts with children at UP Cancer Institute
- Youth health clubs to encourage healthy habits