

WARM-HEARTED WINTER

It's time to meet and support our 2022 cohort of Nonprofit Partners!

Reach out to bailey@lifesciencecares.org to sign up.

IN-PERSON SHIFTS: FOR INDIVIDUALS & GROUPS



Drivers Needed to Deliver Groceries with Food For Free

Fri., Sat., Sun. (11:00 AM-1:30 PM)

Regular and on-call drivers needed to deliver boxes of food to food-insecure residents in Cambridge.

Great for individuals. Volunteers under 15 years must be accompanied by an adult.

Volunteer at Healthy Waltham's Food Pantry

2nd and 4th Thursday of each month

Flexible AM & PM shifts

Support Healthy Waltham by volunteering for their biweekly food pantry, rain or shine! Pack up for distribute food to the community.

Great for individuals or groups of up to 45 people.

Black-led organization

Volunteer with the MUSE Vaccine Clinic

Tues. (4:00 - 7:00 PM)

We Got Us is looking for volunteers to support their weekly vaccine clinic and share information on the COVID-19 Vaccine at the MUSE Vaccine Clinic in Roxbury.

Black-led organization

Spruce Up a Space & Paint Household Goods

March 25 or April 8, 12:00 - 4:00 pm

Help is needed to paint the interiors of the Household Goods warehouse. Sponsorship for paint materials required.

Great for a groups of up to 8 people, ages 14 & up.

Organize a Career Fair for Young Man with a Plan

Flexible date & time based on availability

Have your company host and organize activities in 3 or more departments for high school aged boys of color.

Great for company-wide team building.

Reach out to bailey@lifesciencecares.org to learn more!

Black-led organization

Cookin' with CASPAR: Sponsor & Serve a Shelter Meal

Wed. (1:30-5:30 PM)

Feed our neighbors experiencing homelessness delicious, healthy food by sponsoring, preparing, serving, and cleaning up a dinner for 100 guests at the CASPAR Homeless Shelter. Sponsorship for the ingredients is required.

Great for corporate groups of up to 12 people.

Pack Groceries with Food For Free

Fri., Sat., Sun. (11:00 AM-1:30 PM)

Assemble grocery boxes for food-insecure families in Greater Boston. Join Food For Free to pack boxes of food a week for families in need.

Great for individuals and groups of up to 15 people. Volunteers under 15 years must be accompanied by an adult.

Serve Meals at Victory Programs' Boston Living Center

Weekdays (10:00 AM- 2:30 PM)

Help prepare and serve delicious and nutritious meals to Boston Living Center members! Volunteers will help with tasks including serving meals, washing dishes, and cleaning tables.

Great for individuals or groups of up to 7 people, ages 17 & up.

Assemble Dish Sets with Household Goods

Flexible date & time based on availability

Volunteers will assemble dish sets, photograph them, then pack them for newly housed individuals and families to take home.

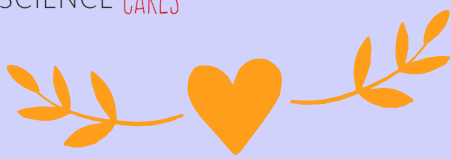
Great for individuals and groups of up to 8 people, ages 12 & up.

Food Science Experts Needed for Guest Lectures

Flexible date & time based on availability

Passionate about science and food? New England Culinary Arts Training is searching for speakers to present to the adult learners enrolled in their culinary arts job training program. Topics can range from food science, what does it mean for food to be organic or non-GMO, & more!





REMOTE OPPORTUNITIES

IMMEDIATE & URGENT NEED

Be a Remote Tutor!

1-2 hours per week

Can you help a college student with calculus or chemistry? Are you excited to work with younger students?

Support for students of all ages and several subjects are urgently needed.

Young Man With a Plan is a Black-led organization

Speak at a Career Day with Kids in Tech

45 minutes to an hour-length presentation, usually between 2:00-6:00 PM, Monday-Thursday

Come to speak to tech club students about your career path in STEM virtually or in person. We hope your stories will inspire them.

Black-led organization

Host A Webinar With Tech Goes Home

An hour of lecture-style instruction followed by a 10-30 minute Q&A session

Lead digital skills webinars for beginner technology users. Join this initiative to advance digital equity. Video and written tutorials are also needed.

Graphic Designers needed for FamilyAid

Estimated 4-6 total hours of volunteer time, flexible hours

FamilyAid needs a volunteer to help organize several slides of data into readable charts and diagrams. Make an impact while learning about family homelessness in Boston.

Use your Translation Skills

Do you know another language (or two)? Volunteer to translate documents and other items for one of our nonprofit partners. Various languages needed. Great for individuals or small groups.

Help High School Students Develop Problem Solving Skills & Business Ideas with The Possible Zone

Empathy Interviews: March 8 and 9, 4:00-5:30 PM

Students will conduct interviews with external volunteers and use empathy to learn about problems from diverse perspectives.

Great for groups of up to 9 volunteers.

Presentation of Learning: March 24 and 28, 4:00-6:00 PM

Students will share out their problem map and problem research. These problems will be the jumping off point for coming up with a business idea in Ideate. Volunteers will listen to the students' presentations and provide feedback.

Host a Book Drive for Children's Services of Roxbury

Collect culturally-appropriate books for young children.

Black-led organization

Host a Diaper Drive for Jeremiah Program

Support moms and babies in need of diapers by organizing a diaper drive.

Black-led organization

Host a Pillow Drive for Household Goods

Household Goods has an urgent need for NEW pillows for their newly-housed clients!

Reach out to bailey@lifesciencecares.org to sign up to host one of these drives!

Be a Guest Speaker for Just A Start

30-60 minute presentation followed by a Q&A session

Just a Start is looking for guest speakers from IT or Biomedical career backgrounds to give 30-60 minute presentations about their personal experiences in the industry to adult learners.

Join the SCFG LIVE! Production Crew

**Commit to at least one season of support
Flexible hours**

Join the Science Club For Girls committee to help support producing and promoting their weekly science show. There are a variety of tasks and roles to fill, from helping plan the experiments and demonstrations to uploading videos to SCFG's YouTube Channel.

Individuals are welcome to sign up. Sponsorship is required for corporate groups.

Support Black-Owned Businesses in Greater Boston

February is Black History Month! Shop Black-owned businesses to help close the racial wealth gap and strengthen our local Black communities and around this nation. **If you have a suggestion for a business we should list, please email bailey@lifesciencecares.org.**





LUNCH, LEARN & TAKE ACTION

Invite your employees to spend an hour learning from one of our nonprofit partners about their mission and work. Each talk is followed by a fun, engaging activity.

See featured opportunities below and [view the full list here.](#)

Victory Programs: Learn about Harm Reduction

Chat with Victory Programs Executive Director, Sarah Porter, as well as the Director of their Mobile Prevention Team to learn about the importance of NARCAN and other life-saving tools. Then, assemble harm reduction kits.

Young Man with a Plan: Success Planning for Boston's Black and Latino Youth

Hear from Dr. Jaykyri Simpson, Executive Director of Young Man with a Plan. Fill out career descriptions for YMWAP's career library, which will be used in individualized success planning.

Black-led organization

Science Club for Girls: Transforming the face of STEM

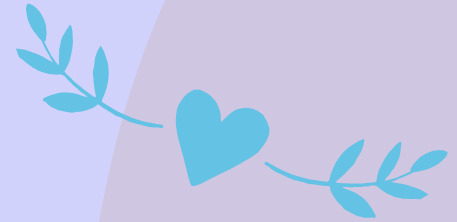
Invite your team to learn about Science Club for Girls and their work to engage young girls from marginalized communities in their STEM learning program. Then, write letters to your younger self for authentic advice to pass to the girls.

Kids in Tech: On the importance of after-school programs

Invite your employees to hear from Founder and CEO, Olu Ibrahim, about Kids in Tech's after-school tech club program. Then, have fun with your team as you all perform STEM activity the kids in the program enjoy.

Black-led organization

UPCOMING EVENTS



February 11: International Day of Women and Girls in Science Career Panel

4:00-5:00 PM

Middle and high school students are invited to hear from women across the life sciences industry as they share about their career paths and experiences! All gender identities are welcome and encouraged to join. Reach out to bailey@lifesciencecares.org to sign up your organization.

February 13: Join Life Science Cares for Boston's Annual Winter Walk!

8:30-11:00 AM

Join Life Science Cares Boston in supporting our partners during Boston's annual Winter Walk! This event aims to raise both awareness and funds to end homelessness in Boston by hosting a 2-mile walk during one of Boston's coldest months. Join the Life Science Cares team and come walk with us! Can't join us, but still want to show your support? [Donate to our team total here.](#)

This is a family-friendly, youth-friendly, and dog-friendly event. There is a recommended donation for attending the event, but if you are unable to contribute, you are still welcome to participate. The more folks interested in raising awareness, the merrier!

February 17: Hip Hop and Healthy Lifestyles

5:30-7:00 PM

This year's Black History Month is about health and wellness. Big Brothers Big Sisters know how important this topic is. That's why this month they decided to explore health and wellness through Hip Hop. This event will include talented and passionate Boston based artists performing live and discussing Hip Hop and Health and Wellness!

March 17: Virtual Job Shadow event with Boys and Girls Club of Boston

5:30-7:00 PM

BGCB will set up break out rooms with professionals from a wide variety of sectors to engage with their high school aged Fellows. Volunteers will participate in two 30-minute sessions & start and end the event with the group of 50 or more Fellows. BGCB is looking for a diverse set of volunteers working on a variety of functions within their company or organization.

SAVE THE DATE: MEET THE PARTNERS MIXER



March 30 | 5:30PM | Cambridge Innovation Center

Join Life Science Cares Boston for the chance to get to know our partner organizations! Build community and enjoy drinks & apps while hearing short pitches from each organization during this IN-PERSON event.