

Spring



LIFE SCIENCE CARES
boston



INTO ACTION



**It's the season of rejuvenation.
Try something new with your team!**

Feast or Flounder with New England Culinary Arts Training (NECAT)

Available dates: April 5 & 25 | May 10 & 25 | June 7, 14 & 22

During this fun, "Chopped-style" event, two teams of five will be assigned a NECAT Chef Instructor to prepare dishes using a mystery basket of ingredients. Each team will work collectively to create and prepare a signature appetizer and entrée to wow the judges. Employees who aren't cooking, will gather in NECAT's café to watch & cheer on the teams as they're broadcast live. They'll also enjoy a sumptuous dinner buffet, beer & beverages. Judges decide who takes home the Feast Championship and who gets the Flounder.

\$5,000 sponsorship required to participate. Up to 30 participants (2 teams of 5 plus 20 spectators).

Household Goods Boston College Commencement Day Move Out

May 22 | 2:00-6:00PM

Help Household Goods at their biggest volunteer event of the year! HG partners with Boston College to receive their students' leftover furniture & appliances, and they need YOUR help bringing everything to their warehouse! Household Goods arrives onsite with storage containers & trucks with the goal of hauling as many essential items as their trucks can carry. This vital inventory fills immediate needs & sustains HG when inventory runs low.

Family-friendly opportunity, but parents/guardians are asked to keep a close eye. Up to 15 volunteers needed. First-come, first-served. FREE: no cost associated with corporate groups.

The Wily's Networks Trunk Sale!



outdoors!

Thursday, May 4 | 1:00-3:00PM | Multiple Locations

Join Wily in celebrating summer vacation by helping distribute gifts to their Scholars at the annual Trunk Sale! Wily parks at 3 schools and opens their trunks with essentials, snacks, goodies, and drinks to celebrate.

Up to 12 volunteers. First come, first served. Volunteers do not need a car and have option to bring additional gifts for Wily students. FREE: no cost associated with corporate groups.

Volunteer at Kids in Tech's Office Ribbon Cutting

Wednesday, April 26 | 1:30-5:15PM

Kids in Tech needs volunteers at their Celebration of Learning and Office Ribbon Cutting! Help open their new office space for students and adult members of the Lowell community! Volunteers will help set up the event, assist students with a hands-on STEM activity, pass out food, & break down the event.

Volunteers must be 18+. Up to 5 volunteers needed. Free: no cost associated for corporate groups.

Build a Recording Booth for Young Artists

8 hours total, flexible to your timeline

Give kids the gift of music and expression! Support Children's Services of Roxbury's Beats Rhymes and Life program! From raw materials, volunteers will construct a soundproofed audio recording booth that will be gifted to an under-resourced program or school. Kids will use the booth to make and record their own music.

Great for a group of 5-8 volunteers. \$5,000 sponsorship of materials is required.



April is National Volunteer Month. Celebrate in the Office!

Circle of Hope and FamilyAid are working tirelessly to provide emergency relief to asylee families arriving to Boston & experiencing homelessness.

Join us in responding to this humanitarian crisis.

Build Emergency Clothing Kits

When these families arrive, many have nothing more than the clothes on their back. Help by assembling kits filled with adult-sized clothing.

No limit on quantity. Items include sweatpants, sweatshirts, t-shirts, socks & underwear.

Approximately \$100 per kit.

Collect Donations in a Drive

With your team or as a family, collect goods. Urgent needs include hygiene products (textured hair products, soap, lotion, deodorant, toothbrushes and toothpaste) & books for children and adults in Spanish and Haitian Creole.

Reach out to bailey@lifesciencecares.org NOW to join our emergency response.

Sponsor and Assemble Backpacks with School on Wheels Massachusetts

Sponsor and assemble backpacks for School on Wheels Massachusetts! Backpacks will then be donated to students K-12 impacted by homelessness in Massachusetts.

No limit on quantity. Between \$30-45 per backpack depending on age of the students.

PRO-TIP: June through mid-August is Back-to-School Season and our nonprofit partners will need backpacks! Sign up NOW to be the first to know about these opportunities.

Launch a Fundraiser for a Life Science Cares Nonprofit Partner

LSC can set up an online platform to easily collect monetary donations for one of our nonprofit partners. Turn the fundraiser into a competition by splitting into groups and the winning team can earn a prize!

Collect Gifts for Horizons Moms

Mother's Day is May 14! Horizons is looking for gifts to help their moms feel special! Host a drive at your office or [purchase an item off of this wish list!](#)

Hygiene Products for YMWAP

Collect high demand hygiene products for YMWAP's young men and their families! Host a drive at your office or [purchase an item off of this wish list!](#)

Host a drive for goods, in person and/or remotely!

Put a box out in your office, share a virtual wish list, or both! Our partners need everything from hygiene products to school supplies to uplifting gifts & more.



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LSC Spring Community Shifts

Join the LSC team for a volunteer shift & get to know others in our industry.
Open to all!

Farm with ReVision Urban Farm!

Friday, April 28 | 9:00AM-12:00PM

Plant, harvest, & field prep on Victory Programs' urban farm.
10 volunteer slots available. Ages 12 & up.



Play BINGO at Boston Health Care for the Homeless Program

Wednesday, May 17 | 2:00-5:00PM

Join the LSC team to play BINGO with patients at Boston Health Care for the Homeless Program! For the first time since the start of the pandemic, BHCHP is able to invite volunteers onsite with patients at Boston Health Care for the Homeless Program!
6 volunteer slots available. Ages 18 & up. Volunteers are asked to bring small, fun prizes of a \$5 value.

Celebrate Earth Day All Spring!

Serve and Grow with The Food Project

Tues., Thurs., Sat. | 9:00 AM-12:00 PM

Help get local produce to people who don't have access to fresh, healthy food! The Food Project has two rural farms in Lincoln and Wenham & two urban farms in Lynn and downtown Boston.

Great for individuals or groups of at least 10 volunteers. Ages 14 & up.

Minimum donation of \$1,000 is required for corporate groups.



outdoors!

EARTH DAY OPPORTUNITY
Send a group to volunteer on
Saturday, April 22 at any of
The Food Project's 4 farms!

Get into spring cleaning while keeping things out of the landfill!

Host a Gently-Used Clothing Drive

Catie's Closet is looking for companies to host drives! Encourage your team to pull together youth-sized, gently used clothing that they no longer need. Catie's Closet will provide a digital flyer and reusable donation boxes!

Donate your Household Items

Do you have kitchen appliances you no longer use? Is an extra piece of furniture collecting dust? Donate them to Household Goods, along with any other gently used household items!

Work in Household Good's Warehouse

Weekdays | 9:00AM-12:00PM or 1:00-4:00PM

Volunteers will help sort through and move donations at Household Goods! Volunteers should be comfortable working in a warehouse type environment. The ability to lift boxes of up to 25 pounds is required for this shift.

Great for individuals and groups of up to 10 volunteers. Ages 14 & up OR 12 & up with a guardian.





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Get Active Outside & Help Kids Do the Same!

Become a PAL at one of Horizon's Shelters

Weekly 2 hour shift, minimum 6 month commitment

Play is essential for early childhood development, and all kids deserve the chance to be kids! Become a Playspace Activity Leader (PAL) with Horizons for Homeless Children! **PALs volunteer to play with young children experiencing homelessness and living in shelters.** This is an incredibly meaningful and rewarding way to bring joy to children's lives! **Great for individuals ages 18 & up.**

Be a Track and Field Coach for YES

Thur. | 5:45-7:30pm | April 4 through May 19

Youth Enrichment Services needs track and field coaches! Work directly with youth to get them excited about the sport & develop a lifelong appreciation of healthy activities. Youth will compete in local & regional meets and road races as a team.

Coaches meet weekly for the duration of the season. Great for individuals age 21 & up.

Farm with Victory Programs' ReVision Urban Farm

Weekdays | 9:00 AM-12:00 PM & 1:00-3:30 PM

Help with planting, harvesting, and field prepping at this beautiful urban farm!

Great for individuals or groups of up to 12 volunteers. Age 12 & up. Minimum donation of \$500 recommended for corporate groups.

Drop-In Biking with Youth Enrichment Services

Saturdays: April 29 - June 3 | 9:30AM - 12:30PM

Youth Enrichment Services need volunteers to bicycle with YES Kids! Volunteer for one or more Saturday drop-in days. Bikes are provided for volunteers!

Great for individuals and groups of up to 15 volunteers per day. Age 18 & up.

FREE: no cost associated with corporate groups.

Join Food For Free's team @ Walk for Hunger

Sunday, May 7 | 8:00-11:00AM | Boston

Commons

In person for the first time in 3 years, enjoy a 3-mile walk around the Boston Commons & raise funds for community solutions to hunger.

No limit on number of participants. Family-friendly. Option to walk remotely. No fee to participate.

Sign up for the Run, Walk & Wag Road Race

Saturday, May 6 | 7:00AM-12:00PM | Borderland State Park, North Easton, MA

Join School on Wheels Massachusetts (SOWMA) at the Run, Walk & Wag Road Race! This 5K race & 2.6 mile walk raises funds & awareness about the educational needs of students facing homelessness. Volunteers staff check in and give out food & SWAG.

Volunteer opportunity: Up to 20 volunteers. **FREE:** no cost associated with corporate groups.

Runners, Walkers & Waggers: No limit on number of participants. Adults: \$35, children 7+: \$10. Children 6 and under: FREE. Dogs: FREE!





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Prep, Serve & Deliver Food!

Healthy Waltham's Food Pantry  **outdoors!**

2nd and 4th Thursday of each month

Flexible, 2-hour AM & PM shifts

Pack & distribute food to HUNDREDS of families--rain or shine!

Great for individuals or groups of up to 30 volunteers. All ages welcome, but children under 18 must be accompanied by an adult.

VOLUNTEERS GREATLY NEEDED IN APRIL!

Sign up for April dates below.

Write "Life Science Cares" under "Organization/Business you are volunteering with!"

April 13 Pantry

April 27 Pantry

Pack Groceries with Food For Free

Mon., Tues., Wed. | 9:00-11:30 AM or 12:30-3:00 PM

Assemble grocery boxes for food-insecure families in Greater Boston.

Great for individuals or groups of 12-15 volunteers. Ages 15 & up. Volunteers ages 15-17 must be accompanied by an adult. Corporate groups are asked to donate a minimum of \$75 per volunteer.

Heat-N-Eats with Food For Free

Wed. | 2:00-2:00PM or 3:00-5:00PM or 5:30-7:00PM and Thurs. | 3:00-5:00 PM or 5:30-7:00 PM

Out of Biogen's kitchen in Kendall Square, help Food For Free build single-serve, frozen meals with donated, surplus food for people with limited access to kitchens!

Great for individuals and groups of up to 7 volunteers. Ages 15 & up. Corporate groups are asked to donate a minimum of \$75 per volunteer.

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 help with tasks including serving meals, washing dishes, and cleaning tables.

Victory Programs especially needs volunteers who can attend on a weekly or biweekly basis. Great for individuals or groups of up to 6 volunteers. Ages 17 & up. Corporate groups are asked to make a minimum \$500 donation OR cover the cost of the meal.

Drivers Needed to Deliver Groceries for Food For Free

Wed., 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.

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 in Cambridge.

Great for groups of 6-12 volunteers. Minimum sponsorship of \$1,500 for ingredients is required.





Remote/Virtual Opportunities

Join One-to-One



One-to-One is a networking program designed by Life Science Cares to connect college students from underserved backgrounds with professionals in our industry. We provide college students with access to industry professionals for one-on-one conversations around networking and career exploration. Join the platform [here](#) & support the future generation of industry professionals.

Write Instructional Tutorials with Tech Goes Home

Write or record tutorials on a variety of topics to help advance digital equity.

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. Topics range from creating a Facebook account to writing a resume to much more!

Use your Translation Skills

Do you know another language (or two)? Volunteer to translate documents and other items for Tech Goes Home. Various languages needed. Great for individuals or small groups.

Additional Opportunities

COMPASS
COLLABORATIVE

Volunteer at Tech Club with Kids in Tech

Mon. & Wed. OR Tues. & Thurs.

(1 hour between 3-6 PM per shift)

Kids in Tech needs talented and enthusiastic STEAM-related professionals, educators, and college students to join their diverse team as volunteer teachers for their after-school Tech Club! Volunteers are accepted on a rolling basis and commit to weekly or biweekly participation for the 10-week program. Tech Clubs are hosted in schools in Lowell and Boston.

Become a Tutor

1-2 hours per week, minimum 3 month commitment

School on Wheels Massachusetts needs tutors to support students of all ages and in several subjects. Be an additional support for kids experiencing homelessness!



Build Harm Reduction Kits with Victory Programs

Wednesdays (10:00AM-12:00PM) and Thursdays (1:00-3:00PM)

Sponsor and assemble harm reduction kits for Victory Programs! Volunteers donate their time to assemble harm reduction kits while learning about the importance of harm reduction strategies.

Victory Programs' Mobile Prevention Team provides street-based interventions to prevent overdoses, mitigate infectious disease, and keep folks healthy. **These kits save lives.** Sterile syringe kits alone reduce HIV/HCV risk by preventing the sharing of supplies & provide supplies that cause the least vein damage.

5 volunteers welcome on Wednesdays and 7 volunteers on Thursdays. Great for individuals and groups.

Ages 18 & up. \$500 minimum donation for a group.