



LIFE SCIENCE CARES

boston



Summer of Service

GIVE BACK AND BUILD COMMUNITY WHILE THE SUN IS SHINING!



outdoor options for groups & individuals

Just A Start's Family Fun Day BBQ

July 22 | 1-4PM

This event will celebrate Just A Start's families living in their affordable housing units. Volunteers are needed to run the arts & crafts table as part of the festivity!

Up to 4 volunteers needed for the arts & crafts table. Volunteers are asked to bring supplies.

Summer Fun Day with FamilyAid

August 1 | 3:30-6:30PM | Deadline to sign up for this opportunity is June 28.

Volunteer and/or assemble care packages for FamilyAid's Summer Fun Day, a day of summer fun activities at their shelters that includes games, crafts, dinner, an ice cream truck visit, & take-home goody bags filled with fun activities that kids can enjoy on their own. *Volunteers will help with setting up and running the event and play with the kids.*

Volunteers must complete a CORI check (cost covered by FamilyAid). There is also an opportunity to assemble 60 goody bags filled with sensory toys & art supplies (~\$3,000-4,000 cost).

Become a Summer Track & Field Coach for Boston Youth

June 26-August 17, once a week from 5:45-7:30PM

YES Track and Field volunteer coaches join an energetic, collaborative, and inclusive group of adults who are excited to coach Boston youth and help develop their running, jumping, and throwing skills. Coaches use track and field activities to fulfill the YES mission & help young people develop healthy habits, build self-confidence, and strengthen leadership skills. Volunteers do not need to have previous track experience.

Up to 75 volunteer coaches needed. Volunteers must be 18+. CORI/SORI background check required.

Be a CitySprouts Summer Volunteer

June-August. Weekly commitment. Flexible date & time.

Join in creating a world where every child grows up with a garden to explore and learn in. Volunteers are asked to stop by weekly to maintain the garden, while the students are out of school.

Sign up as a team or individual & choose your preferred location!

Volunteer at Healthy Waltham's Food Pantry.

2nd and 4th Thursday of each month

Flexible, 2-hour AM & PM shifts

Pack and 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.

Farm with Victory Programs' ReVision Urban Farm

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

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

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



STAY COOL WITH INDOOR OPPORTUNITIES!

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

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).

Serve Meals at Victory Programs' Boston Living Center

Weekdays 10-2:30PM

Mon. 4:30-8PM

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.

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

Cookin' with CASPAR: Sponsor & Serve a Shelter Meal

Wed. 1:30-5:30PM

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 the ingredients is required.

Volunteer with Household Goods

Weekdays 9AM-12PM and 1-4PM

Sign up for a shift with Household Goods! Volunteers will help sort through and move donations at Household Goods! Volunteers should be comfortable working in a warehouse type environment.

Great for individuals and groups of up to 18 volunteers. Ages 14 & up.

Give Back with Food For Free!

Pack Groceries

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

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

Great for individuals or groups of up to 15 volunteers. Ages 15 & up. Volunteers ages 15-17 must be accompanied by an adult. Minimum donation of \$1,500 for corporate groups.

Drivers Needed to Deliver Groceries

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

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

Heat-N-Eats

Wed. & Thurs. 3-5PM; 5:30-7PM

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. Minimum donation of \$750 for corporate groups.



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Preparing for Back-to-School Season!

SIGN UP NOW FOR LSC's ANNUAL BACKPACK DRIVE!

Last year, LSC's Network of Good donated over 1,000 backpacks, and we're aiming to donate more this year! Your company can commit to sponsoring and assembling backpacks for pre-K through high school students.



1. **Decide** how many backpacks you'd like to sponsor & assemble, then let us know. On average, backpacks cost **\$30-45 each**. We recommend assembling **1-5 backpacks per volunteer** you expect to attend your event.
2. **Pick a date & time before August 15** to host the event. This can be at your office, an offsite, or another location of your choice!
3. **Life Science Cares will help** with all the logistics of gathering/ordering items. We'll also coordinate with the nonprofit regarding your event & the drop off of the packs.
4. **Host a fun, meaningful event** with your team!

Backpacks will be donated to:



Volunteer to distribute backpacks to kids in our community!

August 31 | 3-5PM | Cambridge

Just a Start is hosting a back-to-school bash for residents of their affordable housing unit in East Cambridge! Collect school supplies in a drive with your team and send a volunteer group to help distribute gifts!
Up to 4 volunteers.

Host a drive for scientific calculators

Scientific calculators are two things: essential for STEM courses & expensive. Your team can collect scientific calculators for School on Wheels Massachusetts to ensure the middle & high schoolers they serve can excel in their STEM courses!

Host a culturally appropriate book drive

Collect books as a team! We need books that represent the children our partners are supporting, including books in Spanish and Haitian Creole. Collect in person, via an Amazon Wish List, or both!

Become a tutor for grade-school students

One hour per week for a minimum of 6 weeks

School On Wheels Massachusetts needs tutors to help students of varying ages with a range of subjects. There is a strong preference for tutors in Dorchester. Other locations are Stoughton, Brockton, and Norwell.





Care Package Sponsorship & Assembly

Harm Reduction Kits at Victory Programs

Upcoming volunteer days: June 27, July 25, August 22 | 2-6PM

Schedule volunteer shifts Mon. 1-4PM & Wed., Fri. 9AM-12PM

Harm-reduction kits save lives. Sterile syringe kits alone provide individuals with supplies that cause the least vein damage & prevent supply sharing to reduce HIV/HCV risk. Learn about the importance of harm reduction techniques while assembling the kits at Victory Programs' Boston Living Center.

Great for individuals or groups of up to 10 volunteers. Minimum donation of \$500 OR the cost of supplies. Ages 18 & up.

Snack Packs for Youth Enrichment Services

Flexible date & time based on availability

Invite your team to assemble snack packs for Youth Enrichment Services! As YES Kids prepare for their outdoor track & adventure programs, these snacks are essential fuel for a great summer.

YES needs up to 3,000 snack packs at ~\$5 each.

STEM KITS for Science Club for Girls

Flexible date & time between August 1-September 22

Sponsor and assemble STEM kits for Science Club for Girls' programs and support girls enrolled in SCFG's free, hands-on Science Clubs.

Companies can commit to assembling 400 OR 800 kits by August 1. Kits are \$10 each (\$4,000 or \$8,000 sponsorship cost). Science Club for Girls will support you with the event.

Birthday Party Kits for FamilyAid

Flexible date & time based on availability

Every child wants to celebrate their birthday with special treats and decorations, but families experiencing homelessness may not have the resources to do so. Birthday Party Kits contain boxed cake mix, canned frosting, disposable cake pans, party plates, napkins, cups, party hats, party favors, and a gift card so the family can buy a special gift for the child.

FamilyAid needs up to 25 birthday party kits. Recommended budget is \$1,500-2,000 for the cost of supplies.

***Read about the
impact of
Birthday Party
Kits HERE!***

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

Join us in responding to this ongoing 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.

Remote Volunteer Opportunities

Host an Art Supplies Drive for Horizons

Flexible date & time based on availability

Help Horizons by collecting fun art supplies! Horizons for Homeless Children's Playspace Program provides children ages 0-6 years old with opportunities to learn, heal and play away from the stresses of homelessness. Horizons supplies toys, arts and crafts and books in over 50 Playspaces within shelters across Massachusetts to ensure that children have access to developmentally appropriate materials that encourage opportunities for them to learn, play and thrive.

Support Tech Goes Home with Alumni Outreach!

August 2 & August 3 | 12-4PM or 6:30-8PM

Tech Goes Home is conducting an annual survey of their graduates to see how they can improve their programming! Help them by signing up to conduct phone calls & collect detailed feedback.

The commitment is one 90-minute session, and Tech Goes Home needs anywhere between 3-15 volunteers to participate. Sign up as an individual or with your team! There is no cost associated.

Translate Documents for Tech Goes Home

Flexible date & time based on availability

Tech Goes Home is currently seeking volunteers who can translate materials into the following high-priority languages: Spanish, Haitian Creole, Chinese, Portuguese & Arabic

Host A Webinar With Tech Goes Home

Flexible date & time based on availability

Tech Goes Home is looking for volunteers to help lead digital skills webinars for beginner technology users! Join the Tech Goes Home team in its efforts to advance digital equity. Webinar opportunities are available for those who would like to be live with students, and video/written tutorials are also needed.

Register on the Tech Goes Home platform and select that you were referred by Life Science Cares.



Summer of Service

upcoming shifts with LSC

Does your team have a limited budget for volunteering, but you'd like to get out into the community? Trying to decide on the perfect site for your company's next corporate outing? Want to bring your friends and family out into the community? Have you been meaning to volunteer, but not sure who to go with?

If you answered "yes" to any of these, sign up for a shift with LSC! You'll get to meet our team, learn about a LSC nonprofit partner, and give back at the same time.

Harm Reduction Kits at Victory Programs

Wednesday, July 12 | 10AM-12PM

Victory Connector, Boston MA

Harm-reduction kits save lives. Sterile syringe kits alone provide individuals with supplies that cause the least vein damage & prevent supply sharing to reduce HIV/HCV risk. Learn about the importance of harm reduction techniques while assembling the kits at Victory Programs' Boston Living Center.

8 slots available. Ages 18 and up.

Just A Start's Family Food & Fun Festival

Thursday, August 17 | 3-6PM

Rindge Tower Apartments, Cambridge

Just a Start is hosting a food & fun festival for the residents of their affordable housing unit in West Cambridge! Volunteers will check in & welcome residents, pass out raffle tickets, serve food, run an arts & crafts table, and distribute goodies, like backpacks!

Up to 4 volunteers. If your company would like to donate backpacks, Just A Start needs 150.



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COMPASS COLLABORATIVE

Navigating life science pathways

Interested in supporting and inspiring learners of all ages along their career journey? Compass Collaborative is a new partnership between Life Science Cares Boston and MassBioEd that streamlines volunteer opportunities in STEM education & career awareness. [Express your interest today by clicking here & completing the Intake Form](#). Then, when there are opportunities that match your interests, we'll reach out. Don't forget to tell your colleagues about Compass Collaborative & how they can get involved by completing the Intake Form!



Tutors needed for grade-school students

Flexible date & time based on availability

School On Wheels Massachusetts is looking for tech-savvy tutors to help students of varying ages with a range of subject matters. This is an in person opportunity (limited remote opportunities). One hour per week, for a minimum of 6 weeks. Spanish speakers and tutors from diverse backgrounds are preferred but not required.



STEM Presentations for young kids!

Flexible date & time based on availability

Horizons for Homeless Children is looking for volunteers to present a fun STEM activity for children enrolled in their programs!



Host a Career Exploration Day with The Possible Zone

August 16th or August 21st (based on availability) between 11AM-2PM

Speak to The Possible Zone students and help them explore a potential career path in STEM! Have some space? Host them right at your lab!

**Check out more Compass Collaborative
opportunities [HERE!](#)**