



Fall Give Back

**THE LEAVES ARE CHANGING,
AND SO ARE OUR VOLUNTEER OPPORTUNITIES!**



reach out to bailey@lifesciencecares.org with questions



PRINT THIS OUT AND SHARE IT WITH YOUR TEAM!





LIFE SCIENCE CARES
boston



OUTDOOR VOLUNTEERING

Get outdoors before the first frost of winter!

Be a Saturday Biking Coach for Youth Enrichment Services

individuals only

Saturdays, Sept. 23 - Nov. 4 (9:30 AM - 12:30 PM)

Join Youth Enrichment Services for their Saturday Biking program! Volunteers are needed to teach youth to ride a bike and practice biking skills. Volunteers will accompany youth on bike rides in the Southwest Corridor.

Volunteers will choose two Saturday dates to participate. Ages 18 & up.

Bike Ride at the Rodman Ride for Kids

individuals only

Saturday, September 23

Youth Enrichment Services is seeking individuals to ride 25 or 50 miles in support of their team. The ride starts and ends in Foxboro, MA!

8 cyclists needed. Cyclists are asked to fundraise a minimum of \$2,000.

Coach Cross Country for Youth Enrichment Services

individuals only

Mondays, Sept. 18 - Nov. 13 (5:45 - 7:00 PM)

Youth Enrichment Services is looking for cross country coaches who are excited to coach Boston youth and help develop their long distance running!

Must be 18 & older.

Farm with Victory Programs' ReVision Urban Farm

individuals and groups

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 15 volunteers. Minimum donation of \$500 is recommended for corporate groups. Ages 12 & up.

Serve and Grow with The Food Project

groups only

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.

The Food Project's Urban Farm takes up to 10 volunteers and their rural farms take between 10-25 volunteers. Minimum donation of \$1,000 is required for corporate groups. Ages 14 & up.





SEPTEMBER IS HUNGER ACTION MONTH

Did you know?

***Nearly 21% of all households in MA reported food insecurity in July 2023.
Help these families by signing up for the opportunities below.***

Drivers Needed to Deliver Groceries for Food For Free

individuals only

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.

Serve Meals at Victory Programs' Boston Living Center

individuals and groups

Weekdays (10:00 AM-2:30 PM), Mondays (5:00 - 8:00 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.

Great for individuals or groups of up to 5 volunteers. Ages 17 & up. Victory Programs especially needs volunteers who can attend on a weekly or biweekly basis!

Cookin' with CASPAR: Sponsor & Serve a Shelter Meal

groups only

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 the ingredients is required.

Pack Groceries with Food For Free

individuals and groups

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 up to 15 volunteers. Ages 15 & up. Volunteers ages 15-17 must be accompanied by an adult.

Heats-N-Eats with Food For Free

individuals and groups

Thurs. (5:30-7:00 PM) and Fri. (9:00-11:30 AM)

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.

Visit Project Bread's Action Center

Life Science Cares partners with Project Bread and supports their efforts to enact meaningful policy change in Massachusetts. You can get involved by visiting their Action Center!





Sponsor and Assemble Harm Reduction Kits

groups only

Mon. (1:00-4:00 PM) & Wed., Fri. (9:00 AM-12:00 PM)

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 17 & up.

Prepare Furniture Donations with Household Goods

individuals and groups

Tues. through Sat. (9:00 AM-12:00 PM) or (1:00-4:00 PM)

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. The ability to lift boxes of up to 25 pounds is required for this shift.

Great for individuals and groups of up to 20 volunteers. Ages 14 & up OR 12 & up with a guardian.

Be a PAL with Horizons for Homeless Children!

individuals only

Weekly 2 hour shift, minimum 6 month commitment

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.

virtual opportunities

Be A Virtual Math Tutor at Milford Middle School

Grab a friend or two and brush up on your math skills with this volunteer opportunity to support students at Stacy Middle School! See the Compass Collaborative page for more details!

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.

Host A Webinar With Tech Goes Home

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

Join this initiative to advance digital equity. Lead digital skills webinars for beginner technology users. Video tutorials are also needed. Topics range from creating a Facebook account to writing a resume and much more!



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enrich and support students

Mentor Immigrant High School Students with Enroot

individuals only

Once a week, October 2023-June 2024

Enroot is looking for mentors for high school immigrant youth at the Cambridge Rindge & Latin School or Somerville High School! Immigrants, BIPOC, and speakers of Spanish, Portuguese or Haitian Creole are especially encouraged to apply.

Teach a class or workshop at Victory Programs

individuals only

Flexible timing

Do you have a skill or hobby that you're passionate about? Why not volunteer to teach your passion at Victory Programs! Examples include art classes, wellness and spirituality, exercise or yoga, cooking, hair styling for different hair types, and more! Email bailey@lifesciencecares.org to express your interest.

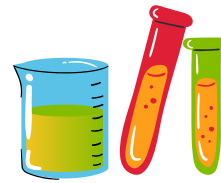
Great for individuals ages 18 & up.

mentorship menu

Check out our Mentorship Menu, featuring mentorship and tutoring opportunities throughout Greater Boston!



[click here or on the image above to access the menu!](#)



Fill out the Compass Collaborative Intake Form to express your interest in supporting students of all ages as they navigate STEM pathways. Then, check out the website to see what's available!

[Fill out the Intake Form](#)

[Check out available opportunities](#)

Virtually tutor middle school students in Milford during winter trimester!

As little as 35 minutes a week, 10 week commitment

Life Science Cares has committed to recruiting 20 teams of 3 volunteers who can divide & conquer 3 afternoons a week, 35 minutes each session, for at least one trimester. Each team will support the SAME STUDENT for the entire quarter. **[Sign up here.](#)**

Be a Scientist Mentor for Science Club for Girls

2 hours a week, 8-week commitment

Science Club for Girls is excited to announce Fall 2023 programming and a new in-person club on Saturdays. They will continue offering both virtual (via zoom) and in-person weekday clubs. There are plenty of opportunities to volunteer as a mentor!

Join Possible Zone students as an industry expert or as a co-learner

up to 2 hours a shift, in-person

Sign up below to support students in the following areas:

- **[Principles of Sewing](#)**
- **[Digital and Graphic Art through Adobe Illustrator](#)**
- **[3D modeling and design through Tinkercad](#)**
- **[Connections between electronics and code using Littlebits](#)**

Join as a Collaborator to help TPZ students iterate on their prototypes

Tuesday, October 24, 2023 - Thursday, November 2, 2023, in-person

Support students in creating low-fidelity prototypes for their solution ideas. Help them stay on track to meet their selected criteria and give feedback on things like user-friendliness, overall design, and troubleshooting.

Join as a Collaborator to help TPZ students iterate on their prototypes

Thursday, October 12, 2023 - Tuesday, October 17, 2023; in-person

Support students in continuing to build prototypes for their solution ideas. Help them stay on track to meet their selected criteria and give feedback on things like user-friendliness, overall design, and troubleshooting.





GIVE BACK IN THE OFFICE

IN-OFFICE ACTIVITIES • DRIVES FOR GOODS

DIAPERS & WIPES

Diapers, wipes, and other baby items are a great need for many nonprofits. Collect these items in your office & help a family in need!

BOOKS

Collect books for children of all ages! Particular need for books in Spanish and Haitian Creole.

GIFT CARDS

Gift cards empower community members our partners serve to purchase items based on their own needs and wants. Collect gift cards to big box stores like Walmart, CVS, or Target. Or, treat folks with a Dunkin' or Starbucks card.

HYGIENE PRODUCTS

Our nonprofit partners are always in need of toiletries, particularly culturally appropriate hair products and full-size items!

SCHOOL SUPPLIES

School supplies are needed YEAR-round, not just in the fall! Particular need for scientific calculators--a must-have for all STEM learners!

TECHNOLOGY

Do you have extra laptops lying around? Is your company looking to move a large number of keyboards? Our partners can absolutely use the equipment!

IN-OFFICE ACTIVITIES • CARE PACKAGES

HYGIENE KITS

Pack kits of essential toiletries for people impacted by homelessness.

Includes: Shampoo, conditioner, soap, lotion, deodorant, lip balm, bandaids, tissues, toothbrush, toothpaste, socks, etc.

Budget: \$10-25 per kit

SNACK PACKS

Pack delicious snacks for people impacted by homelessness and/or youth enrolled in outdoor programming.

Includes: granola bars, apple sauce, soft baked goods, crackers, etc.

Budget: \$5 per kit

EMERGENCY CLOTHING

Provide new, clean clothing to individuals who have suddenly and unexpectedly been displaced.

Includes: New t-shirts, sweatpants, sweat shirts, socks & underwear.

Budget: \$100 per kit

BACKPACKS

Assemble backpacks filled with supplies for K-12 students across Massachusetts.

Includes: Backpacks, pencils, pens, markers, crayons, pencil case, eraser, ruler, glue, calculators, notebooks, earphones, folders, scissors, etc.

Budget: \$45 per backpack