



WARM-HEARTED WINTER

Happy New Year, Network of Good! Start off 2024 by giving back.

IN THE OFFICE

URGENT OPPORTUNITY: Pack Snack Packs for Youth Enrichment Services

Sponsor and package nutritious snack bags for YES's youth programs! Snacks bags will go to YES youth during skiing and snowboarding outings as a healthy eating component of the program. We still need 1,300 more, but your company can sponsor as many as your able.

Reach out to Anna at anna@lifesciencecares.org TODAY to get started.

Build Emergency Clothing Kits for Our Neighbors

Individuals and families who unexpectedly experience hardship reach out to Circle of Hope, which then provides emergency kits for folks who may not have even had the time to pack up their own belongings. **These kits are needed daily and are in high demand.**

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



Provide Baby Bags to Young Families

Ensure our partners are stocked with supplies to help moms and their babies! Host an in-office Baby Bag assembly event or begin an in-office drive. These bags go to families supported by FamilyAid Boston and Circle of Hope.

No limit on quantity. Package the following in diaper bags: diapers, onesies, bottles, formula, wipes, diaper rash cream, baby blankets, baby-safe toys, & gift cards.



Donate and Assemble Warm Winter Kits for Kids Experiencing Homelessness

Help thaw the winter chill by donating to SOWMA's Winter Warmth & Wellness Kits for students facing homelessness.

No limit on quantity. Items include Cozy Blankets, Hats and Gloves, Warm Socks, Hygiene Products (soap, shampoo, deodorant, toothbrush, toothpaste), Hand Sanitizer, Books, and school supplies.



Assemble Warm Winter Kits for Our Neighbors

Help our neighbors experiencing homelessness stay warm with necessary warm winter gear.

No limit on quantity. Items include hats, white socks, gloves, hand warmers, scarves, and lotion.



Host a Field Trip at Your Office & Lab!

Flexible dates & times based on availability

Inspire students to pursue a future in STEM by inviting students into your office! We'll help with all the planning, just let us know you're able to open your doors.

PRO TIP: HOSTING A DRIVE IS AN EASY WAY TO GET YOUR TEAM INVOLVED IN GIVING BACK!

Drives are a low-lift way to keep your team engaged over the winter. Collect essentials in the office, virtually, or both! We need warm winter gear, gift cards, diapers, and hygiene products.

COMPASS
COLLABORATIVE

HANDS-ON VOLUNTEERING

Household Goods Warehouse

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 10 volunteers. Ages 14 & up OR 12 & up with a guardian. Corporate groups can be scheduled on Mondays-Fridays from 9AM-12PM or 1-4PM.



Brighten Playspaces with Horizons

Clean, organize, and restock toys in a shelter Playspace! Volunteers will help clean and brighten a space for young children to play and thrive while living in shelter!



Healthy Waltham's Food Pantry

2nd and 4th Thursday of each month
Flexible, 2-hour AM & PM shifts

Volunteer at the biweekly food pantry! Pack and distribute food to our community..

Great for individuals or groups of up to 30 volunteers..

VIRTUAL OPPORTUNITIES

Host a Lunch and Learn this Winter

While you may not want to venture into the cold, your team can still learn about issues facing the community!

Invite a spokesperson from one of our Nonprofit Partners to share about their work, as your team participates in a hands-on activity. Or, someone from LSC can remind your team about our partnership and how they can get involved!

Lunch and Learns can be held in-office or virtually.

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!

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.

Virtually tutor middle school students in Milford!

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 trimester. Sign up and get started immediately or join for the spring trimester and begin on March 25.

[Sign up here.](#)





WORK WITH STUDENTS



Be a Volunteer Judge with Boston Debate League

January 26 - 27, 2024



The Boston Debate League hosts tournaments for young people from Boston to debate federal policy topics in either English or Spanish. At tournaments, volunteers listen to debate rounds, provide valuable feedback, and determine a winner. Training is provided & no prior debate experience is necessary.

Be a PAL with Horizons for Homeless Children!

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.

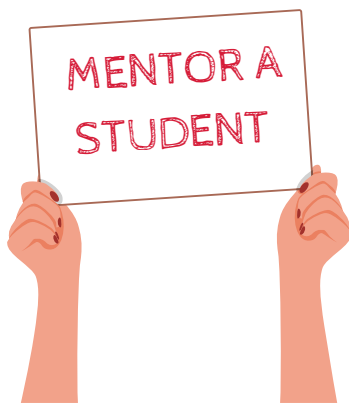


Lead STEM Experiments for Preschoolers

Flexible date and time based on availability

Horizons for Homeless Children needs volunteers to visit Horizons STEM lab and present a fun activity for young children enrolled in their programs.

MENTORSHIP OPTIONS



Mentor Immigrant High School Students with Enroot

Once a week, October 2023-June 2024

Enroot needs 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.

Volunteer at Tech Club with Kids in Tech

Mon. & Wed. OR Tues. & Thurs. (1 hour between 3-6 PM per shift), 10 week program

Kids in Tech is looking for talented and enthusiastic STEAM-related professionals, educators, and college students to serve as volunteer teachers for their after-school Tech Club! Volunteers are accepted on a rolling basis. Tech Clubs are hosted in schools in Lowell and Boston!

Mentor Girls in STEM with Science Club for Girls

Once a week, February 26 - June 5

Science Club for Girls offers hands-on explorations in STEM for girls K-12. Clubs meet once per week in after school and Saturday settings for 8-week semesters. We offer both virtual and in-person formats and sessions are led by volunteer mentors who are studying/working in a STEM field.



boston

LIFE SCIENCE

