

# Spring



LIFE SCIENCE CARES  
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## INTO ACTION

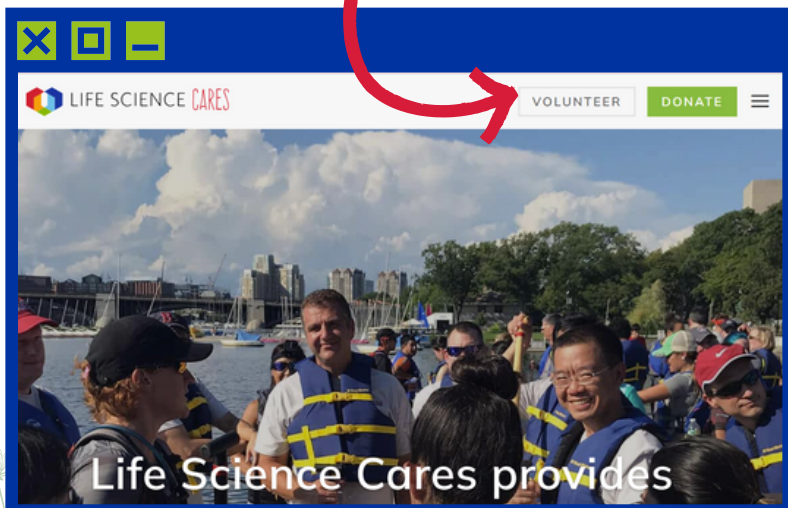


Here's your sneak peek of Nogi the Newt! You'll get to see more of Nogi as we roll out our give back management platform, The **Network of Good**. Or, as we call it around here, The **NOG**!

We developed this platform--and Nogi--for all of you, *our* Network of Good! We've been working hard to make giving back for you and your teams easier than ever before.

Corporate Partners will have access to this proprietary platform for real-time access to available group opportunities, an employee engagement and give back dashboard, & more! **Stay tuned throughout the coming weeks for about The NOG!**

**The NOG also provides a NEW way for your employees to find volunteer opportunities...right on our website! Head to [lifesciencecares.org](http://lifesciencecares.org) and click "VOLUNTEER!"**



**IMPORTANT NOTE: Our website will have ALL available options for individuals and small groups! So, moving forward, these campaign flyers will only promote featured and seasonal opportunities.**





# April is National Volunteer Month. Celebrate in the Office!

## HOST AN IN-OFFICE DRIVE

Drives are a low-lift way to keep your team engaged throughout the year. Collect essentials in the office, virtually, or both! We need education materials, gear to enter the workforce, hygiene products, and MORE.

## SUPPORT OUR STUDENTS!

### STEAM KITS FOR MIDDLE SCHOOLERS (\$15-30/KIT)

**STEAM Ahead** focuses on providing students with access to STEAM in a fun and interactive way. These portable kits equip students with the flexibility to complete activities in the classrooms via group builds or at home. The kits accompany STEAM Ahead's custom curriculum that incorporates design challenges and introduces students to key vocabulary and concepts.

### AI KITS FOR YOUTH IN STEM PROGRAMS (\$30-40/KIT)

These kits with **Innovators for Purpose** emphasize the software and conceptual side of AI, leveraging affordable hardware to introduce students to the basics of AI and machine learning. The focus is on learning and experimentation, which can spark interest in further exploration of AI technologies.

### POWERFUL PLAYTIME KITS FOR YOUTH IN SHELTERS (\$20-30/KIT)

**Horizons for Homeless Children** has found how important play is for strengthening the parent-child bond and for children's early development. Many parents living in shelter do not have the resources, confidence, or skills to support their children's play, as it may not have been part of their own childhood. These kits, ideally given to each child living in shelter, include toys, books and a tip sheet on play for parents.

### BACKPACKS FOR STUDENTS IMPACTED BY HOMELESSNESS (\$30-45/KIT)

Support middle and high school students impacted by homelessness across Massachusetts with **School on Wheels MA!** Backpacks will contain school supplies, including a scientific calculator, which is essential for students beginning their STEM education journeys.

### ENVIRONMENTAL STEM KITS FOR YOUTH DEVELOPMENT (\$25/KIT)

These kits will support **West End House** members participating in their environmental science program (Ultimate Journey) relaunching later this spring. Kits will be accompanied with plant growth experiments and soil observations.

### BOARDING SCHOOLS KITS FOR STUDENTS (\$200/KIT)

Each care package will support a young **Alexander Twilight Academy** student leaving home for the first time to attend a high school boarding school.



## SUMMER ACTIVITY KITS FOR SUMMER YOUTH PROGRAMMING (\$30-45/KIT)

**Julie's Family Learning Program** is a welcoming, inclusive space that provides free educational programs and supportive services to help develop strong, successful families and adults. These kits will supply children (ages toddler to 12 years) and their adult education students with activity supply bags for the spring and summer.

## HYGIENE KITS FOR YOUTH OF COLOR (\$20-30/KIT)

**Young Man with a Plan** delivers holistic mentoring and success planning to over 200 young men aged 14 - 24 in Boston to help them make academic and SEL gains and access sustainable futures.

## SUMMER HYGIENE KITS FOR SUMMER YOUTH PROGRAMMING (\$20-30/KIT)

**West End House** is the largest youth development agency in the Allston-Brighton community providing high-impact programs that ensure that our young people are succeeding academically, exploring and mastering the arts, developing career readiness skills and adopting healthy lifestyles.

## CELEBRATING & UPLIGHTING NEW CAREERS & LIFE MILESTONES!



**MUCH NEEDED!**

### GRADUATION CARE PACKAGES FOR NEW BUILDING TRADES GRADUATES (\$150/KIT)

When students complete their training at **Building Pathways**, they're ready to start a family sustaining career in union construction. To get started, they need gear and tools necessary for the jobsite. Help equip these graduates with key items that will prepare them for their first day & throughout their apprenticeship program.

**PRO TIP: You can host employee-led fundraiser to sponsor these care packages!**

### MILESTONE KITS FOR FOLKS IN TRANSITION (\$60/KIT)

During a resident's time at **St. Mary's Center for Women and Children**, they experience many life milestones on their paths to economic and emotional stability. These include graduating from a higher education program, getting a new job, gaining citizenship, celebrating a child's birthday, and more! Put together care packages & resource kits that families receive during these big moments!

### WELCOME HOME BASKETS FOR FAMILIES GRADUATING ONTO STABILITY (\$20-100/KIT)

To kickstart their new lives as they move into more stable homes, residents of **FamilyAid** and **Victory Programs** are provided kits with essential items so they may enter their new spaces with dignity.

### HYGIENE KITS FOR FOLKS TRANSITIONING INTO SHELTERS (\$80/KIT)

These care packages are for families moving into shelters who need emergency support with **Victory Programs**. These kits contain toiletries such as shampoo, conditioner, soap, deodorant, and more.



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# Get Active Outside & Help Kids Do the Same!

## Make an immeasurable impact: 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.**

## Seedling Sale with the Urban Farming Institute

### **Available dates: May 4 & May 11**

Volunteers needed to help with the Seedling Sale for Urban Farming Institute.

487 Norfolk St., Mattapan on May 11  
38 Fabyan St., Dorchester and on May 4

Volunteers at the seedling sale will assist in packing orders, greeting & directing customers, and assisting car packing.

**Commitment: Flexible, two-hour shift from 10AM-3PM**

## Drop-In Biking with Youth Enrichment Services

### **Saturdays: April 4 - June 1 | 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 the River St Clean Up with YMWAP

**April 27, 2024 | 12:00 PM - 3:00 PM**

YMWAP commits to the River Street clean-up every year as a way to make a positive contribution to the neighborhood they call home. Join some LSC team members as we meet at YMWAP's office and proceed as a group down River Street. YMWAP will provide trash bags and gloves. Pizza will be served at their space when we're done!

**Great for individuals, families, and small Corporate Groups.**



## Serve and Grow with the Food Project

**April 27, 2024 | 12:00 PM - 3:00 PM**

Volunteers help with a variety of farm tasks including preparing garden beds, planting, weeding, harvesting, washing vegetables, and caring for the land. Volunteers should expect to work hard and get their hands and clothes dirty. Farms are in Boston, Lynn, Lincoln, and Wenham.

**Great for individuals or groups of up to 20 volunteers.**

## Volunteer at Project Place's Climb for a Cause Event

**Sunday, April 21 | 7:00AM - 9:00AM | 8AM - 9:30AM | 10 - 11:30AM | 12 - 1PM**

Climb for a Cause encourages Boston to stand in solidarity with people experiencing homelessness. We will climb 1,803 stairs—one for every adult currently experiencing homelessness in Boston. Each step we take will raise awareness for Project Place's mission to break the cycle of homelessness and poverty in our community.

## Volunteer to work registration before the event!

Set Up: 7-8:30AM (10-15 volunteers needed)

Registration: 8 - 9:30AM (20-30 volunteers needed)

Course Direction/Climb Support: 10 - 11:30AM (15-20 volunteers needed)

Clean Up: 12 - 1PM (8-12 volunteers needed)

**Great for individuals and groups.**







# Prep, Serve & Deliver Food!

## Healthy Waltham's Food Pantry

**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.**

**Sign up for April dates and express interest in May below.**

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

**April 25 Pantry**

**May 9 Pantry**

**May 23 Pantry**



## 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.**

## Pack Groceries with West End House

**Select Saturdays | 9 AM- 1PM or 12PM to 4:30PM**

Help West End House with their bi-weekly grocery distribution by packing bags of non-perishable food items and distributing groceries to families in our parking lot on select Saturdays. Volunteers will sign up for a 3.5 or 4 hour shift (either 9:30am to 1pm or 12:00pm to 4:30pm) on select Saturdays.



# 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.



## PROJECT ONRAMP: Volunteers Needed for Professional Development Summer Sessions

Project Onramp hosts summer professional development sessions for our intern cohort working in a variety of roles throughout the industry. These sessions are an opportunity for students to network with industry professionals, and learn from them.

