



LIFE SCIENCE CARES
boston

CARES



FALL GIVE BACK

Leaves are changing and so are our opportunities!
Featured in this flyer are the most urgent or
seasonal needs of our Nonprofit Partners.

**FOR A COMPLETE LIST OF
OPPORTUNITIES FOR
INDIVIDUALS & SMALL
GROUPS, VISIT
[LIFESCIENCECARES.ORG/
VOLUNTEER](http://LIFESCIENCECARES.ORG/VOLUNTEER) OR SCAN
THE CODE BELOW.**





SEPTEMBER IS HUNGER ACTION MONTH

Did you know?

Approximately, 17.9% of all households in MA reported food insecurity in February 2024.

Help these families by signing up for the opportunities below.



Serve Meals at Victory Programs' Boston Living Center

INDIVIDUALS

GROUPS

Weekdays | 10:00AM - 2:30PM | Boston

Help serve hot, nutritious meals to our members living with HIV/AIDS and other chronic illnesses who may also be experiencing substance-use disorder and housing or food insecurity. Over 80% of members rely on these meals as their primary food source.

Great for individuals or groups of up to 7 volunteers. Ages 17 & up.

Healthy Waltham's Food Pantry

INDIVIDUALS

GROUPS

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

Volunteer at the biweekly food pantry, rain or shine! Pack and distribute food to the community.

Great for individuals or groups of up to 20 volunteers. All ages welcome, but children under 18 must be accompanied by an adult.



Prep and Serve for Deli Day with Bridge over Troubled Waters

INDIVIDUALS

GROUPS

11:15AM - 12:45PM | Brighton

Prepare a buffet-style lunch for homeless, runaway, and at-risk youth living in Bridge Over Troubled Waters' Transitional Living Program (TLP).

Great for individuals or groups of up to 8 volunteers.





OUTDOOR VOLUNTEERING

Get outdoors before the first frost!

Jazz At The Farm with Urban Farming Institute **INDIVIDUALS**

September 21 | 3:00PM - 4:30PM | Mattapan

Volunteers are needed to help set up tables and chairs, volunteer and musician rooms, place trash receptacle on the grounds, prepare guest wrist bands, clear the music staging area, and post signage.

Great for individuals.

Be a Farmer for A Day with UFI **INDIVIDUALS** **GROUPS**

Daily | 9:00AM - 11:00AM | Mattapan

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

Great for individuals or groups of up to 10 volunteers.

Be a Volunteer Ski/Snowboard Instructor with Youth Enrichment Services **INDIVIDUALS**

Winter Season - Training in December; Program is January - March | South End and various Ski mountains in New England

Operation SnowSports volunteers inspire and challenge YES youth through skiing and snowboarding activities. Volunteers of all backgrounds and ability levels are welcome. Ski and snowboard volunteers go through a training process and co-instruct groups of youth alongside teen leaders from YES.

Great for individuals. Ages 18 & up



Clean up Julie's Family Learning Center's Outdoor Area **INDIVIDUALS** **GROUPS**

Flexible | September - October | 9:00AM - 12:00PM | South Boston

Julie's is looking for volunteers to assist with outdoor clean up projects, such as weeding. Projects would occur outside and require light to moderate physical activity.

Great for individuals or groups of up to 8 volunteers.

Coach Cross Country for Youth Enrichment Services **INDIVIDUALS**

Mondays through November 4 | 6:00PM - 7:30 PM | South End

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

Great for individuals. Ages 18 & up.

Serve and Grow with The Food Project **INDIVIDUALS** **GROUPS**

Tuesdays, Thursdays, Saturdays | 9:00 AM - 12:00 PM | Lincoln, Wenham, Lynn, Boston

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 up to 10-25 volunteers. Minimum donation of \$1,000 is required for corporate groups. Ages 14 & up.



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support career development

Teach a Workshop with Project Place **INDIVIDUALS**

Thursdays | 9:00AM - 10:00AM | Virtual

Offer a workshops to adults experiencing homelessness, poverty, or justice-system involvement.

- **Life Skills:** Past topics have included budgeting and building savings, healthy eating, voting rights and civic participation, art and self-expression, the history of Pride Month, and more.
- **Professional Skills:** Past topics have included best practices for interviewing, professional dress codes , salary negotiation, writing a great follow-up email after an interview, what to expect from the first day on the job, and more.

Teach a Workshop at the Suffolk County House of Correction

Flexible | Boston

Work with individuals being supported by Project Place directly at the Suffolk County House of Correction. Past topics have included budgeting and building savings, best practices for interviewing, healthy eating, what to expect from the first day on the job, art and self-expression, the history of Pride Month, and more.

Great for individuals. Volunteers must be able to gain clearance with the Suffolk County House of Corrections. Ages 18 & up



Mock Interview with JVS **INDIVIDUALS**

Dates vary | In-Person and Virtual options

Jewish Vocational Services (JVS) offers in-person and/or virtual mock interviews for clients in a range of departments. The goal is practice, confidence building, and constructive feedback. Please note that the interviewee will not have a resume and is not currently interviewing for jobs. Also, this may be the interviewee's first professional interview in the U.S.

Prior to the interview date, the Volunteer Engagement Office will send program information, volunteer expectations, venue information and the suggested interview questions & feedback form for review.

Great for individuals.

Mock Interview with ATA **INDIVIDUALS**

October 16 | 5:30PM - 7:00PM | Virtual

November 2 | 9:00AM - 12:00PM | Jamaica Plain

Help 8th graders at Alexander Twilight Academy achieve their dreams of transforming their lives through educational opportunity. ATA is seeking compassionate and experienced professionals to volunteer as mock interviewers. All materials and training will be provided on site.

Great for individuals. Background check required.

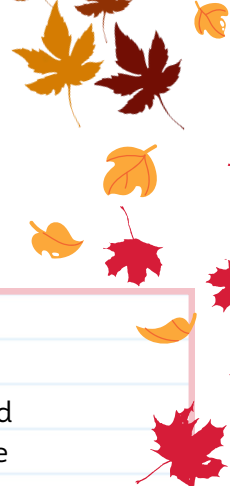


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enrich and support students



Mentor Middle Schoolers with ATA

INDIVIDUALS

Long-term commitment / In-person and virtual events

Alexander Twilight Academy champions a vision for mentorship that pairs students and mentors together in Mentor Pods as they navigate middle school and beyond. They are looking for long-term mentors to serve as advocates, supporters, and guides, aiding students in exploring career possibilities, developing new interests, and expanding their networks. Mentors will work with 3-4 fellow mentors in a Mentor Pod to support a group of 5-8 students in 6th and/or 7th grade, for the course of an academic year, with the option to continue beyond.

Great for individuals. Must exhibit a steadfast commitment to educational access, equity, and social justice.

Tutor Students at West End House

INDIVIDUALS

Monday - Friday | 3:00PM - 8:00PM | Allston

West End House needs volunteers for homework help, tutoring and encouraging their students to become self-directed learners. Volunteers are paired one-on-one or in small groups and support our Education Center and Success Lounge.

Great for individuals.

Support West End House Programs

INDIVIDUALS

GROUPS

September 24 | September 25th | October 16 | October 17 | 3:00PM - 6:00PM | Allston

Engage with West End House's Club members (ages 7-18) to make positive connections and assist staff throughout the afternoon! Offerings may include Academic Enrichment, Visual Arts, Dance & Movement, Sports and Fitness, Cooking and Nutrition or Social Recreation.

Great for individuals or groups of up to 12 volunteers.

Support the Early Education & Childcare Center at CROX

INDIVIDUALS

Flexible | Roxbury

Children's Services of Roxbury's Early Education & Childcare program provides 100% subsidized center-based and family-based childcare (in Greater Roxbury and Worcester) to children of low-wage workers, homeless families, DCF-involved families, and teen parents. Volunteer work includes reading books or another activity in the morning or afternoon.

Great for individuals. Background check required.



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