



LIFE SCIENCE CARES  
boston

2025



# WARM-HEARTED WINTER

*Happy New Year, Network of Good! Start off 2025 by giving back.*

## 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.

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

**Young Man with a Plan** delivers holistic mentoring and success planning to more than 200 young men ages 14-24 in Boston to help them make academic and SEL gains and access sustainable futures. These hygiene kits will provide their young men with the culturally appropriate products they need to succeed.

## MIDTERM CARE PACKAGES FOR MIDDLE SCHOOLERS (\$20-30/KIT)

**Alexander Twilight Academy** high school students are engaged in rigorous academics at top day, boarding, and exam schools. Care packages can provide a mood boost and let them know there's a community of people supporting them during stressful exam times.

## MIDTERM REFRESH 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 to give students a mid-year refresh on their school supplies, and warm winter gear to make sure they're staying warm on their way to classes this semester!

## WELCOME HOME BASKETS FOR FAMILIES GRADUATING INTO 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 can enter their new spaces with dignity.

## WARM WINTER KITS FOR OUR NEIGHBORS IN WALTHAM (\$25-30/ KIT)

**Healthy Waltham** works to alleviate health disparities that exist in the City of Waltham and to improve the health outcomes of the city's most vulnerable residents. Help our neighbors experiencing homelessness stay warm with necessary warm winter gear.

## SPRING KITS FOR JOB SEEKERS (\$30-45/KIT)

**JVS Boston** is one of the largest and most impactful workforce development organizations in New England. These spring kits will consist of food, clothing, and/or hygiene products, and will be distributed to clients throughout the agency.

# HANDS-ON VOLUNTEERING

## Prep, Serve, & Sort Food!

### Prep and Serve for Deli Day with Bridge Over Troubled Waters

**Ongoing | 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.

*Great for individuals or groups of up to 8 volunteers.*



### Serve Meals at Victory Programs' Boston Living Center

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

Serve hot, nutritious meals to 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

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

Volunteer at the bi-weekly 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; children under 18 must be accompanied by an adult.*



### Be a Farmer for a Day with UFI

**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.*

### Chill and Grill with Bridge Over Troubled Waters

**Ongoing | 4:00PM-6:00PM | Brighton**

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

*Great for individuals or groups of up to 7 volunteers. \$500 per shift.*



### Pack Food For Families at West End House

**January 30 | 11AM-2PM | Allston**

Help West End House pack nutritious frozen food items in preparation for their upcoming Saturday distribution to over 200 West End House families!

Tasks will include sorting and packing food items into bags and/or boxes, preparing completed packages for storage in the freezer, and clean up to get the space ready for members' arrival.

*Good for groups of 6-15 volunteers. \$60 per corporate volunteer.*





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# Help Set Up for Success and Safety

## Set Up a Safe Place for Homeless Youth to Sleep at Night

**Ongoing | 5PM-5:45PM | Boston**



Volunteers will set up the Welcome Center for Bridge Over Troubled Waters by wiping down all surfaces and desk stations, moving furniture, sweeping floors, setting up cots, taking trash bags to the lobby, and helping with meal preparation, if needed.

A gift card will be left on each cot.

*Great for groups of 3-5 volunteers per night. Volunteers must be 21+.*

*\$180 per shift.*

## Sort Toddler and Baby Items with Room to Grow

**Date and time flexible | Hyde Park**



During two-hour volunteer sessions, volunteers sort and quality check baby and toddler items in Hyde Park. The exact project that volunteers work on is dependent on what recent donations they have received, but examples include sorting toys by age and sorting clothing by size and season.

*Great for groups of up to 10 volunteers per shift.*



## After-School Program Support with Casa Myrna

**Ongoing | 4:00PM-6:00PM | Boston**

Volunteers are needed to come into the shelters to play with the kids and help with homework.

*Great for individuals.*

## Engage with Active Older Adults at East Boston Social Centers

**Bingo Mondays | 10:00 AM-12:30PM | East Boston**

**Knitting Wednesdays | 9:30AM-12:30PM | East Boston**

**Qui Gong & Cornhole Thursdays | 9:30AM-12:30PM | East Boston**

Join the group of 12-15 active older adults for their community morning activity! Bring prizes for bingo, your own knitting, or your cornhole skills to spend time socializing with older adults.

*Great for individuals or groups of up to 15 volunteers. Ages 17 & up.*





# LSC Community Coat Drive

*Give back in this quick and easy way—right in your office!  
Let's come together to keep our neighbors warm this season.*

**Jan 13–Feb 10**

1. **Click here** to indicate your interest in participating
2. **Find a box** for your office collection
3. **Print out** a flyer to get your employees excited and tape it to your box
4. **Place the box** in a high foot-traffic area, like a main lobby!
5. **Assign** a trusted team member for **quality assurance**
6. **Reach out** to Blake at [blake@lifesciencecares.org](mailto:blake@lifesciencecares.org) before 1/31 to coordinate pick up/drop-off
7. **Celebrate** with your team on Valentine's Day ❤️

Pick-up or drop-off will be during the week of 2/10

## List of Requested items\*:



### Adult Coats

**HIGH NEED: Women's XL and larger**

### Children's Coats

**HIGH NEED: Babies & Toddlers (0-2)**



For our Nonprofit Partners:



**\*New or gently used. No rips, stains, or broken zippers.**



# Network of Good Community Coat Drive

*Let's come together to keep our neighbors warm this season!*



Jan 13–Feb 10



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