



Spring INTO ACTION

It's the season of growth. Cultivate your team by giving back!

PLAN A DRIVE TO SUPPORT OUR NEIGHBORS

Drives are a low-lift way to keep your team engaged!

Collect essentials in the office, virtually, or both.

REACH OUT TO BLAKE@LIFESCIENCECARES.ORG TO GET INVOLVED.

NEW

CELEBRATE ADULT LEARNERS FORGING NEW CAREERS (\$20-\$150)

From **Building Pathways** providing access to the building trades to **Justice 4 Housing** organizing Commercial Driver's License trainings to **NECAT** certifying graduates to work in the culinary world, a variety of trainings and graduations will happen this spring! Your team can pack graduation kits to celebrate these adults who've taken the brave step to better their lives with a new career.

"NAVSACKS" FOR RETURNING CITIZENS (\$50-\$70)

NEW

Our neighbors reintegrating post-incarceration face many barriers. **Project Place** knows that a backpack equipped with hygiene, dignity, and other essential items can help their clients, many of whom are unhoused, as they navigate the search for employment and stability.

NEW

PACK-A-SOUP (\$20-40)

Support food-insecure families by having your team portion and assemble ingredients, and a recipe, for a soup dinner! **Healthy Waltham** will distribute the ready-to-prepare soup kits at their food pantry that serves 500+ families every other week.

SELF-CARE KITS FOR MOMS IN NEED (\$15-\$30)

Support moms at **Horizons for Homeless Children**, **St. Mary's Center for Women and Children**, or **Casa Myrna** by providing a well-deserved and much-needed self-care kit, so they destress and find rejuvenation.

Reminder!

All members of our Network of Good can visit lifesiencecares.org/volunteer to find more ways to give back!



GIFT THE GIFT OF CONFIDENCE WITH HYGIENE SUPPLIES (\$20-\$80/KIT)

Various LSC Nonprofit Partners serving high school students to folks moving into shelter need hygiene kits to provide dignity, confidence, and a healthy lifestyle. Kits contain toiletries such as shampoo, conditioner, soap, deodorant, and more.

MILESTONE MOMENT KITS FOR FOLKS IN TRANSITION (\$20-60/KIT)

Put together fun, impactful care packages to help families celebrate these big moments! 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 higher education, getting a new job, gaining citizenship, celebrating a child's birthday, and more!



POWERFUL PLAYTIME KITS FOR PRESCHOOLERS IN SHELTER (\$20-30/KIT)

Horizons for Homeless Children knows 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. With these kits, each child living in shelter can have their own toys, books, and more!

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

STEAM Ahead provides students with access to S.T.E.A.M in a fun and interactive way. The portable kit activities can be completed in the classroom via group builds or at home. The kits accompany STEAM Ahead's custom curriculum, incorporate design challenges, and introduce students to key vocab and concepts.

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.

WELCOME HOME BASKETS FOR FAMILIES (\$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 (and fun!) items so they can turn their new spaces into homes!



REACH OUT TO BLAKE AT BLAKE@LIFESCIENCECARES.ORG TO LEARN MORE!



LIFE SCIENCE CARES
boston



Grow, Distribute, or Serve Food as a Team!

Reach out to blake@lifesciencecares.org to get involved.

outdoors!

Get Your Hands Dirty as a Farmer at the Urban Farming Institute

Tuesday - Thursday | Flexible Morning Shifts

Volunteers assist farmers with tasks including mulching, weeding, planting, digging beds, harvesting, and more! You'll help with whatever the farmers need while being inspired to respect and protect the places and people that grow food.

Great for groups of up to 10.



Serve Meals at Victory Programs' Boston Living Center

Weekdays | 10:00AM-2:30PM

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 6 volunteers. Ages 17 & up. Corporate groups are asked to make a minimum \$500 donation OR cover the cost of the meal. Individual volunteers who can attend on a weekly or biweekly basis are particularly needed.



Pack Food For 200 Families with West End House

Thursday | time varies

Help pack bags and boxes of nutritious frozen food items in preparation for their bi-weekly food distribution to over 200 families in the community.

Great for groups of up to 15. Ages 18 & up.



Help Feed 500 Families at Healthy Waltham's Food Pantry

April 10 & 24, May 8 & 22

Flexible, 2-hour AM & PM shifts

Support this massive operation by packing and distributing food—rain or shine!

Great for individuals or groups of up to 15.

All ages welcome, but children under 18 must be accompanied by an adult.

outdoors!





Grow your team spirit with corporate group opportunities!

 **outdoors!**

Join Young Man With A Plan's 4th Annual River St. Clean Up & Pizza Party!

Saturday

May 17 | 12PM - 3PM

Join YMWAP as they contribute to the neighborhood they call home. Join some of the LSC team as we walk and pick up trash to beautify the neighborhood. A pizza party in their space will give your team time to interact with some of their young men and the YMWAP staff! **Great for individuals, families, and small corporate groups.**

Prevent Loneliness in Older Adults with Exercise or Gardening at East Boston Social Centers

Weekdays | Morning, timing flexible

Join the Active Adults group for community members ages 55+! Each day there is a different activity from BINGO and Qigong to working in the community garden. Socialization, companionship, and conversation are particularly important for older adults as it helps fend off loneliness and build connection. **Great for groups of up to 8.**

Support Unhoused Youth By Packing Backpacks

Weekdays | Timing flexible

Help School on Wheels Massachusetts keep the assembly line moving with inventorying, moving boxes, and restocking supplies. You'll also build customized grade-level backpacks for kids in pre-K through college. **Great for groups of up to 12.**



Build Harm-Reduction Kits with Victory Programs

Wednesdays (10AM-12PM) | Thursdays (1-3PM) | By Appt.

These kits save lives. Sponsor and assemble harm-reduction kits for Victory Programs while learning about the importance of harm-reduction strategies. Victory Programs' Mobile Prevention Team provides street-based interventions to prevent overdoses, mitigate infectious disease, and keep folks healthy. **Great for individuals and groups up to 8 people on Wed/Th. Up to 20 volunteers with a corporate group by appt. Ages 18 & up. \$500 minimum donation for a group.**

 **outdoors!**

Volunteer at Project Place's Climb for a Cause

Saturday

May 26 | 7AM-12PM (pick a 2-hour shift)

Volunteer to assist with event set-up, registration, course direction, or clean-up. Participants climb 2,036 stairs—one for every adult currently experiencing homelessness in Boston—while raising awareness for Project Place's mission to break the cycle of homelessness and poverty in our community.

Great for individuals and groups.

SIGN UP

LSC'S 2025 BACKPACK DRIVE STARTS IN THE SPRING!

SIGN UP YOUR TEAM TO PACK BACKPACKS BETWEEN NOW & BACK-TO-SCHOOL.

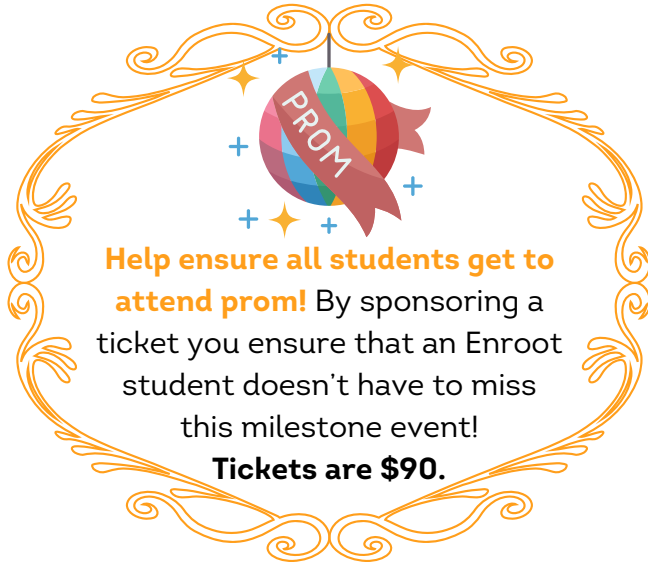
LAST YEAR, OUR NETWORK OF GOOD DONATED 2,900 PACKS.

THIS YEAR, WE'RE AIMING FOR 3,500!

Reach out to blake@lifesciencecares.org to sign up TODAY!



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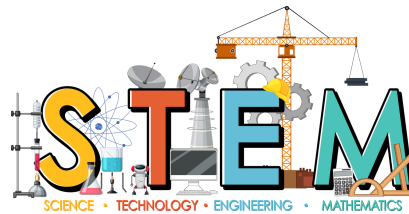


Help ensure all students get to attend prom! By sponsoring a ticket you ensure that an Enroot student doesn't have to miss this milestone event!
Tickets are \$90.



Host a Mother's Day celebration at Casa Myra for survivors of domestic violence. Put together **gift baskets** for moms living in shelter. Then, gift the baskets and chat with the moms during a party at the shelter.

SUPPORT



LEARNING!



A PROGRAM OF LIFE SCIENCE CARES

Volunteers Needed for Professional Development Summer Sessions

May 28, June 11 & 25, July 9 & 23, Aug 6 | Lunchtime event

Join a Project Onramp professional development session to share about our industry, career and skills development, and more! **Great for individuals or small corporate groups.**

Support a High School Career Fair With Enroot

April 3 | 6-7:30PM

Volunteers will showcase their organization and/or career path with the next generation of brilliant life science professionals. Students will learn about a range of professions, many they may not have thought of before!
Great for small corporate groups and individuals.

Career Conversations with Kids in Tech

Monday-Thursday | 45 minutes to an hour-long presentation between 2 & 6PM

Inspire middle school tech club students by telling them about your career path in STEM. Conversations can be virtual or in person.



PRO TIP: PRINT THE BOOK DRIVE FLYER ON THE NEXT PAGE & DISPLAY IT IN COMMON SPACES TO ENCOURAGE PARTICIPATION.

EMPLOYEES CAN EVEN PRINT & SHARE IT WITHIN THEIR PERSONAL NETWORKS!





CHILDREN'S BOOK DRIVE

Join us in making a difference in the lives of local students!

LSC Boston is hosting a community-wide book drive to support children who need access to culturally appropriate books. Our partners work with children from diverse backgrounds, including Spanish and Haitian Creole speakers.

Let's come together to ensure every child has the books they need to thrive!

WHY IT MATTERS:

Access to books that reflect a child's culture and language is crucial for fostering a love of reading and supporting literacy development. Your contributions will help build a library of books that resonate with and inspire our students.

HOW TO GET INVOLVED:

Scan the QR code below and buy a book (or two!) to be donated directly to our nonprofit partners serving students who need it most!



For more information, please contact Blake at blake@lifesciencecares.org