












**How can I help
OUT MetroWest and
LGBTQ+ youth?**

Thank you for your interest in supporting OUT MetroWest!

There are many ways you can help us build communities where LGBTQ+ youth thrive!

-  **Volunteer with us.** We have both one-time and on-going opportunities for volunteers! Whether it's joining an event committee, welcoming youth to programs as a Volunteer Greeter, or helping with projects in the office, we rely on volunteers year-round! Sign-up to volunteer at tinyurl.com/helpoutmetrowest
-  **Like, Share, and Follow us on social media.** The more people who engage with our content, the more LGBTQ+ youth will see our programs! We are on Facebook, Instagram, and Twitter [@outmetrowest](https://twitter.com/outmetrowest)
-  **Refer youth to our programs.** New LGBTQ+ youth are always welcome at our programs, and our staff (both adults and peer leaders) will ensure new youth have a seamless experience! Learn more at outmetrowest.org/youth-programs/
-  **Donate through your paycheck.** Many employers have an option to donate a portion of your paycheck on a recurring basis to a nonprofit like OUT MetroWest—and may even match your gift! Ask your payroll administrator if this is an option for you. We would be grateful for your donation of any amount!
-  **Display OUT MetroWest swag.** OUT MetroWest offers some free swag and sells stickers, shirts, hats and other items so supporters can display our logo with Pride—and help spread the word about us! Email info@outmetrowest.org for info.
-  **Be an OUT MetroWest Birthday Booster.** By hosting a birthday fundraiser for OUT MetroWest on social media, you not only raise necessary financial support for our programs, but also introduce your network to OUT MetroWest!
-  **Hire us for a community LGBTQ+ education session.** Our presentations, which can be virtual or in-person, help organizations and communities be more welcoming and inclusive of LGBTQ+ folks. Email programs@outmetrowest.org or learn more at outmetrowest.org/community-education/
-  **Sponsor a “Dinner Night” at one of our programs.** A business, family, or community group can choose a night to provide dinner to our program participants as a special treat! Email programs@outmetrowest.org to coordinate.
-  **Host a food or toiletries drive in your community.** We provide snacks at every program and make both meal options and a wide range of personal care products available for youth to take what they need. We are grateful for donations of these items! Email programs@outmetrowest.org to coordinate.

Have other ideas about ways to work with us?! Email info@outmetrowest.org!