



**Take action NOW
for LGBTQ+ youth!**

 **Volunteer for LGBTQ+ youth.**

- Whether it's joining an event committee, welcoming youth to programs as a Greeter, or helping with projects in the office, we rely on both one-time and long-term volunteers year-round. Sign-up to volunteer at tinyurl.com/helpoutmetrowest.

 **Book us for an LGBTQ+ Education Session.**

- Our customizable presentations help organizations and communities be more welcoming and inclusive of LGBTQ+ folks. Email programs@outmetrowest.org to set up a FREE consultation, or learn more on our [website](#).

 **Interact with youth as a "Hot Seats & Hot Eats" program sponsor!**

- Your business or organization sponsors one night of an OUT MetroWest program with a minimum sponsorship of \$1,000, and provides dinner for ~15 LGBTQ+ youth. Up to 5 members of your team can join us for a "Hot Eats" community meal. Email info@outmetrowest.org to learn more.

 **Get your company involved.**

- There are many ways for corporate partners and Pride ERGS to get involved in supporting OUT MetroWest, including sponsoring a program or event! Check out our corporate partnership menu [here](#).

 **Sustain our critical work.**

- We are 100% community funded, and rely on donations from supporters like you to offer FREE programs for LGBTQ+ youth pre-k through age 29 in MetroWest. [Become a \(monthly\) donor to support our work year round!](#)
- [Donate through your paycheck.](#) Ask your employer about donating a portion of your paycheck (on a recurring basis) to OUT MetroWest—they may even match your gifts!
- [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!

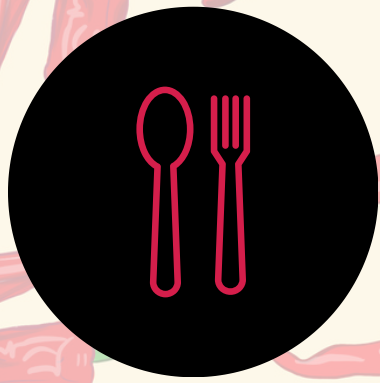
 **Like, Share, and Follow us on social media.**

- Engaging with us on social media helps us spread the word about our FREE LGBTQ+ youth programs! Facebook, Instagram, and LinkedIn [@outmetrowest](#)

 **Refer youth to our programs.**

- New LGBTQ+ youth are always welcome at our programs, and our staff (both Adult Advisors and Peer Leaders) will ensure new youth have a seamless experience! Learn more at outmetrowest.org/youth-programs/.

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



Hot Seat & Hot Eats

1

Your business or organization sponsors a night of OUT MetroWest programming for a minimum donation of \$1,000 and provides dinner for ~15 LGBTQ+ youth.

2

Up to 5 members of your team can join us for a "Hot Eats" community meal during a Monday or Tuesday night program.

3

We invite youth to ask you questions during dinner about your work, coming out, hobbies, etc., also called "Hot Seat"! This is a great opportunity for LGBTQ+ youth to meet LGBTQ+ adults from the community.

@outmetrowest



160 Hollis Street | Framingham, MA
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OUT
METROWEST