

C.H.E.E.R.S.

COMMUNITY, HEALTH, EQUITY
EMPOWERMENT, RESOURCES AND SERVICE



Program Offerings

Feeding Hope, Building Leaders



Food Insecurity Sports Clinics

Partnering with local high school & college sports teams to offer free training for youth. Instead of payment, youth bring **food donations**; supporting **community fridges**, and food pantries while learning about **food insecurity**, accessing food resources, and mutual aid.



Community Service, Advocacy & Equity

Volunteer-driven projects that uplift **unsheltered and underserved families** through collaboration, compassion, and community action.

We **make 100 meals** monthly for families in need, feeding **over 1200 community members annually**, collect food donations for **food banks**, and host **clothing drives**, and park or **neighborhood clean ups**.



Cultural Cooking Program

Youth learn culinary skills and cultural traditions while preparing meals for families in need, promoting **heritage, unity, and wellness** through **food, storytelling, and community service**.



Health & Wellness & Future Readiness

Building strong minds, bodies, and futures through **mental health support, fitness, financial literacy, and career exploration**, empowering youth to thrive personally and professionally.



Girls Mentorship

Promoting **mental health, self-defense, and female equity**, this program engages girls in **social-emotional learning, R.A.D. self defense training, and menstrual equity projects**; addressing **period poverty** and empowering youth to lead with strength and confidence.



Teen Trauma Tuesdays & Wellness Wednesdays

Two **youth-led** virtual mental health programs in partnership with **Worcester ACTs** (Addresses Childhood Trauma) offering **trauma-informed support** and **mindfulness practices** that help teens **heal, grow, and build resilience**.

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Spread C.H.E.E.R.S.

Your Donations Make a Difference!



Donate Food & Grocery Support

Contribute to our **food insecurity and cultural cooking programs** by providing **healthy ingredients or grocery gift cards**. Your support helps **youth prepare meals, feed families in need, and learn essential cooking and nutrition skills**.



Coaches, Teams, Mentors & Cooking Instructors

Share your High School or College sports team and skills to lead a **sports clinic, mentor youth, or teach a youth cooking class** to inspire the next generation.



Host a Program:

Donate your **gym, classroom, or kitchen space** to host youth led **sports clinics, mentorship sessions, or cooking workshops**.



Donate Menstrual Hygiene Products

Help us **combat period poverty** by donating **pads, tampons, wipes, and self-care items**. Your contributions support **youth-led menstrual hygiene kit projects**, empowering girls to **advocate for equity and dignity** while providing essential supplies to **girls in need**.



Sponsor as a Small Business

Partner with us to **invest in local youth empowerment**. Your sponsorship helps fund **program materials, events, and leadership opportunities**, while showcasing your business as a **community champion for change**.



Invest in Our Youth

Your **tax-deductible gift** fuels programs that **educate, empower, and uplift youth through service, wellness, and leadership**. At 508 C.H.E.E.R.S., we believe **"If we all do a little, the results will be a lot"** and that **"When we GIVE, We GROW!"**

Tax Deductible