



THE HAND THAT FEEDS

by *Towards Justice*

www.towardsjustice.org

- 1 Serve as a bilingual legal intake volunteer:** Protect low-wage, immigrant workers from employment law abuses. We will train you to interact directly with initial clients, developing detailed factual records, updating cases, and supporting Towards Justice attorneys to analyze legal claims..
- 2 Become a Towards Justice Pro Bono attorney!** Volunteer your time and expertise as an attorney to help litigate wage justice cases..
- 3 Champion the Mi Casa Resource Center.** Advance the economic success of Latino families in our community!
- 4 Support our Know-Your-Rights Educational Campaign:** We educate workers and community leaders about employment rights, wage theft, and how to seek redress.
- 5 Restore the dignity of work by joining our Just Wages Fund!** Visit our Colorado Gives fundraising page at <https://www.coloradogives.org/towardsjustice>. Last year we conducted over 270 legal intake interviews, directly represented more than 140 workers in wage theft cases, and recovered over \$120,000 for exploited workers. Your donation will help more workers and stabilize more families.



HIP HOP-ERATION

by Society for Creative Aging

www.s4creativeaging.org

- 1** **Come to “VIVA* Presents” monthly meetings!**
and Take Control of Your Future.
- 2** **Become a part of our upcoming productions!**
Join us as an actor, stage manager, costume designer, sound and lighting crew, program designer, publicist.
- 3** **Assist in developing a senior dance program**
Who knows? Maybe we will be the next troupe at the international hip-hop championships!.
- 4** **Become a Society for Creative Aging/VIVA ambassador** Help us to spread the word of our productions!
- 5** **Champion the work of Society for Creative Aging!** Assist us with our fundraising efforts and/or grant writing for our activities.



JEFF LOWE'S METANOIA

Jeff Lowe Mountain Foundation

www.jeffloweclimber.com/Supporters

- 1 Promote the joys of climbing, secure access and protect the mountain environments!** Donate to the Jeff Lowe Mountain Foundation or organize a screening of Jeff Lowe's Metanoia as a fundraiser!
- 2 Give back.** Use your time, talent, and energy to volunteer for Paradox Sports, the Jeff Lowe Mountain Foundation, or Hospice. Teach a young person about what it means to do the best you can, with what you've got from where you are right now.
- 3 Provide four hours of respite for a caregiver.** Seek out a neighbor, friend, or family member who is caring for someone young, old, ill, or infirm. Give them the gift of your skill and time.
- 4 Join a local organization that promotes outdoor activities!** Try the American Alpine Club, the Access Fund, the Boulder Climbing Community or volunteer at the Ouray Ice Festival.
- 5 Take someone on a hike, a drive, skiing, a picnic, rock or ice climbing.** Think especially of someone who wouldn't be able to do one of these activities if you didn't make it happen.

OF MEN AND WAR

by *No Barriers*

www.nobarrierswarriors.org

- 1 Apply Now!** If you are a disabled veteran, apply for one of our transformative expeditions at www.nobarrierswarriors.org/programs. We have many great expeditions planned for 2015.
- 2 Nominate a Vet!** Do you know a veteran who is struggling or could benefit from what we do? Connect them with our work through our nomination portal at <http://www.nobarrierswarriors.org/nominate>. We'll gently connect with them to see if a program might be a good fit
- 3 Get Involved!** No Barriers is a community of people who want to make a difference in their own lives and in their communities. Join us — you can volunteer your time, make a donation, or simply spread the word. Check it out at <http://www.nobarriersusa.org/get-involved>
- 4 Take the No Barriers Pledge!** Make a personal commitment to live the No Barriers Life! Set a pledge goal to overcome an obstacle in your life. With your pledge, you'll join a community who support and inspire each other. <http://www.nobarriersusa.org/take-the-pledge>
- 5 Follow us!** Get some daily inspiration and stay up-to-date with our programs by following us on Twitter [Twitter.com/nb_warriors](https://twitter.com/nb_warriors) or becoming a fan on Facebook. <https://www.facebook.com/nobarrierswarriors>.





A PLACE TO STAND

by *Art from Ashes*

www.artfromashes.org

- 1 Learn more about us!**
Go to www.artfromashes.org and sign up for our quarterly newsletter; follow us on Twitter @artfromashes; Like us on Facebook/Art.from.Ashes; tell your friends about AfA; and share the youth poems that AfA shares with you!
- 2 Volunteer at Art from Ashes!** Get to a computer, smartphone or tablet and go to our website; click on Support AfA, drag down to Volunteer, and fill out the General Information form.
- 3 Ask AfA about becoming a Guest Poet or Workshop Facilitator!** Great for artists & creatives looking for workshop experience. Must be reliable, passionate, and dedicated!
- 4 Take our Phoenix Rising Adult Workshops!** Six 90-minute sessions of poetry, art, and self-exploration in a small-group setting, facilitated by AfA's founder & Executive Director Catherine O'Neill Thorn. All proceeds support the youth workshops. If you're 24 or younger, come to AfA's Drop-In Youth Workshop at our office every Tuesday from 4.30–6.30pm. It's free! And awesome!
- 5 Donate!** No donation is too small. Donate \$1000 a year to become a Dylan Thomas Society member. Donate \$2500 a year and provide an entire 8-workshop introductory series for up to 20 young people in our community. And seriously, no donation is too small. Support your community by supporting the creative genius of our youth.



IMBER'S LEFT HAND

by The ALS Association Rocky Mountain Chapter

webco.alsa.org

- 1 Volunteer** for The ALS Association in the office, at a special event or by delivering equipment.
- 2 Donate** to support the free programs and services for people across in Colorado and Wyoming with ALS as well as research to find a cure!
- 3 Become an Advocate for ALS.** Your voice counts! Help change the laws and policies that affect thousands of persons with ALS and their families.
- 4 Join the ALS Challenge!** Participate in a 2015 fundraising initiative and raise funds to help find a cure for Lou Gehrig's Disease: Join us for the Sunset Soiree on April 24, the Ice Bucket Challenge throughout August, and the Walk to Defeat ALS® in Denver on September 13 and in Fort Collins on September 20!
- 5 Learn about our research.** Find out how our global research effort has helped increase the number of scientists working on ALS, advanced new discoveries and treatments and has shed light on the complex genetic and environmental factors involved in ALS.



SLINGSHOT

by *Second Mile Water*

www.secondmilewater.org

- 1 Become part of our Mob!** We are a ragtag group of passionate people who want to change the world, check us out at mob.secondmilewater.org!
- 2 Join Colorado54!** We'll team up to attempt to summit all 54 of Colorado's Fourteeners in one day - with the goal of raising money to help end water poverty for over 1,000 families in Nicaragua. Learn more at co54.secondmilewater.org.
- 3 Invest in the future with us!** Your donation goes directly ending water poverty in the Jalapa Valley of Nicaragua.
- 4 Volunteer with us.** Join us to support with events, media, outreach, and more. Go here: secondmilewater.org/join-the-volunteer-engine.
- 5 Inform yourself!** Why water? Check out "10 things you need to know about the world water crisis" on the Slingshot film website, slingshotdoc.com/water-crisis.



RACING EXTINCTION

By Oceanic Preservation Society

www.opsociety.org

- 1** Join the millions who have seen The Cove and want to act. You needn't fly to Taiji to make your voice heard. Contact authorities - keep it simple and keep it kind. Go to our website for a sample letter and addresses.
- 2** Feel like doing more? Good, there's lots to do. Volunteer for an organization focused on oceans, animals, and the world. Some of our favorites are Blue Movement Discovery, World Wildlife Fund, and the Sierra Club...our website has links and info!
- 3** Every action you do affects the world around you. What you buy. What you eat. How you live is an extension of your values. Eat local, use the power of the purse to choose companies to buy from, and live simply. Ideas on our site!
- 4** Learn it, share it, make change happen. Check out the Eyes of the Reef, Blue Ocean Society, Do Something... get involved.
- 5** Support us with a donation. OPS is involved in many projects. As a small non-profit organization, we appreciate donations of all sizes.