

Your 2018 do-good planner

This is the year you keep your resolution to give more. The key is to find causes you love, then plot out your support! **BY JESSICA PRESS**

ANOTHER REASON the holidays are the season of joy: It's the time when people give back most, and you get the same hit of pleasure from charitable acts as you do from eating chocolate. But help is needed (and you deserve that satisfaction) all year. If you worry about not having more money or time, there's a solution. Figure out how much your budget and schedule will allow, then make a plan to dole out the giving over the next 12 months. Consider the worthy nonprofits here, or let their efforts inspire your own.

[WINTER]

GIVE PEACE OF MIND



AFRICAN-AMERICAN TEEN girls are more likely to have suicidal thoughts than their peers, but half as likely to get treatment. "I attempted suicide twice in college," says

Lauren Carsen, who has clinical depression. "I realized that, as with any illness, you can't get well if you hide it." In 2012, she founded Black Girls Smile to fight the taboo of talking about mental health in the African-

American community. "We discuss everything from signs of mental distress to how getting less light in winter can impact your hormones."

Help Lauren keep the conversations going at blackgirlssmile.org.

KEEP A HOME WARM In Oregon, Community Action Organization's weatherization program cuts low-income families' energy bills and makes their homes safer. Support them (caowash.org) or find a similar initiative in your area by Googling "nonprofit home heating" and your zip code.

HAVE A SOCK DRIVE They're nearly as vital as coats to homeless people this time of year. The Joy of Sox aims to get six pairs to every homeless person in the U.S. Find out how to get your kids' schools involved at thejoyofsox.org.



Angela, left, enlists professional designers and architecture students to guide the kids.

[SPRING]

GET EVERY KID OUTSIDE

FOR CHILDREN in low-income communities, there are often few safe places to have fun outside. Enter PlayBuild, a five-year-old nonprofit that turned a vacant lot in New Orleans into an innovative space where kids learn about architecture, engineering, and city planning. "We created a living outdoor lab so kids could think up creative ways to transform their environment," says cofounder Angela Kyle. "They start to see a future for themselves, too, that maybe they didn't before. In 15 years, these kids could be studying architecture at Yale or urban planning at MIT." Learn how you can lend a hand at playbuild.org.

FEED A KID OVER BREAK

Snack Pak 4 Kids fills backpacks with food so that more than 7,000 Texas students in need are nourished over weekends and breaks. Get info on starting a version in your city, or assist the group, at sp4k.org.

PUT GIRLS ON THE FIELD

It's baseball season, and "many girls will be told they can't play, just because they're girls," says Justine Siegal, the first woman to coach for an MLB team and founder of Baseball for All. BFA helps girls fight discrimination and become leaders in the sport. Get tips on ensuring that your town's leagues are fair and info on starting a girls' team at baseballforall.com.

[SUMMER]

SPREAD THIS IMPORTANT NEWS



MARIANNE BANISTER

wants every parent to know that kids get melanoma too. Her daughter, Claire Marie Wagonhurst, was a rising high school freshman when she was diagnosed—and 17 when she died. In 2011, Marianne brought

Claire in for a checkup after noticing that a mole on her ankle had changed. When she objected to the delay in having a surgeon remove it, Marianne says doctors



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“My hope is that all parents schedule annual dermatologic screenings for their kids starting at age 2,” says Marianne.

brushed her off. “Kids don’t get melanoma,” she recalls them saying. In fact, the rate of diagnosed pediatric cases has risen about 2% every year. So the Claire Marie Foundation hosts skin screenings at high schools and partners with the medical community to train pediatricians to recognize melanoma in kids and teens. For more info on childhood melanoma, go to clairemariefoundation.org.

SHARE THE BOUNTY Many gardeners grow a lot more than they can use, and food pantries are desperate for fresh produce to give to hungry families. Ample Harvest connects them nationwide. Find a drop-off for your bumper crop at ampleharvest.org.

TEACH A KID TO SWIM In 2007, Tankeeya Butts formed The Josh Project, in honor of her son who drowned, to offer affordable swim lessons and water-safety awareness for kids and their parents. Learn more about pool safety and donate to support lessons at joshproject.org.



[FALL]

SEND A TREAT

A HALLOWEEN COSTUME

may seem frivolous, but for some children it’s a symbol of hope, says Kelsey Meeks, founder of ‘Ween Dream. The nonprofit provides them to kids in need all over the U.S. “And ‘in need’ for us means a wide variety of things: kids with special needs, kids with serious medical issues, kids in shelters, kids who’ve experienced a recent trauma,” she explains. They’re able to forget any difficulty they’re experiencing for a day, says Kelsey. “One mom wrote that her daughter who’d just had facial surgery was so excited to put on her Tinkerbell costume and trick-or-treat, as if there was nothing wrong,” she says. Sponsor a dream getup or donate like-new ones at weendream.org.

BUILD UP A BOOKSHELF

“The presence of books in the home is an indicator of future academic success,” says Jamie



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In 2017, Kelsey, above right, and her all-volunteer organization distributed over 7,000 costumes.

Grissom, executive director of Books Between Kids, which passes along gently used ones to Dallas students who may not have any in their homes. Get details on donating your child’s old books at booksbetweenkids.org.

GIVE BREAST CANCER PATIENTS TIME TO HEAL

Cleaning for a Reason handles women’s chores so they can focus on their health. Founded in 2006 by Debbie Sardone, it recruits maid services to give free housecleaning to women with any type of cancer. Aid its efforts at cleaningforareason.org.