

## **KEEP PACE MONTHLY GIVE BACK TO THE COMMUNITIES DONATIONS & VOLUNTEER GUIDES**

1. The cause is Autism Speaks and Autism Awareness donate to these cities in which I connected with the Autism Speaks Community as a Brand Ambassador and Team Captain. [Kalamazoo MI, Tampa FL, Chicago IL, Detroit MI](#)

2. The cause is [The Salvation Army Harbor Light Center Indianapolis](#) this facility provides medically supervised detoxification, addiction treatment and rehabilitation.

3. The Cause is [The Salvation Army of Kalamazoo Michigan](#) "Doing the Most Good"

4. The cause is [The Salvation Army Family Store & Donation Center](#) located in Chicago

5. The cause is ([Greater Chicago Food Depository](#)) not having food will have effects on your mental health, this creates issues in focusing on having a healthy life and well begin. Joe Fresh Goods is a creator from Chicago Illinois.

He created the idea for a t-shirt design called "FEED THE STREETS" Connected with the [Greater Chicago Food Depository](#) during the pandemic to give All proceeds to the community.

6. The Cause is [HUDA\(Free Medical & Dental\)](#) in Detroit connected to my friend Ira Memaj list of causes she was committed in raising money for in the community!

7. The cause [Shelters of Love in Detroit](#)

Dirt Label Owner Chris Morris created a t-shirt idea called "The Black Community is Wherever i am" " Connected with [Shelters of Love in Detroit](#) during the pandemic to give All proceeds to the community.

8. The cause is [Campaign Zero](#) a new platform on creating research on reducing police violence improving community interactions and ensuring accountability. Maurice Harris was the creator behind the flowers for a very special woman.

9. The cause is [tealdiva an ovarian cancer support network](#) to empower women and educate the community and fund diagnostic research. Camille D Morgan is an ovarian cancer survivor grateful she was able to share her story!!

10. ( [Semicolonchi.com](#)) Black Owned Women Bookstore in Chicago is committed to nurturing the connection between literature, art, and the pursuit of knowledge

11. [BLACK LIVES MATTER](#)

12. [KEEP PACE.....](#)

