

bKind BHeroes

FEED FAMILIES. RESTORE HOPE. BE A HERO.



Volunteer Today: Virtual, Remote, or In-Person Options

Share your time, energy, and knowledge to advance the mission of Trauma to Triumphs, Inc. (bKind) - a 100% volunteer organization.

Why Your Help Matters

Volunteers have enabled bKind to deliver holiday meals to more than 2,500 families, including children and seniors. You can support sustainable food access, help prevent childhood hunger, and restore hope through initiatives that connect education, wellness, opportunity, and achievement.

Hunger in America

- 1 in 7 households experienced food insecurity
- 47.9 million people lived in food-insecure households
- 14.1 million children lived in food-insecure households
- 5.4% of households experienced very low food security, often involving reduced food intake

Together, we can make 2027 a year of opportunity, health, hope, and prosperity.

VOLUNTEER OPPORTUNITY DETAILS:

Dates: on-going, year-round, any day or time

Time commitment & skills: no requirements

Virtual/Remote: Collect food items individually or as a community or office food drive

In-Person: Prepare food and beverage items to fill bKind tote bags

Beyond annual holiday distributions, bKind wellness programs provide food, beverages, essential self-care items, and mental health support resources in under-resourced communities—with gratitude to our generous partners, sponsors, and selfless volunteers.

READY TO BE A bKind HERO?

Contact us with questions or to volunteer with the bKind team. Every contribution of time and support help drive meaningful advancement and economic development in the communities we serve.

b@KindNYC.org

www.KindNYC.org