



Want to make a real difference in your community?

Care about the environment?

Dream of creating a kinder, more inclusive world?

If this sounds like you, we've got an opportunity that checks all the boxes – *and, with your supervisor's approval, it counts as Community Service hours – it's already approved by the Center for Community Engagement!*

Join us every Monday from 2–3 PM in the Department of Multidisciplinary Studies Student Collaboration Laboratory (**Holmstedt Hall 243**) to help with the Buddy Bench project!

So, what's a Buddy Bench? It's a simple yet powerful idea – a public seat where anyone can sit to show they're looking for a friend or someone to talk to. Buddy Benches bring kids together, fight bullying, and help reduce loneliness, spreading kindness in the process.

Here's how you can help!

- 1. Clean and sort plastic caps that will be recycled into Buddy Benches.**
- 2. Give just one hour a week to make a big impact.**
- 3. Assist with collecting caps from around campus.**

Sound like something you'd love to be part of?

For more info, reach out to **Natasha Rascon** (Natasha.Rascon@indstate.edu) or **Tee Pitts** (Tee.Pitts@indstate.edu) – we're excited to get you involved.

Let's make something amazing, one cap at a time!