

#ZenspiredGiving on #GivingTuesday: Charities Recommended by Members of the Zenspirations®-Community

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1	Charity	Submitted by	Mission	Category	Rating	Personal Comment						
2	Canine Companions for Independence	Ann Deakers	Founded in 1975, Canine Companions for Independence® is a non-profit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships.	Animals	3 stars							
3	Canine Partners for Life	Toni Popkin	Dedicated to training service dogs, home companion dogs, and residential companion dogs to assist individuals who have a wide range of physical and cognitive disabilities. CPL works to improve the quality of life of persons with physical disabilities. Each CPL dog receives a comprehensive and customized training program to meet the specific needs of their human partner.	Animals	3 stars	Canine Partners for Life, the organization that raised, trained and partnered Bud my Service Dog with me. Since we have been together in June of 2013, my quality of life has improved so much. Paying it forward by educating people, advocating for those unable to, and help to fundraise for a non-profit that charges a very nominal part of the \$30,000+ each Service Dog costs to raise, fully train, place and follow up has been my purpose since sustaining my multiple Traumatic Brain Injuries.						
4	Beagle Freedom Project	Diana O'Brand	Run by the Los Angeles-based non-profit Animal Rescue, Media, and Education (ARME). Beagle Freedom Project negotiates with laboratories across the world to secure the release of dogs and other animals and give them a chance at a normal home life after everything they have endured for vanity and scientific curiosity.	Animals	Not rated	ARME's mission is to eliminate the suffering of all animals. This goal is achieved by rescuing unwanted and homeless animals and by educating the public of the vast extent of the suffering animals endure in our society. Through its actions and words, ARME advances the freedom of all animals. not rated due to tax filings						
5	Best Friends Animal Society	Rebecca Orr	The mission of Best Friends is to end the killing in America's animal shelters and create a time when there are No More Homeless Pets. We do this by building community programs and partnerships all across the nation.	Animals	3 stars							
6	Marching Beyond Halftime	Rachel VanDemark	A documentary film seeking funding	Arts, Culture, Humanities	crowdsourcing effort for private fundraising; not an npo	school friend is the producer						

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7	The Holocaust Memorial Resource and Education Center	Elaine Silver	Organization dedicated to combating anti-Semitism, racism, and prejudice with the ultimate goal of developing a moral and just community through its extensive outreach of educational and cultural programs. Using the lessons of the Holocaust as a tool, the Center teaches the principles of good citizenship to thousands of people of all ages, religions, and backgrounds each year.	Arts, Culture, Humanities	Not rated - less than 1 M							
8	Hurricane Harvey Response Convoyof hope.com	Sheryl Wornock-Root	Convoy of Hope is a faith-based, nonprofit organization with a driving passion to feed the world through children's feeding initiatives, community outreaches and disaster response.	Disaster Relief	4 stars CN	note: Convoy of Hope Foundation cannot be rated due to limited filing. This is a dif organization in the same community						
9	Lend a Hand Program	Yvonne Symons	Hurricane relief, rebuilding homes and feeding ppl in need	Disaster Relief	faith based Not rated; This is an NBC tv effort via Al Roker. The church - Trinity Klein, in Texas could not be located in CN	This church has been assisting and providing volunteers who do physical work in the cleaning and restoring process rebuilding lives, and providing "Food Pantry" Assistance. Currently working towards an "adopt a family" for christmas gifts for both the flood victims as well as foster children who may not receive christmas gifts.						
10	Find Your Fabulosity	Sheryl Leider Kurland	Delivers new lipsticks to domestic violence victims living in shelters across the US	Domestic Violence	Not rated							
11	Sun Coast Education	Bryan Demeritte	Quality educational training for teachers of gifted and esol students	Education	Not rated- can't find npo status	Curently focusing on Puerto Rican refugees relocating to Florida. But they do so much more!ently focusing on Puerto Rican refugees relocating to Florida. But they do so much more!						
12	The Navajo Water Project program of DigDeep	Alison Clement	DIGDEEP is not a water charity. We're a human rights non-profit working to ensure that every American has clean, running water forever	Environment	Not rated	Navajo are 67 times more likely than other Americans to live without running water or a toilet, which I feel is unacceptable in America.						

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13	Pen and Napkin	Norma Vargas	We furnish and decorate the homes of families and individuals transitioning out of homeless shelters and into their first real HOME.	Family Support	Not rated	I love Pen + Napkin. They are a wonderful nonprofit helping to furnish Homes for families in transition from homeless shelters and domestic abuse. And the founder Catie Rohrig-Bouchard has a heart of gold. Thank you for putting this together. You're an Amazing Lady. Sending you much love						
14	Period of Purple Crying	Wheat Carr	To assist families with babies with chronic crying, a program of Tht National Center for Shaken Babies, The NCSBS is the only national organization devoted to the prevention of shaken baby syndrome/abusive head trauma (SBS/AHT) providing program and services to parents and professionals all over North America.	Family Support	Not rated							
15	Kids of Love Foundation	Barbara Pedowitz	Our foundation helps children and families who battle with cancer and other debilitating diseases. These families often find themselves pushed to their limits.	Family Support		I work with Kids of Love...a group started by a middle school boy who wanted kids to help sick children. It's now a large non-profit org that has year round toy carts in hospitals and sends seriously ill children to camp (@5k a week). PS our group gives service credit to those who volunteer, a needed component						
16	A Haven Place	Jawanna Abdelsalam Martinez	Helping young grieving children	Grief Support	Not rated							
17	Compassionate Friends	Heidi Horsely and Glen Lord	Through a network of nearly 600 chapters, The Compassionate Friends has been providing support to bereaved families after the death of a child for four decades.	Grief Support	Not rated							
18	Elizabeth Kubler Ross Foundation	Ken Ross	Compassionate, Spiritual and Emotional care during dying process	Grief Support	Silver							
19	Ellie's Way	Chelsea Hanson	Ellie's Way's mission is to organize, maximize and deliver assistance to people affected by tragedy.	Grief Support	Not rated							
20	Family Lives On Foundation	Jawanna Abdelsalam Martinez	Family Lives On Foundation supports the lifelong emotional well-being of children whose mother or father has died. Our Tradition Program provides opportunities for intentional remembering, creating a safe haven for grief, communication and celebration.	Grief Support	Not rated							

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21	Hope for Widows	Maureen Bobo	Hope for Widows is a support system for, and, developed by widowed women. We support widows through the grieving process and beyond by providing life transition resources and immediate connection; facilitating the healing process and allowing for rebuilding to start from our communities embrace and we uplift and encourage as widows re-engage in life.	Grief Support	Not rated							
22	Live the List	Judy Kaan	Our nonprofit is making a difference in the LIVES of widows, widowers and their children. We are helping individuals lead by example and positively shape generations after devastating loss. We can all do great things but sometimes we need the help, encouragement, and the financial support of others to make great things happen.	Grief Support	Gold in Guidestar , not found on CN, formerly One Fit Widow							
23	Maimie's Poppy Plates	Sharon Earls	Provide tangible momentos for those who have stillbirth or infant death	Grief Support	Not rated							
24	Modern Widows Club	Tammy Ebright, Bonnie Walker, Joanne Fink	MWC serves to empower widows to lean into life, build resilience and make a positive difference in the world.	Grief Support	not rated	doesn't have min 1M						
25	ALS of Philadelphia	Alison Goodwin	To lead the fight to treat and cure ALS through global research and nationwide advocacy while also empowering people with Lou Gehrig's Disease and their families to live fuller lives by providing them with compassionate care and support.	Health	3 stars							
26	Alzheimers and Dementia Resource Center -ARDC Cares	Cindi Spurgeon	We empower caregivers with the knowledge, support and programs to help them prepare for and cope with the challenges that lie ahead. Our organization offers a variety of peer support groups, counseling sessions, educational programs and wellness events to help caregivers with the day-to-day tasks of caring for their loved ones, as well as maintaining their own health	Health	not rated							
27	American Cancer Society	Claudine Ritzel	The American Cancer Society's mission is to save lives, celebrate lives, and lead the fight for a world without cancer.	Health	2 stars							

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28	Cannonball Kid's Cancer	Jennifer Hall	To fund innovative, accessible research for children fighting cancer to provide better treatments and quality of life, and to educate for change.	Health	not rated	doesn't have min 1M						
29	Cystic Fibrosis	Sandy Johnson Driste-McDonald	Assure the development of the means to cure and control cystic fibrosis (CF) and to improve the quality of life for those with the disease. Cystic fibrosis is an inherited chronic disease that affects the lungs and digestive system of about 30,000 children and adults in the United States (70,000 worldwide).	Health	4 stars CN							
30	Knitting group - American Heart Association	Lindsay Obermeyer	Knitters and donated yarn to make red hats for babies in Feb, National Heart Month	Health	<u>program</u> not rated							
31	Leukemia and Lymphoma Society	Ellen DeFusco	LLS mission: Cure leukemia, lymphoma, multiple myeloma, and improve the quality of life of patients and their families. LLS funds lifesaving blood cancer research around the world, provides free information and support services, and is the voice for all blood cancer patients seeking access to quality, affordable, coordinated care.	Health	2 stars	In honor of my son, Jonathon						
32	Muscular Dystrophy	Joanne Fink	MDA is leading the fight to free individuals — and the families who love them — from the harm of muscular dystrophy, ALS and related diseases that take away physical strength, independence and life. Together with our supporters, we're helping kids and adults live longer and grow stronger.	Health	2 stars	My cousin's little boy was diagnosed with muscular dystrophy this year... and I want to help fund research to find a cure for Max and others dealing with this debilitating disease.						
33	Pancreatic Cancer Action Network	Rose Dresler Klein	advance research, support patients and create hope for those affected by pancreatic cancer	Health	not rated							
34	Ronald McDonald House	Sue Radner Horowitz	Create, find and support programs that directly improve the health and well being of children. RMHC makes an immediate, positive impact on children's lives through our global network	Health	4 stars CN							



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40	Mary Kay Foundation	Sheri Dworkin-Smith	The Mary Kay Foundation is dedicated to eliminating cancers affecting women. The Mary Kay Foundation is committed to stopping the violence, breaking the silence and making a difference for these women and children.	Health and Human Services								
41	American Foundation Of Suidcide Prevention	Patricia Amor	The leading national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide.	Health and Human Services	Not rated							
42	Gift for Life - program of DIFFA: Design Industries Foundation Fighting AIDS	Kat Krassner	A partnership between the gift, home, and stationery industriesto raise funds supporting HIV/AIDS prevention, treatment, and education	Health Services	Not rated	I'm on the board						
43	Destiny Rescue	Aaron Brown	Destiny Rescue provides rescued children the intensive care and love they need to recover from the traumatic effects of sexual abuse and sexual exploitation. We provide them medical help, counseling, schooling, vocational training and all daily needs required to be integrated back into society successfully. In addition, we provide a safe protective place for them to live, grow and experience the unconditional	Health Services	Not Rated							
44	Tuberous Sclerosis Alliance	Janice Cepler	The TS Alliance is dedicated to finding a cure for tuberous sclerosis complex, while improving the lives of those affected.	Health Services		My grandson Jacob is 3 1/2 and was born with a seizure disorder called tuberous sclerosis. He is a happy boy who attends a school program. Early intervention has helped him achieve many milestones but he has to be monitored carefully every day.						
45	Smashing Walnuts Foundation	Fran Moss	Cracking the cure for childhood brain cancer	Health Services - medical research	Not rated	family history, lost child						

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46	Compass Community Center Ft Worth	Claudia Harrison	Compass aims to diminish stereotypes by challenging long-standing misconceptions about the character of the lesbian, gay, bisexual and transgender community. We accomplish this by emboldening our youth, promoting pride in our community, and acting as an educator, advocate, health service provider, and focal point for community organizing.	Human and Civil Rights	Not rated							
47	Destiny Rescue	Aaron Brown, Mary Anne Fellows	Millions of children around the world are trafficked or trapped in sexual exploitation with little hope for freedom. our rescue agents' job is to bring the girls out of darkness. Posing as customers, they seek to win the child's trust before making an offer to take them to a safe rescue home.	Human and Civil Rights	Not rated	less than 1M						
48	Legal Assistance Foundation Chicago	Carol Glicksman	n/a	Human and Civil Rights								
49	Southern Poverty Law Center	Jill Goldsmith	The SPLC legal department fights all forms of discrimination and works to protect society's most vulnerable members, handling innovative cases that few lawyers are willing to take. The SPLC Intelligence Project monitors hate groups and tracks extremist activity throughout the U.S. To combat the causes of hate	Human and Civil Rights	3 stars CN							





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53	Second Harvest Food Bank	Beverly Engel	The Second Harvest Food Bank of Central Florida collects, stores and distributes donated food to more than 500 partner agencies in six Central Florida counties. We fight hunger in Central Florida by: providing access to food and other grocery products; promoting and supporting the development of our partner agencies; mobilizing leaders and communities by bringing visibility to the invisible problem of hunger and poverty; and by developing more holistic and county specific solutions to hunger.	Human Services	4 stars CN							
54	Operation Open Eyes	Daniella Kirk	Eliminate human trafficking	Humanitarian	nr							
55	National Low Income Housing Network	Sheila Fink	The National Low Income Housing Coalition is dedicated solely to achieving socially just public policy that assures people with the lowest incomes in the United States have affordable and decent homes.to preserve existing federally assisted homes and housing resources, expand the supply of low income housing, and establish housing stability as the primary purpose of federal low income housing policy	Humanitarian	3 stars							
56	Convoy of Hope Hurricane Harvey Response	Cherish Flieder	As a faith-based, nonprofit organization Convoy of Hope has helped more than 80 million people throughout the world by sharing food, water, emergency supplies, agricultural know-how, and opportunities that empower people to live independent lives, free from poverty, disease and hunger.	Humanitarian	4 stars							
57	Community Partners for Affordable Housing	Sheila Fink	Community Partners for Affordable Housing (CPAH) provides safe and healthy affordable housing along with support and skill building activities for individuals and families with the greatest need who live or work in the Tigard-Tualatin area, Beaverton and SW Portland, Oregon.	Humanitarian	Not rated	My own favorite groups revolve around affordable housing - the base for everything						

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58	Community Action Portland	Sheila Fink	Community Action leads the way to eliminate conditions of poverty and create opportunities for people and communities to thrive.	Humanitarian	Not rated -- clear that it is an npo but could find no 501c3 anywhere							
59	Faith Children's Home, Costa Rica		Not sure this is the correct name -	International Relief	cannot be found - perhaps because international?	I'd love to help raise funds not only to rebuild the home, but to provide the children with care for sickness, educations and other basic needs of life. They are such a giving place and I think getting back would be a nice treat.						
60	Builders w/o Borders	Sandi Keller-Jones	An international network of ecological builders who advocate the use of natural, local, and affordable materials in construction. We believe the solution to inadequate shelter is not merely better buildings, but people who know how to build for themselves. To this end, BWB creates educational materials and opportunities to empower communities, organizations and owner-builders.	International Relief	Not rated	BWB is amazing						
61	Horizon International, Inc.	Guyla Greenly	Horizon joins with African partners to provide food, school uniforms, tutoring, community, and other needs to orphans and their caretakers in order to help raise up a generation of leaders able to transform their impoverished communities.	International Relief	Not rated							
62	Saving Grace	Keri Sallee	Saving Grace is an organization that offers traditional housing, education and support to girls ages 18-25 who; (1) have aged out of the foster care system with nowhere to go (2) are facing homelessness or (3) have a home life that is not conducive to a bright future.	International Relief	Not rated	no personal comment						

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63	Outreach to the World, Inc	Kathleen Francour	OWI is committed to providing humanitarian aid in the developing world by educating, equipping and empowering people to care for the sick and poor, orphans and widows.OWI is a faith based non-profit organization whose mission is to promote self-sufficiency in vulnerable people in developing countries.	International Relief	Not rated	I have personally served as a volunteer in Kenya, Africa with OWI, "Outreach To The World, Inc.". I'm passionate about helping out any way I can.						
64	Soaring Spirits International	Dianne West, Judy Kaan	Widowed people created Soaring Spirits because we discovered that connecting with other widowed people made the challenges of surviving a spouse or partner a little easier to manage.	Kri	Not rated	I volunteer for Soaring Spirits International, an inclusive, non-denominational 501(c)3 non-profit organization based in Simi Valley, California that provides peer-based programs to support the widowed community.						
65	Wreaths Across America	Deena Disraelly	Remember, Honor and Teach is carried out by coordinating wreath-laying ceremonies at Arlington National Cemetery, as well as over 1,200 additional locations in all 50 U.S. states, at sea, and abroad.	Military	Not rated							
66	Military Experience & the Arts	Deena Disraelly	MEA is a 501(c)(3) non-profit organization whose primary mission is to work with veterans and their families to publish short stories, essays, poems, and artwork in our bi-annual publication, As You Were: The Military Review.	Military	Not rated - private foundation							
67	USO	Deena Disraelly	Proudly serving the men and women protecting our country	Military	2 stars	My Zenspirations Giving Tuesday goes to Veteran's organizations						
68	Kristi Overton Johnson Ministries	Deena Maple	KOJM engages, equips, and encourages those who lie and work globally with the message of Jesus Christ so they can impact their world through our Champion's Heart Global ministry.	Religion	Not rated							
69	FaithPoint United Methodist Church	Linda Dochter	To make deep disciples that whole heartedly follow Jesus. This is not programs and events but a faith the runs deep in our hearts and informs our decisions and direction.	Religious	Not rated							

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70	Compassion International	Sandy Brawner	Our mission is to release children from poverty in Jesus' name. We offer our programs to the poorest of the poor, to the children in greatest need, without ulterior motive. We devote ourselves to helping children of all faiths, cultures, backgrounds and race — without imposing any religious obligation or conversion requirement upon them.	Religious								
71	Hope for Hispanolia	Gail Beck	We do construction, which we helped build a church in the center of the town of Higuey, we do Medical, Eye and Dental clinics, VBS, Pharmacy needs, and most importantly Evangelism, sharing the love of Christ to the Dominican people is the main focus.	Religious	faith based Not rated							
72	Kaleo International Ministries Reynosa Mexico	Cindi Johnson	With a population of less than 8 percent born again Christian, Mexico is in desperate need of a nation wide revival. Kaleo International exists to equip the Body of Christ to reach the harvest with the gospel. Our vision in Mexico is to see the nation transformed and the masses saved by demonstrations of the power of God.	Religion	Not rated							
73	Samaritan's Purse	Cherish Flieder	Samaritan's Purse is a nondenominational evangelical Christian organization providing spiritual and physical aid to hurting people around the world. Since 1970, Samaritan's Purse has helped meet needs of people who are victims of war, poverty, natural disasters, disease, and famine with the purpose of sharing God's love through His Son, Jesus Christ. The organization serves the church worldwide to promote the Gospel of the Lord Jesus Christ.	Religion	4 stars CN							
74	Everytown for Gun Safety	Beverly Jeter	Everytown for Gun Safety Support Fund seeks to improve our understanding of the causes of gun violence and the means to reduce it - by conducting groundbreaking original research, developing evidence-based policies, and communicating this knowledge in the courts and the court of public opinion.	Research and Public Policy	1 star (financial transparency 52%)							



