

THE COLOR OF NOW

Let's Hold Each Other Up & Talk About What Just Happened

Resource Guide

Local Nonprofits to Support Monetarily or as a Volunteer:

- Planned Parenthood
- Q Center
- TransActive Gender Center
- August Wilson Red Door Project
- IRCO [Immigrant and Refugee Community Organization]
- Friends of Seasonal and Service Workers

Social Justice Facebook Groups to Look Up & Follow:

- Don't Shoot Portland
- TODAY WE FIGHT
- Trans Life & Liberation Art Series
- Black Lives Matter Portland
- Portland's Resistance
- SURJ Pdx Group [SURJ stands for Standing Up for Racial Justice]

Local Politicians & Their Contact Info:

- OR Governor Kate Brown – (503) 378-3111
- OR Senator Jeff Merkeley – (503) 326-3386
- OR Senator Ron Wyden – (503) 326-7525
- OR Representative Earl Blumenauer – (503) 231-2300
- Multnomah County Commissioners Chair Deborah Kafoury – (503) 988-3308, mult.chair@multco.us
- Portland Mayor-Elect Ted Wheeler - (503) 432-8170, ted@tedwheeler.com
- Portland City Auditor Mary Hull Caballero – (503) 823-4078, auditorhullcaballero@portlandoregon.gov

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Self-Care Tactics in Moments of Community Crisis:

- Think long-term: It's easy to feel overwhelmed in a moment of crisis, and taking the time to plan long-term goals and manageable steps to achieve those goals can help alleviate those overwhelming feelings.
- Try to get enough sleep for your body, if you are unable to sleep well try to relax for lengthened periods of time.
- Engage with things that make you happy: listen to your favorite music, read a good young adult novel, visit the art museum for free (after 5:00 pm on the 4th Friday of the month).
- Be sure you're drinking enough water, dehydration leads to headaches and lots of other anxiety inducing symptoms.
- Surround yourself with like-minded people for spurts of time if you can. Spending time with others who are on your team can make your time spent away from them more manageable.
- Funnel frustration and anger into something positive like getting more actively involved with a social justice group whose values resonate with you.
- Humanize those who you violently disagree with. Think about their stories, the values important to them, and what we have to do to connect with them so our own humanity isn't lost in political debates.
- Find someone who can keep you accountable, check in on you, and encourage you.
- Treat it like grief: take care of yourself physically by getting enough rest, food, and exercise.

Ways to Be an Active Advocate for Social Justice Issues:

- Participate in your local chapter of Cop Watch (www.portlandcopwatch.org).
- Participate in local peaceful protests and marches.
- Support activist theater, art, and music by attending shows.
- Take responsibility for learning about how privilege and oppression affect you and others in everyday life.
- Confront individuals and groups who disparage others by using jokes, comments, or materials that negatively target race, ethnicity, gender, age, ability, sexual orientation, social economic status, or religious affiliation.

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