A Curated Educational Guide for Youth and Allies through the BLM Movement

Bonus Guide

BY THE PROVIDENCE STUDENT UNION

"Love is or it aint. Thin love aint’t love at all."

TONI MORRISON
RI Black-Owned Restaurants You Can Support This Week

Incred-A-Bowl (Food Truck)
Cultrō (Food Truck)
Afrique D'Lounge (Liberian)
Garden of Eve (Haitian)
Glorious West African Restaurant (Liberian)
Pan-a-Day Takeaway (Caribbean)
Village Restaurant (West African)
Island House Restaurant (Jamaican & Soul Food)
Ja Patty (Jamaican)
The District

Troop
Black Beans PVD (Soul Food) Bucktown
D's Spot
Food for the Soul
Graceful Taste
Fork'n Sammich
Humming Bird
Ten Rocks Tapas Bar
148 Bar and Lounge
Afro-Indigenous Vegan
The Black Leaf Tea and Culture Shop
RI Organizations to Follow/Donate Today

Providence Youth Student Movement
Youth in Action
ARISE
Urban League of RI
AMOR
DORCAS International
Refugee Dream Center
Equity Institute
EduLeaders of Color
RI for Community Justice
AS220
Staysilentpvd
MillennialRI
Boys and Girls Clubs in RI
RI Latino Arts
Genesis Center
Black-Led LGBTQ+ Organizations

Snapco
Builds power of Black trans and queer people to force systemic divestment from the prison industrial complest and invest in community support.

Black AIDS Institute
Working to end the Black HIV epidemic through policy, advocacy, and high quality direct HIV services.

TransCultural District
The world's first everlegally recognized trans district which aims to stabilize and economically empower the trans community.

LGBTQ+ Freedom Fund
Post bail for LGBTQ people held in jail or immigrant detention and raises awareness of the epidemic of LGBTQ overincarceration.

House of GG
Creating safe and transformative spaces for community to heal, nurturing them into tomorrow's leaders, focusing on trans women of color in the South.

TransJustice Funding Project
Community-led funding initiative to support grassroots trans justice groups run by and for trans people.

The Okra Project
Collective that seeks to address the global crisis by Black Trans people by bringing home-cooked meals and resources to the community.

YouthBreakout
Works to end the criminalization of LGBTW youth in NOLA to build a safer and more just community.
Post Protest Self Care Tips

Breathe. Take three breaths that are a little deeper. Imagine the breath filling you up from the heart, more each time, till your whole body has breath.

Allow yourself to be heard by someone you trust. Call, visit or welcome someone who has capacity to hold space with you to join you where you are.

Offer up gratitude to yourself, your ancestors and/or your team for protecting you and supporting your capacity to engage in this action.

Suck on some honey! If you can, mix a tbs of honey with a tiny pinch of lavender. Both are incredible relievers of stress, anxiety and fortify immune system.
thank you

For the next 24 hrs PSU is holding a donation challenge, check out our story or follow us on IG @pvdstudentunion and follow the hashtag #PSUGives

IN SOLIDARITY,
THE PROVIDENCE STUDENT UNION