

What is mutual aid?

Mutual aid is a form of political participation in which people take responsibility for caring for one another, and for changing political conditions.

It is an ongoing means of survival, not just for times of immediate crisis.



Mutual aid as a concept is not new, but the phrase was coined in the early 20th century by philosopher Peter Kropotkin.

Today, there are many forms of organized mutual aid around the world; from bail funds, to community fridges, to prison letter writing programs.

Mutual aid is different from charity in that it is collaborative, not top-down.

Mutual aid imagines a better world, starting with building social relations in our own communities and challenging the oppressive systems around us.



SETH TOBOCMAN

FREE STORE

WHATEVER YOU NEED,
NO QUESTIONS ASKED

IF YOU HAVE QUESTIONS OR ARE
UNABLE TO SHOP IN PERSON:

EMAIL US: NASHVILLEFREESTORE@GMAIL.COM
DM US ON INSTAGRAM @NASHVILLEFREESTORE

**MASKS AND SOCIAL
DISTANCING REQUIRED**

1111 DICKERSON PK
NASHVILLE, TN

OPEN SATURDAYS 10AM-4PM



THE FREE STORE'S

Free Guide

RESOURCES &
INFORMATION

Collective Care

WEST NASHVILLE DREAM CENTER

520 39th Ave N, Nashville, TN 37209
www.westnashdc.com

Single mother & family support (West Nashville)

EL MAHABA CENTER

606 Millwood Drive, Nashville, TN 37217
elmahabacenter.com

Community resources for immigrants & refugees (Antioch/South Nashville)

GIDEON'S ARMY

600 28th Ave. N, Nashville, TN 37209
facebook.com/GideonsArmyUnited

Support for children in fighting the school to prison pipeline (North Nashville)

NICE (NASHVILLE INTERNATIONAL CENTER FOR EMPOWERMENT)

417 Welshwood Drive #100, Nashville, TN 37211
www.empowernashville.org

Community resources for immigrants & refugees (Antioch/South Nashville)

MONROE HARDING OPPORTUNITY NOW REENGAGEMENT HUB

1 Vantage Way, Suite C-165, Nashville, TN 37228
hub@monroeharding.com

Resources for empowering young adults to find employment, housing, and education.

MARTHA O'BRYAN OPPORTUNITY NOW REENGAGEMENT HUB

711 South 7th Street, Nashville, TN 37206

https://reengageatmobc.org

Resources for empowering young adults.

BLISS & THE TRASH PLANTS

Instagram: @blissandthetrashplants

Food & resource re-distribution for QBIPOC.



NASHVILLE WOMEN'S COLLECTIVE

www.facebook.com/nashwomenscollective/
Support for women-owned businesses.

COMMUNITY FOUNDATION OF MIDDLE TN

3833 Cleghorn Ave #400, Nashville, TN 37215
www.cfmt.org

Grants & Scholarships.

IN GOD'S HAND

Social Media: @in_godshand

Food, clothing, and resources for those displaced or in need.

Health

MENTAL HEALTH COOP

275 Cumberland Bend, Nashville, TN 37228
www.mhc-tn.org

24/7 psychiatric services with Multiple locations across TN.

NASHVILLE CENTER

2623 Gallatin Pk, Nashville, TN 37216
www.mynashvillecenter.com

Holistic health center. (East Nashville)

PLANNED PARENTHOOD

412 Dr DB Todd Jr Blvd, Nashville, TN 37203
plannedparenthood.org

Family planning & women's healthcare. (Downtown)

SHADE TREE CLINIC

2410 Franklin Pike, Nashville, TN 37204

www.shadetreeclinin.org

Medical clinic for uninsured individuals. (Berry Hill)

MATTHEW WALKER COMPREHENSIVE HEALTH CENTER

1035 14th Ave N, Nashville, TN 37208
www.mwchc.org

Affordable healthcare, dental and specialty services. (North Nashville)



NEIGHBORHOOD HEALTH

www.neighborhoodhealthtn.org
Affordable healthcare with multiple locations across Nashville.

NEW BEGINNINGS CENTER

509 Craighead St #100, Nashville, TN 37204
www.thenewbeginningscenter.org

Health and fitness training for financially disadvantaged women. (West Nashville)

Food

SECOND HARVEST EMERGENCY FOOD BOX PROGRAM & SNAP OUTREACH

2-3 days of staple food items, multiple locations



MARTHA O'BRYAN CENTER

711 S 7th St Nashville, TN 37216
Open Mon, Weds, Fri 9am-2pm

EAST NASHVILLE CO-OP

3115 Gallatin Pike Nashville TN 37216

Open Mon/Wed/Thur 10am-2:45pm, Tue 12pm-4:45pm

THE SALVATION ARMY MAGNESS POTTER COMMUNITY CENTER

611 Stockell St Nashville TN 37207
Open Mon-Thurs 1pm-4pm



ST. LUKE'S COMMUNITY HOUSE

5601 New York Avenue TN 37209
615-350-7893

Open by appointment only Thurs 12:30-2:30pm, Fri 9 am-12 pm



SNAP

331 Great Circle Rd, Nashville, TN 37228

Benefits Outreach Counselor:
615-310-0752