

here's some ways to help the vulnerable people in your community

donate crutches, rollators, wheelchairs, toilet seat risers, shower benches, etc to durable medical equipment loan closets (found through aging/disability resource center)

EVERYTHING you don't have to do has just something - have to do

food programs Food Not Bombs Meals on Wheels food pantries meal sites can connect via your local Aging & disability resource center Remember special diets (gluten-free, sugar-free, lactose-free, etc.)

ZINE all I got was this random I went out in public &

LGBTQ+ support - help run housing centers, groups, or hotlines - respond to unique gender affirming care requests (like FTM)

The grass is lovely

Clothing banks do not donate the clothing falling apart at the seams! it needs to be wearable all shapes, sizes, ages needed



Come touch it

one another

+ Jordan

stay safe

good luck

domestic violence &

sexual assault

resources

- volunteer to help run shelters/hotlines

- medical/legal accompaniment:

emotional support during medical exams and the legal process

IDE AWARE OF YOUR comfort level before proceeding

STIXA hpaan/a

(hpaan/a)

to for W

you've enough

nothpaan/a

The mutual aid

sponsoring families

during the holidays

get them what they

specifically ask for

take your neighbor to the store & help them buy things if you know they're struggling

scrubbin' job of

removal

offer snow/yard

lawn services

around

areed and volunteer to

transportation

unavailable

if shelter is

heating/cooling rooms

connect them to

spare

whatever you can

provide tents, clothing

went of DP

straight up things

aided people

People often

forget to donate

toiletries

toothpaste

toilet paper

paper towels

laundry soap

dish soap

body soap

shampoo

conditioner

suicide prevention

volunteer for

hotlines

Nami - a

peer-to-peer support network