

# **COASTAL ACTION GROUP RESOURCE PAGE**

**Building Resilient Communities on the Central Coast of CA and Beyond!**

**LOCAL PROGRESSIVE SITES in San Luis Obispo County, California**  
**[San Luis Obispo County Democratic Party](#)**

**[El Moro Democratic Club](#)**

**[South County Democratic Club](#)**

**[Atascadero Democratic Club](#)**

**[Paso Robles Democratic Club](#)**

**[Democratic Socialists San Luis Obispo](#)**

**[Young Democratic Socialists of America at Cal Poly SLO](#)**

**[Progressive Voters Guide SLO County](#)**

**[San Luis Obispo 50501](#) - 50 protests, 50 states, one movement**

**Indivisible groups on the Central Coast:**

**[Estero Bay Indivisibles](#)** congressional District CA 24. Check out their **[website](#)**, and sign up for their newsletters! **[esterobayindivisible@gmail.com](mailto:esterobayindivisible@gmail.com)**

**Cambria Indivisible**, congressional district CA 19, email Susan Ladrie-Mackey **[cambriaindivisible@gmail.com](mailto:cambriaindivisible@gmail.com)** 93428

**Indivisible Rapid Response Team SLOC**, for congressional districts CA 19 AND CA 24, email John Lamb **[ind.rrtslo@gmail.com](mailto:ind.rrtslo@gmail.com)** 93446, or Linda Baker **[Imbadvisor@gmail.com](mailto:Imbadvisor@gmail.com)** 93422

**Lonely Liberals Indivisible of SLO County**, for congressional districts CA 19 AND CA 24, email Susan Robinson **[Susan@dancingdog.biz](mailto:Susan@dancingdog.biz)** 93446

**Indivisible San Luis Obispo County**, congressional district CA24, email Marcia Alter **[SLOIndivisible@gmail.com](mailto:SLOIndivisible@gmail.com)** 93422

**Indivisible North SLO County**, congressional district CA 19, email Jeff Lewis **[IndivisibleNorthSLOCounty@gmail.com](mailto:IndivisibleNorthSLOCounty@gmail.com)** 93465

**[League Of Women Voters](#)** The League of Women Voters of San Luis Obispo County has a long, proud history of expanding voter access, fighting voter suppression, advocating for limits of money in politics and opposing partisan and racial gerrymandering. We welcome members to join us in educating voters and advocating for government accountability.

In support of our National Parks, the [Central Coast State Park Association \(CCSPA\)](#) will be screening [Out There: A National Parks Story](#), to inspire locals and visitors to connect with, respect and protect our parks. SLO's open space agencies, including local nonprofits that steward these lands, will be present. The screening takes place on Friday, May 23rd from 5:00 - 8:00 PM at the Fremont Theater in San Luis Obispo.

If you are looking for a way to take action that supports the environment and connects us with our community, become a volunteer with the SLO County's Santa Lucia chapter of the Sierra Club! With so much at stake, our individual efforts can seem fragmented and small, but by working side-by-side with our neighbors, we can build a stronger and more united movement. With April being Earth month, there's no better time to join and support this cherished organization! [Sierra Club Santa Lucia Chapter](#)

Conservative extremists are pushing hard to take over school boards, even here in SLO County. Local church groups are organizing speakers to come to school board meetings throughout the county in the coming weeks to demand that boards follow their anti-DEI and anti-LGBTQ+ agenda. They've even staged a demonstration to keep their kids out of school on April 28th. If you are passionate about our future generation and their education, you can help to stop extremist takeovers in their schools. Use this link to find your local district, monitor their agendas, and attend their school board meetings when DEI topics are being discussed to represent and give public comment. [San Luis Obispo County School Districts](#)

[Central Coast Coalition For Inclusive Schools](#) is our source for information relating to Central Coast school board issues affecting diversity and social justice. If you are interested in attending meetings, they take place on the first Thursday of each month, usually on zoom. Fill out the [contact form](#) to register!

I recently learned about another local weekly newsletter called "**Boots On The Ground**", by **John Lamb**. Drop him an email at [Ind.RRTslo@gmail.com](mailto:Ind.RRTslo@gmail.com) and ask to be placed on his mailing list.

## **ONGOING ACTIONS**

Place a daily call to each of our two senators and to our district rep in their local and DC offices. Choose one topic per day and keep flooding the zone. Many are using a very quick and easy phone app called ["5 CALLS"](#), which is awesome!

**Call the Senate/Congress Switchboard 202-224-3121** and let Republican leaders Mike Johnson and Sen John Thune know you need them to do their job and support and protect American Democracy and the children of Ukraine.

**This is how to contact your representatives:**

**Congressman Jimmy Panetta (CA-19)**, [www.panetta.house.gov](http://www.panetta.house.gov) (202) 225-2861, or

Congressional Aide Diane Zannotti (805)400-6535

**Congressman Salud Carbajal (CA 24)**, [www.carbajal.house.gov](http://www.carbajal.house.gov). (202) 225-3601

**CA Assemblymember Dawn Addis (District 30)**, [www.a30.asmdc.org/contact](http://www.a30.asmdc.org/contact) (916) 319-2030

**CA Assemblyman Gregg Hart (District 37)** [www.a37.asmdc.org/contact](http://www.a37.asmdc.org/contact)

**CA Senator John Laird (District 17), [www.sd17.senate.ca.gov/contact](http://www.sd17.senate.ca.gov/contact)** (916) 651-4917

**CA Senator Monique Limon (District 21) [www.sd21.senate.ca.gov](http://www.sd21.senate.ca.gov)**

**CA Governor Gavin Newsom [www.gov.ca.gov/contact](http://www.gov.ca.gov/contact)** (916) 445-2841  
1021 O Street, Suite 9000 Sacramento, CA 95814

**US Senator Adam Schiff, [www.schiff.senate.gov/get-in-touch](http://www.schiff.senate.gov/get-in-touch),** (202) 224-3841 or (310) 914-7300  
112 Hart Senate Office Building, Washington, DC 20510 fax: 202-228-0026

**US Senator Alex Padilla, [www.padilla.senate.gov/contact/contact-form](http://www.padilla.senate.gov/contact/contact-form)** (202) 224-3553 or (310) 231-4494  
His nearest CA office is at 2500 Tulare Street, Suite 5290, Fresno 93721; phone: 559-497-5109.

If you have the time to write physical letters, some say the impact is greater than sending emails or placing calls. Here are some key addresses to have handy when so inspired!

**The White House**

1600 Pennsylvania Ave. NW  
Washington DC, 20500

**United States Supreme Court**

1 First St. NE  
Washington DC, 20543

**DOGE**

1650 Pennsylvania Ave. NW  
Washington DC, 20504

**Department of Health and Human Services**

245 Murray Lane SW  
Washington DC, 20528-0075

**ECONOMIC BOYCOTTS**

Economic boycotts will become much more effective if we adopt some additional strategies to sustain them. Stop buying everything except essentials. Delete all of your retail apps and unsubscribe from their emails. Go to their actual site and leave site reviews telling them what you're doing and why, and email customer service. Not everyone can boycott places like Target, especially if we're avoiding Amazon. But be sure to research brands they carry that are the lesser of all evils and buy those items instead. Do not support companies that oppose DEI. Become a farmer's market and local mom & pop retail shopper. Use cash whenever possible. Vote with your \$, and keep it going until we save our Democracy!

**ONGOING CHEVRON BOYCOTT**

**ONGOING TESLA BOYCOTT**

**ONGOING TARGET BOYCOTT**

**Boycott Central** has launched an online tracker on the many campaigns, their effectiveness and how people can get involved.

Check out the recently-launched [Resist List](#), which is collecting stories of resistance which aren't making it into the mainstream news!

**Check out this great article:**

**[BOYCOTTING FOR THE LONG HAUL: HOW TO SURVIVE AND THRIVE WITHOUT BIG CORPORATIONS](#)**

The "**Buy Nothing**" concept is a hyper-local solution that has the power to make an impact on a grander scale by limiting consumerism of new products as well as reducing waste. The Buy Nothing community is a global gift economy network, modeled after an ancient system of giving, receiving, and sharing gifts of stuff and self in ways that build the best sort of wealth: resilient, joyful communities that are inclusive at their core. Everything is freely-given and freely-received, without any expectation of reward or compensation other than the joy of giving, receiving, sharing, and building a strong web of connections between people. Learn more about how you can participate in the giving economy by visiting [buynothingproject.org](http://buynothingproject.org).

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**NATIONAL PROGRESSIVE SITES**

For a 15-minute daily commentary on what's happening in our government, free from drama, with historical parallels and hope sprinkled throughout, follow [Heather Cox Richardson](#). Heather is an American historian and professor at Boston College, and publishes a free 15 minute daily commentary called "Letter From An American" on Substack. I can't take much media these days, so Heather keeps me fully informed and sane! She reminds us that Americans are waking up! People are speaking out, courts are pushing back, law firms and universities are standing up to the MAGA regime, and we are now entering the next phase in the resistance. Courage is contagious! Legacy media in the US has failed us, and the false narrative throughout many mainstream networks is influenced by extremists on both sides of the isle. Many people, including me, have avoided "the news" because we can't handle the drama. Independent journalism is redefining how we receive information, and is transforming the resistance through a media revolution. Below are some trusted sources and progressive think-tanks for us to follow and support:

[The Atlantic](#)

[Popular Information](#)

[The Contrarian](#)

[The Bulwark](#)

[Civil Discourse](#)

[Talking Points Memo](#)

**Congresswoman Pramila Jayapal** represents Washington's 7th Congressional District, which encompasses most of Seattle, WA and its surrounding areas. She and her team have come up with a coordinated resistance strategy with free virtual training sessions called **Resistance Lab**. Their goals are to help people understand how democracies fall and the most effective resistance movements that have challenged authoritarians and dictators; to turn anger, fear and frustration into action in the short-term, while also preparing for a coordinated resistance movement for the longer term; and to build community across the country that can help grow the movement. Sign up for the next Resistance Lab training [here](#):

**[Pramila Jayapal's Resistance Lab: Virtual Organizing Training 101](#)**

[The Women's March](#) hosts a virtual training, teaching everything we need to know about online advocacy to defend progressive values without getting out of your pajamas. Join [Digital Defenders](#) to debunk falsehoods and myths online.

"It's the courage of the many that always sets us free!" is a lyric from the new [People Power United](#) music video called, "[Power To The People: We Rise](#)". It was written by organizer and activist Laurie Woodward Garcia, who publishes a free Substack newsletter chocked full of ways to take action.

If you are someone who is not able to attend protests for whatever reason, here's an action idea! When rapid mobilizations are needed, we can make sure the right people can show up where it matters most. I just learned of a fund that helps the Women's March organization give bus passes to folks who would otherwise be unable to attend protests across the nation. You can donate here to keep as many women and their supporters stay equipped and ready for the call! [CHIP IN TO THE WOMEN'S MARCH BUS FUND!](#)

National action platform for women, [Red Wine & Blue](#), is very active across the US, and also assists in setting up local groups (which are now in all 50 states). There is an existing group in Paso Robles called "Vino Voters"! Reach out to join via their [TroubleNation](#) locator and sign up, or become inspired to form your own group with their support and guidance! Let's keep extremism out of our local legislation and school boards!

[The DAILY Docket](#) is a daily newsletter that updates the status of legal cases related to the current administration's activities.

[National Democratic Training Committee](#) – Free training for local politics and community organizing.

If you are looking for a way to **support our National Parks**, join the movement to protect them at all costs by visiting and supporting [www.ourparks.org](http://www.ourparks.org). In fact, you can follow Yosemite's lead and fly your American flag upside-down to signal dire distress for our nation as desperate staff have done at El Capitan!

#### Other trustworthy National action-oriented organizations:

- [American Civil Liberties Union](#))
- [Amnesty International](#)
- [Democracy Now](#)
- [5 Calls](#)
- [Friends Committee on National Legislation](#)
- [Human Rights Watch](#)
- [Indivisible](#)
- [Move-On](#)
- [Action Network](#)
- [Native Organizers Alliance Action Fund](#)
- [50501 - 50 protests, 50 states, one movement](#)
- [Southern Poverty Law Center](#)
- [The Peace Alliance](#)
- [Public Citizen](#)

Below is a list of non U.S. news sources. Fascists will always censor, so the best way to combat this is to get news from other countries as well.

[BBC News - UK](#)

[The Guardian - UK](#)

[RTE - Ireland](#)

[The Copenhagen Post - Denmark](#)

[CBC - Canada](#)

[NZ Herald - New Zealand](#)

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### **IMMIGRANTS and MINORITIES**

[Mujeres De Accion](#) (Women of Action), is a local nonprofit supporting our immigrant neighbors and friends. Community meetings are regularly held in Creston to help local immigrant families understand their rights and create action plans. They are also starting a Drivers Listos group in north SLO County. If you are interested in volunteering to drive people to get groceries, pick up kids from school or farther afield for immigration hearings etc.

The County of SLO now has a banner at the top of the home page to link residents and employers to "Know Your Rights" information. The resources are in English and Spanish, with links to videos in four indigenous languages as well. Please share widely: [Immigration Resources: Know Your Rights](#)

[Immigrant Legal Resources Center \(ILRC\)](#), is an invaluable source of legal, social, and educational information for immigrant communities and those who advocate on their behalf.

Another local non-profit helping our immigrant neighbors is **SLO for Home**, empowering refugee families to rebuild their lives here on the Central Coast: [www.slo4home.org](http://www.slo4home.org)

If you see **ICE activity in SLO Co**, call the [Southern Central Coast Rapid Response Network](#) (Santa Barbara, Ventura & SLO Counties) **Hotline at 805-870-8855** immediately to dispatch help ASAP. You may also text and send images to this number.

[Diversity Coalition San Luis Obispo County](#) seeks a more diverse, equitable and inclusive community through advocacy, education and community programs.

[R.A.C.E. Matters SLO](#) creates artistic, cultural, educational, and social experiences that amplify Black voices!

For over 60 years, [CAPSLO](#), **Community Action Partnership of San Luis Obispo County, Inc.** has been a cornerstone of community action, from early education classrooms to the 40 Prado Homeless Services Center.

## **LGBTQ+**

### **THE GALA PRIDE AND DIVERSITY CENTER of San Luis Obispo**

Supports and empowers people of all sexual orientations, gender identities and expressions in order to strengthen and unite our Central Coast community.

Since the current US administration plans to defund the 988 suicide hotline for LGBTQ+ youth, Canada has broadcasted their national [Trans-Life Hotline](#), which now has a toll-free American version: **1-877-330-6366**, available in English and Spanish.

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## **HEALTH & WELLNESS**

For anyone in SLO County who is experiencing a **mental health crisis**, we recently lost our Crisis Stabilization Unit. With sorely lacking services, the SLO Behavioral Health is asking the community to access the [Behavioral Health Mobile Crisis Team](#) at **1-800-783-0607**.

[Transitions Mental Health](#) is an excellent advocate, with links to crisis help.

The [San Luis Obispo County Office Of Education](#) is offering a **Youth Mental Health First Aid** training, designed to teach caring adults how to help adolescents who are experiencing a mental health or addiction challenge. It introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use disorders, behavior disorders and eating disorders. There are several dates to choose from. To learn more and sign up, [Download The Mental Health First Aid For Youth One-Pager](#).

[South Bay Seniors Helping People](#) is a local non-profit, housed at the South Bay Community Center in Los Osos. To inquire about **medical equipment and food bank services for our elders**, call 805-528-2626. Also, [Los Osos Cares](#), in collaboration with other local non-profits, provides a **free community meal** at the SBCC every Wednesday from 5:00 PM to 6:00 PM. Call 805-592-2701 for more information.

[SLO Noor Foundation](#) provides free medical, dental and vision care to uninsured adults in San Luis Obispo County and northern Santa Barbara County, regardless of race, ethnicity, immigration status, religion, sexual orientation or gender.

**The American Medical Association** has their own YouTube channel and are posting daily updates on bird flu and other outbreaks since the CDC is now unable to: [American Medical Association \(AMA\) - YouTube](#)

UCLA Memory Center's Alzheimer's and Dementia Care Free Online Training Videos: [Caregiver Training Videos - Alzheimer's & Dementia Care | UCLA Health](#)

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**CHANGING THE CULTURE** around political chatting is important. We were not raised to do this, and it is certainly uncomfortable engaging with some folks. However, this is NOT the time to be quiet. We need to practice reaching out to our conservative friends and neighbors in love,



and slip in gentle reminders that many things we care most about as Americans are being eliminated or are being seriously threatened under the current administration. Acknowledging that they've been lied to and realizing that it's ok to change their minds and viewpoints is key. It gets easier as we go, and thoughtful conversation, free from blame or judgement, can be fostered if we are open to those opportunities.

George Lakoff is a Berkeley Linguistics Professor. His book, *Don't Think Of An Elephant*, makes the case that conservatives are winning the language wars, and maps out a guide for progressives on how they can improve their message. This video link is a one hour talk by George Lakoff about his theory, and I found it to be so fascinating. These are the culture changes that need to be focused on in America in order to undo the decades of coordinated "framing" we have been subjected to by conservative nationalists.

### [DON'T THINK OF AN ELEPHANT](#)

[TIMOTHY SNYDER](#) is an American historian of Europe and a public intellectual on both continents. His work inspires art and music and is read at protests around the world. Here are his best action guidelines, taken from his book, "On Tyranny", rendered beautifully by the great John Lithgow. It is meant for courageous and creative dissenters, protestors, and oppositionists.... just like you and me! Pass it on! [TWENTY LESSONS](#)

Becoming active in the increasingly popular local protests is a sure way to advance the resistance and help inform our communities! By showing up, we are sending a message that, if they too are not upset about what is happening, perhaps they should look up from their comfortable Central Coast life and find out why so many people are out on the streets! The First Amendment protects our right to assemble and express our views through protest. However, police and other government officials are allowed to place certain narrow restrictions on the exercise of speech rights. Make sure you're prepared by brushing up on your rights before heading out into the streets. From the ACLU website: [PROTESTERS' RIGHTS](#)

[The GI Rights Hotline](#) provides accurate, helpful counseling and information on military discharges, AWOL and UA, and GI rights. If you are a National Guard or Active Duty Military and you are being ordered to violate the Constitutional rights of US citizens, you don't have to go through with it, there is support. Call **1-877-447-4487**.

A friend sent me this very informative article about the severity of **Trump's mental illness**, and he actually scores 33 (dangerously high) on the **psychosis** rating scale (no surprise!). Many prominent American psychiatric professionals have been issuing dire warnings... for YEARS.... but their voices have been squashed, and legacy media ignores them. It's a bit of a read, but very enlightening if you're interested in what we're truly up against: [THE SCIENCE BEHIND TRUMP'S DANGEROUS PERSONALITY DISORDER](#)

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## **SELF-CARE**

An awesome local self-care resource that I'd love to turn you on to is **Mindful Kindful YOUNiversity** in Baywood Park. Dee DiGioia has a plethora of practices in her quiver to vanquish despair and foster joy, including sound immersion journeys, facilitated drumming experiences, song circles and mindfulness-based nature experiences. Check out her community offerings here: [www.mindfulkindfulyouniversity.com](http://www.mindfulkindfulyouniversity.com). Dee is a part of our Coastal Action Group! Her graphic, attached, reminds us that authoritarianism cannot root in strong joyful communities! Please give me a shout out if you too offer services that would benefit our group



or our communities. I'll include the info in future mailings! Networking and building community resources is one of our goals!

Self-care is so important right now! What I find myself struggling with these days is finding a healthy balance between our increasingly digital world and my actual life. How do I choose to spend my time? Are my choices productive and serving my well-being? Are any of my choices supporting entities or organizations that are harming people or the planet? Tough questions for sure! Functioning in my life requires me to navigate the internet. My job is now totally dependent upon computers and algorithms in the hospitals, and even creating this newsletter requires careful vetting of information, as I increasingly question "is this real, or not?". While attempting to wean myself from screen time, I do want to tell you about a phone app that may actually help you establish a better self-care practice. I know it sounds counter-intuitive, but hear me out. I utilized the "CALM" app frequently when I first found it, but the healthy habits I established from its initial use have become second nature to me now, and I only occasionally open the app these days. If using this resource speaks to you, here is a good article from "CALM" to get you started:

[20+ Self-Care Practices To Help You Prioritize Your Well-Being](#)

Practicing gratitude has incredible effects, from improving our mental health to boosting our relationships with others. A daily gratitude practice raises our vibration and can be transformative for our well-being. If you do not yet enjoy a robust gratitude practice, here is a short article to get you started from [mindful.org](https://www.mindful.org):

[How To Practice Gratitude](#)

As a survivor of religious trauma growing up, I struggle with the MAGA version of Christianity and the hypocrisy inherent in the lives of many who claim to "live a life of faith." If you share a desire for spiritual wellness in this context, check out this pod-cast, "[The Nonviolent Jesus](#)." Join Morro Bay local Fr. John Dear, priest, author, activist and Nobel Peace Prize nominee, for weekly thought-provoking 30-minute visits with visionary leaders, daring to reclaim the radical, active nonviolence of Jesus. Rooted in the wisdom of Gandhi and Dr. King, this journey isn't just about changing the world, it's about transforming ourselves. If peacemaking, nonviolence, and advocating for spiritual truth and social justice is your jam, this podcast is for you! Other links to non-violent actions from Father John's Beatitudes Center For The Nonviolent Jesus can be found here:

[The Beatitudes Are A Call To Nonviolent Action](#)

If you are reading this Resource Page and have not yet signed up for the weekly Coastal Action Group email, just shoot me your email address, and I'll place you on the list. Please note that your email address will be public to the group to enhance networking. In the email, I do my best to list all of the local actions I can find, as well as other helpful information to keep our Central Coast communities safe, healthy, informed and resilient! Additionally, If you know of a resource that belongs on the [Coastal Action Resource Page](#) (please share this resource widely), send the info my way at [lindamartinbbb@gmail.com](mailto:lindamartinbbb@gmail.com).

Let's network together, and build informed resilient communities here on the California Central Coast and beyond! - [Linda Martin](#)