

2020 BLM Resource Guide

Last update: July 28th, 2020

Update (7/8): This is not a moment but a movement. Justice for Breonna Taylor.

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Detroit

Ways to Connect:

Email- leadership@blmdetroit.com

Website- BLMDetroit.com

Facebook- facebook.com/DetroitBLM

Twitter- twitter.com/DetroitBLM



Lansing

Ways to Connect:

Website- iberationpac.org/BLMLansing

Facebook- facebook.com/BLMLansing

Twitter- twitter.com/BLMLansing

Support protesters

- For their safety, do not post pictures or videos of their faces
- [How to properly treat someone who has been tear gassed](#)
- [Tips for protesters](#)
- [More tips](#)
- [More tips](#)
- [How to extinguish tear gas](#)
- [How to treat a bullet wound](#)
- [Disable tanks](#)
- [What to Wear to a Protest](#)
- [Street medic resources](#)

- If you are arrested for protesting in Minneapolis, call (612) 444-2654 and they will bail you out
 - Legal Rts Ctr: (612) 337-0030
- If you are arrested in NYC call The National Lawyers Guild hotline with name and arrest location: (212) 679-6018
- [Delete your digital footprint](#)
- [Disable tanks](#)
- [Twitter thread masterlist of safety tips for protesting](#)
- [Anti-facial recognition tips](#)
- [Protester safety tips](#)

San Diego Specific Resources

- [San Diego NAACP](#)
- [ACLU of San Diego](#)
- [SD Black LGBT Coalition](#)
- [San Diego Melanin](#)
- [World Beat Cultural Center](#)
- [Center for Community Engagement: Affordable Counseling through SDSU](#)
- [Living Unapologetically Counseling & Bias Coaching](#)
- [Black Resource Center UCSD](#)
- [Black Student Organizations USD](#)
- [Black Resource Center SDSU](#)
- [Black Lives Matter San Diego Facebook Group](#)
- [March For Black Womxn San Diego](#)
- [Know Your Rights ACLU](#)
- [San Diego Bail Funds](#)
- [Black Womxn Deserve Mutual Aid Fund San Diego](#)

Southern California Black Lives Matter Chapters



[Email](#)
[Facebook](#)
[Instagram](#)
[Twitter](#)

Long Beach BLM

[Email](#)
[Facebook](#)
[Instagram](#)
[Twitter](#)

Mental Health Resources

[Therapy For Black Girls](#)

So often the stigma surrounding mental health issues and therapy prevents Black women from taking the step of seeing a therapist. This space was developed to present mental health topics in a way that feels more accessible and relevant.

[Our Mental Health Minute](#) (via Dr. Riana Anderson U-M SPH, Thanks!)

Ri + CT discussed their dreams of bringing psychology content to the community in a fun and relevant way and created this fantastic platform for all to enjoy. With 2 seasons and over 25 episodes on mental health content, they hope to provide materials that are relatable, informative, and helpful in engaging Black people with mental health knowledge and treatment. Ri and CT are determined to make their content grow through videos, podcasts, and online engagement. Their work - both in research and through OurMHM - is for, of, and inspired by the people, and they take no greater pride than being servant leaders through this venture. Their vision is to:

- 1) Reduce stigma about mental health in the Black community
- 2) Provide resources in access, utilization, and quality of mental health care
- 3) Increase mental health literacy (in a fun and relevant way!)

Check out their latest video: [Putting Our Necks on the Line: Breathing in the Midst of Racism !!](#)

[Open Path Collective](#)

In partnership with licensed mental health clinicians in private practice throughout the fifty states, Open Path Psychotherapy Collective provides middle and lower-income level individuals, couples, families, and children with access to affordable psychotherapy and mental health education services. As long as there is a financial need, our lifetime membership will allow you to see anyone in our network for the rates listed above. This is our guarantee. A lifetime membership only costs \$59.

[Talkspace](#)

Talkspace is an online and mobile therapy company based in New York City. It was founded by Oren and Roni Frank in 2012. Talkspace users have access to licensed therapists through the website or mobile app on iOS and Android.

***** Resources from U-M School of Social Work via Dr. Linda Chatters**

- [20-minute guided meditations](#)
- **Courses, drop-in meditations & resources offered by the Ann Arbor Center for Mindfulness:**

Mindfulness in Uncertain Times

Tumultuous headlines, health, and financial insecurity, isolation, family tensions... all these can leave us feeling agitated, nervous, just not ourselves. This class will provide practical support for developing a daily meditation practice that's appropriate for you (or fine-tuning it, if you have one already); cultivating basic mindfulness skills; and applying those skills in meeting life's challenges, to respond wisely instead of reacting impulsively.

- 8 Sundays, May 31 – July 19
- 2:00-3:00pm, U.S. EDT.
- Online via Zoom. Includes instruction, a guided practice exercise, and Q-and-A.
- For ages 17 and up.
- Fee: by donation

Instructor: Barbara Newell, JD, mindfulness, and meditation teacher. Barbara trained with Thich Nhat Hanh and works regularly with nationally-recognized teachers Tara Brach and Jack Kornfield. [Click here to register](#)

Saline, Ann Arbor, and Ypsilanti Drop-ins.

These are now combined... join whichever sessions are most convenient in a given week. Still led by AACFM Teachers and other colleagues in the Ann Arbor mindfulness meditation community, we're now online. No charge.

- Tuesdays, 11-Noon,
- Thursdays, 7:30-8:30 pm
- Fridays, 11-noon, all EDT.

The above sessions are accessed by the same Zoom link and meeting ID. Click <https://zoom.us/j/993192822> or call 646-558-8656 and enter Meeting ID: 993 192 822

Cancer Support Community Drop-In

- Tuesdays and Thursdays, 1–2 pm EDT
- Ongoing

These free guided mindfulness meditations are available to anyone impacted by cancer. Beginners and experienced practitioners welcome. Visit www.cancersupportannarbor.org to get the Zoom link

Are you feeling a desire to deepen your practice and/or share with a grounded community about your experiences in quarantine? Then consider these options:

- **PRIVATE MINDFULNESS AND MEDITATION SESSIONS** with Barbara Newell, over phone and Zoom. For more information and to schedule a free initial consultation, please contact her directly barbara@barbaranewell.com. You can also [check out her podcast here](#).
- **SHARE and CARE SESSIONS** with Pam Schweitzer On Wednesdays, 6-7 pm EDT, the Share and Care group is offered to participants of the Ann Arbor, Saline and Ypsilanti drop-in meditations as an opportunity to discuss concerns and experiences associated with the pandemic since discussion is not part of the open meditations. It does not include meditation. Click <https://zoom.us/j/993192822> or call 646 558 8656 and enter Meeting ID: 993 192 822

Resources for self and community care

Books:

1. *RESTORATIVE YOGA FOR ETHNIC AND RACE-BASED STRESS AND TRAUMA* by Dr. Parker
WWW.DRGAILPARKER.COM/
2. *Healing Racial Trauma* by Sheila Wise Rowe: The Road to Resilience

<https://www.christianbook.com/apps/easyfind?Ntk=author&Ntt=Sheila%20Wise%20Rowe>

Meditation Exercises:

1. *Black Lives Matters Meditation for Healing Racial Trauma* by Dr. Candice Nicole <http://drcandicenicole.com/2016/07/black-lives-matter-meditation/>
2. *Soulfulness 4 Life*: <https://soulfulness4life.com/> uses a culturally congruent approach to mindfulness

Apps:

1. *Liberate app*: Liberate is the #1 meditation app for the Black, Indigenous, and People of Color community. Listen to dozens of guided meditations to ease anxiety, find gratitude, heal internalized racism and microaggressions and celebrate Blackness.

<https://www.blackenterprise.com/black-founder-creates-meditation-app-for-people-of-color/>

2. *The Safe Place*: a Minority Mental Health App geared towards the Black Community to bring awareness, education and hope.

<https://apps.apple.com/us/app/the-safe-place/id1349460763>

Podcasts:

1. The Breakdown with Dr. Earl: A Mental Health Podcast
2. The Homecoming Podcast with Dr. Thema
3. The Sexually Liberated Woman with Ev'Yan Whitney
4. Kindred Medicine a sacred storytelling podcast with Dr. Shena

Music:

1. Songs Giving us (Much Needed) Life by Code Switch (NPR)

Anti-Racism Resources

** Provided by U-M SPH & SW professor Dr. Linda Chatters

Readings on trauma

On piece is on it sharing articles of videos that have images of the murder of either George Floyd or Ahmad Arbery, particularly as thumbnails. This is a trauma porn that focuses on the death of Black bodies (something we never see with white bodies). Here is an article that may be useful for non Black folks in how to not replicate trauma on social media while talking about this.

<https://www.usatoday.com/story/news/nation/2020/05/28/george-floyd-ahmaud-arbery-covid-emotional-toll-hits-black-families/5270216002/>

Allyship from the API Coalition in the U-M School of Social Work

API Coalition

Resources:

1. [20+ Allyship Actions for Asians to Show Up for the Black Community Right Now](#)
2. [Anti- Racism Resource](#)
3. [6 Ways Asian Americans Can Tackle Anti-Black Racism in Their Families](#)
4. [Black and Asian-American Feminist Solidarities: A Reading List](#)
5. [Allyship v. Accomplice](#)

This document is intended to serve as a resource to white people and parents to deepen our anti-racism work. If you haven't engaged in anti-racism work in the past, start now. Feel free to circulate this document on social media.

To take immediate action to fight for Breonna Taylor, please visit [FightForBreonna.org](https://fightforbreonna.org).

Resources for white parents to raise anti-racist children:

- [Check out these books for children and young adults](#) from the list of Coretta Scott King Book Award Winners
- [Listen to](#) the Parenting Forward podcast episode 'Five Pandemic Parenting Lessons with Cindy Wang Brandt'
- [Read](#) PBS's Teaching Your Child About Black History Month
- [Follow](#) The Conscious Kid on Instagram

Articles to read:

- ["America's Racial Contract Is Killing Us"](#) by Adam Serwer | Atlantic (May 8, 2020)
- [Ella Baker and the Black Freedom Movement \(Mentoring a New Generation of Activists\)](#)
- ["My Life as an Undocumented Immigrant"](#) by Jose Antonio Vargas | NYT Mag (June 22, 2011)
- [The 1619 Project \(all the articles\)](#) | The New York Times Magazine
- ["The Intersectionality Wars"](#) by Jane Coaston | Vox (May 28, 2019)
- [Tips for Creating Effective White Caucus Groups](#) developed by Craig Elliott PhD

- ["White Privilege: Unpacking the Invisible Knapsack"](#) by Knapsack Peggy McIntosh
- ["Who Gets to Be Afraid in America?"](#) by Dr. Ibram X. Kendi | Atlantic (May 12, 2020)
- ["The Case for Reparations"](#) by Ta-Nehisi Coates | Atlantic (June 2014)
- ["How to Make this Moment the Turning Point for Real Change"](#) by Barack Obama | Medium (June 1, 2020)
 - [Report and toolkit linked in article](#)
- [A Decade Of Watching Black People Die](#) by NPR Codeswitch
- ["In 1919, the state failed to protect Black Americans. A century later, it's still failing"](#) by Dr. Carol Anderson | The Guardian (June 2020)

Videos to watch:

- [Black Feminism & the Movement for Black Lives: Barbara Smith, Reina Gossett, Charlene Carruthers \(50:48\)](#)
- ["How Studying Privilege Systems Can Strengthen Compassion"](#) | Peggy McIntosh at TEDxTimberlaneSchools (18:26)

Podcasts to subscribe to:

- [1619 \(New York Times\)](#)
- [About Race](#)
- [Code Switch \(NPR\)](#)
 - [A Decade Of Watching Black People Die](#)
- [Intersectionality Matters! hosted by Kimberlé Crenshaw](#)
- [Momentum: A Race Forward Podcast](#)
- [Pod For The Cause \(from The Leadership Conference on Civil & Human Rights\)](#)
- [Pod Save the People \(Crooked Media\)](#)
- [Justice in America \(The Appeal\)](#)
- [The Combahee River Collective Statement](#)

Books to read:

- [Black Feminist Thought](#) by Patricia Hill Collins
- [Eloquent Rage: A Black Feminist Discovers Her Superpower](#) by Dr. Brittney Cooper
- [Heavy: An American Memoir](#) by Kiese Laymon
- [Stamped from the Beginning](#) by Ibram X. Kendi
- [How To Be An Antiracist](#) by Dr. Ibram X. Kendi
- [I Know Why the Caged Bird Sings](#) by Maya Angelou
- [Just Mercy](#) by Bryan Stevenson

- [Me and White Supremacy](#) by Layla F. Saad
- [Redefining Realness](#) by Janet Mock
- [Sister Outsider](#) by Audre Lorde
- [So You Want to Talk About Race](#) by Ijeoma Oluo
- [The Bluest Eye](#) by Toni Morrison
- [The Fire Next Time](#) by James Baldwin
- [Between the World and Me](#) by Ta-Nehisi Coates
- [The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#) by Michelle Alexander
- [The Next American Revolution: Sustainable Activism for the Twenty-First Century](#) by Grace Lee Boggs
- [The Warmth of Other Suns](#) by Isabel Wilkerson
- [Their Eyes Were Watching God](#) by Zora Neale Hurston
- [This Bridge Called My Back: Writings by Radical Women of Color](#) by Cherríe Moraga
- [When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America](#) by Ira Katznelson
- [White Fragility: Why It's So Hard for White People to Talk About Racism](#) by Robin DiAngelo, PhD
- [I'm Still Here: Black Dignity in a World Made for Whiteness](#) by Austin Channing Brown
- [Racial Trauma & PTSD Reading List](#) by Monnica Williams, PhD (via Dr. Riana Anderson U-M SPH, Thanks!)
- [How to Be Less Stupid About Race: On Racism, White Supremacy, and the Racial Divide.](#) by Crystal Fleming, PhD
- [Stay Woke A People's Guide to Making All Black Lives Matter.](#) by Tehama Lopez Bunyasi and Candis Watts Smith
- [The Souls of Black Folk](#), by W.E.B. Du Bois

Films and TV series to watch:

- [13th \(Ava DuVernay\)](#) — Netflix
- [Just Mercy](#) - MOST PLATFORMS (Warner Brothers has made this free to rent throughout June in response to the protest and injustice | Linked is Amazon however it is free and available on other platforms)
- American Son (Kenny Leon) — Netflix
- Black Power Mixtape: 1967-1975 — Available to rent
- Good Trouble- Hulu
- Clemency (Chinonye Chukwu) — Available to rent
- Dear White People (Justin Simien) — Netflix
- Fruitvale Station (Ryan Coogler) — Available to rent
- I Am Not Your Negro (James Baldwin doc) — Available to rent or on Kanopy
- If Beale Street Could Talk (Barry Jenkins) — Hulu

- Just Mercy (Destin Daniel Cretton) — Available to rent
- King In The Wilderness — HBO
- See You Yesterday (Stefon Bristol) — Netflix
- Selma (Ava DuVernay) — Available to rent
- The Black Panthers: Vanguard of the Revolution — Available to rent
- The Hate U Give (George Tillman Jr.) — Hulu with Cinemax
- When They See Us (Ava DuVernay) — Netflix
 - <http://www.arraynow.com> - Ava Duvernay created an interactive reflection tool for people to use as they watch When They See Us. They're hoping it will deepen the conversation and inspire action (Thanks Ifunanya!)

Organizations to follow on social media:

- Antiracism Center: [Twitter](#)
- Audre Lorde Project: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Black Women's Blueprint: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Color Of Change: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Colorlines: [Twitter](#) | [Instagram](#) | [Facebook](#)
- The Conscious Kid: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Equal Justice Initiative (EJI): [Twitter](#) | [Instagram](#) | [Facebook](#)
- Families Belong Together: [Twitter](#) | [Instagram](#) | [Facebook](#)
- The Leadership Conference on Civil & Human Rights: [Twitter](#) | [Instagram](#) | [Facebook](#)
- MPowerChange: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Michigan Liberation: [Twitter](#) | [Facebook](#)
- Muslim Girl: [Twitter](#) | [Instagram](#) | [Facebook](#)
- NAACP: [Twitter](#) | [Instagram](#) | [Facebook](#)
- National Domestic Workers Alliance: [Twitter](#) | [Instagram](#) | [Facebook](#)
- RAICES: [Twitter](#) | [Instagram](#) | [Facebook](#)
- Showing Up for Racial Justice (SURJ): [Twitter](#) | [Instagram](#) | [Facebook](#)
- SisterSong: [Twitter](#) | [Instagram](#) | [Facebook](#)
- United We Dream: [Twitter](#) | [Instagram](#) | [Facebook](#)

More anti-racism resources to check out:

- [75 Things White People Can Do for Racial Justice](#)
- [Anti-Racism Project](#)
- [Jenna Arnold's resources \(books and people to follow\)](#)
- [Rachel Ricketts' anti-racism resources](#)
- [Resources for White People to Learn and Talk About Race and Racism](#)
- [Showing Up For Racial Justice's educational toolkits](#)

- ["Why is this happening?" — an introduction to police brutality from 100 Year Hoodie](#)
- [Zinn Education Project's teaching materials](#)
Document compiled by Sarah Sophie Flicker, Alyssa Klein in May 2020.

Webinar # 1 Racism: The Ultimate Underlying Condition (Tuesday, June 9th @ 2PM EDT)

Join APHA for the first webinar in the [Advancing Racial Equity series](#) providing an in-depth look at racism as a driving force for the social determinants of health and equity. The kick-off webinar of the *Advancing Racial Equity* series will examine racism and its historic and present day impact on health and well-being. Presenters will:

- identify the multiple levels on which racism operates;
- describe the physiological impacts of racism and discrimination on health; and
- explore the principles for and barriers to achieving health equity.

DONATIONS

*** Please look into each fund and site before donating. Each donation link is not directly geared towards the current BLM movement***

[Minnesota Freedom Fund](#) *** look at their twitter page to learn more about how their funds are distributed before donating ***

A grassroots organization currently working with the National Lawyers Guild and the Legal Rights Center. Donations will be used to bail out arrested protestors and to supply those on the field. Every dollar of financial donations to Minnesota Freedom Fund helps them help free people. Donations can be one time or recurring.

[Black Lives Matter](#)

#BlackLivesMatter was founded in 2013 in response to the acquittal of Trayvon Martin's murderer. Black Lives Matter Foundation, Inc is a global organization in the US, UK, and Canada, whose mission is to eradicate white supremacy and build local power to intervene in violence inflicted on Black communities by the state and

vigilantes. By combating and countering acts of violence, creating space for Black imagination and innovation, and centering Black joy, we are winning immediate improvements in our lives. Your support of the movement and the ongoing fight to end state-sanctioned violence, liberate Black people, and end white supremacy forever.

[Official George Floyd Memorial Fund](#)

This fund is established to cover funeral and burial expenses, mental and grief counseling, lodging and travel for all court proceedings, and to assist our family in the days to come as we continue to seek justice for George. A portion of these funds will also go to the Estate of George Floyd for the benefit and care of his children and their educational fund.

Anyone wishing to send cards, letters of encouragement and/or contributions in the form of a money order or check, may do so by mail at:

The Estate of George Floyd
c/o Ben Crump Law, PLLC
122 S. Calhoun Street
Tallahassee, FL 32301
Attn: Adner Marcelin

All checks must be made out to: The Estate of George Floyd

[The Bail Project](#)

The Bail Project is a national Revolving Bail Fund created to combat mass incarceration and reshape the pretrial system in the United States. 100% of online donations are used to bring people home. Since bail money comes back to us when cases close, we're able to recycle every dollar donated at least twice per year.

[Reclaim the Block](#)

A grassroots organization based in Minneapolis, will use funds to address community needs. Reclaim the Block began in 2018 and organizes Minneapolis community and city council members to move money from the police department into other areas of the city's budget that truly promote community health and safety. We believe health, safety and resiliency exist without police of any kind. We organize around policies that strengthen community-led safety initiatives and reduce reliance on police departments. We do not believe that increased regulation of or public engagement with the police will lead to safer communities, as community testimony and documented police conduct suggest otherwise.

[Louisville Community Bail Fund](#)

The Louisville Community Bail Fund exists to not only bail out folks, but provide post-release support to get them from jail, fed, and to a situation of safety. LCBF also maintains a focus on preventative measures for those targeted by law enforcement and threatened with incarceration. While we work with national networks, we are also one of the only bail funds that rely entirely on support from individuals in our social justice community.

[Black Visions Collective](#)

Organization based in Minnesota, led by black queer/trans folks (thanks for the addition Akemi!), that focuses its work on transformative justice in the state. aim to center our work in healing and transformative justice principles, intentionally develop our organizations core "DNA" to ensure sustainability, and develop Minnesota's emerging Black leadership to lead powerful campaigns. By building movements from the ground up with an integrated model, we are creating the conditions for long term success and transformation. Black Visions Collective envisions a world in which ALL Black Lives Matter. We use the guidance and brilliance of our ancestors as well as the teachings of our own experiences to pursue our commitment to dismantling systems of oppression and violence. We are determined in our pursuit of dignity and equity for all.

Other Donations:

** Donating to a **Change.org** link? Please recognize that a good portion of your donation goes towards the site. Your donation goes further when allocated to one of the various bail bonds found below (read the bail bond description though)! You can sign **AS MANY PETITION** as your heart desires though! (Thanks Allyse!) ***

- [Spreadsheet with places to donate to](#)
- [Gofundme - Tony McDades Memorial](#)
- <https://docs.google.com/spreadsheets/u/2/d/1p7QxOvtvRfHUoMWib8coGHSS8szENXzSjJZKpvp-gtA/htmlview> (spreadsheet for nationwide donation links (general donations and bail funds) - Thanks Ifunanya!!
- [gofundme - Justice for Kenneth Walker](#) (for his legal representation supporting Breonna Taylor)
- [gofundme - I Run With Maud](#)
- [gofundme - Help Coach Steve Parker Get Back in the Game](#)
- [gofundme - Support Roy Stoddart's Family](#)
- [gofundme - Help a front line nurse and baby get proper care](#)
- [gofundme - COVID19 testing, advocacy & education](#)
- [gofundme - Jessica Mahone](#)
- [gofundme - Comfort and Support for the Moncrease Family](#)
- [gofundme - The Heart of a Chef](#)
- [gofundme - Marcus Jackson Medical Funds](#)

- [gofundme - COVID-19 Survivor, Ron's Road to Recovery](#)
- [gofundme - Greene Family Fire Relief](#)
- [gofundme - Justice for Regis](#)
- [Twitter thread full of gofundme's](#) (most of them were just listed but continue checking in case the thread has been updated)
- [Donate to Black Lives Matter](#)
- [Donate to the Minnesota Freedom Fund](#) (on-the-ground bail fund)
- [Donate to the Northstar Health Fund](#) (medical supplies)
- [Sybrina Fulton's Campaign](#) (Trayvon Martin's mother is running for office in FL)
- [Donate to Reclaim the Block](#) MPLS organization that invests in their community's safety and fights against the police union
- [Donate to Black Visions Collective](#)
- [Support small online Black owned businesses](#)
- Donate to the following groups
 - <http://aclu.org>
 - <https://blacktrans.org/covid19-donations/> (led by trans black folks)
 - <http://joincampaignzero.org>
 - <http://nlg-npap.org>
 - <http://advancementproject.org>
 - <http://changethenypd.org>
 - <http://M4BL.org> (black led)
 - <http://themarshallproject.org>
 - https://give.hrc.org/page/47157/donate/1?ea.tracking.id=or_gnr_hrc_passiveweye
 -

Bail Funds:

- [LA Bail Fund](#)
- [Chicago Bail Fund](#)
- [Madison, WI Bail Fund](#)
- [Philly Bail Fund](#)
- [Columbus Bail Fund](#)
- [Minneapolis Bail Fund](#)
- [Atlanta Bail Fund](#)
- [New York Bail Fund](#)
- [Dallas Bail Fund](#)
- [Colorado Bail Fund](#)
- [Detroit Bail Fund](#)
- [Cleveland Bail Fund](#)
- [Chicago Bail Fund](#)
- [Western MI Bail Fund](#)

- [Louisville Bail Fund](#)
- [MN Bail Fund and Relief List](#)
- https://docs.google.com/document/d/1X4-YS3vFn5CLL9QtJSU0xqmTh_h8XilXgOqGAjZISBl/mobilebasic (Thanks Jasdeep!)

Petitions/Contacts

[Justice for Big Floyd](#)

Please join us in demanding justice for George Floyd and his family by adding your name to our super petition. When you sign, our platform will automatically send your message to County Attorney Michael Freeman, who has the power to arrest and charge these police officers. We need all hands on deck to demand justice: please add your name to tell County Attorney Michael Freeman that they need to be put behind bars.

TEXT

Text "FLOYD" to 55156 and sign!

Text "JUSTICE" to 668366

Text "JUSTICEFORBRE" to 55156

Text "ENOUGH" to 55156 - demand justice for Breonna Taylor

Text "JUSTICE" to 55156 - demand DA George Barnhill and Jackie Johnson are removed from office

[Resist Bot](#)

Contact your representatives in under 2 minutes. Text the word RESIST to me on iMessage, Messenger, Twitter, Telegram, or to 50409 on SMS* and read what I text you back. I'll turn your texts into a letter, and deliver it to the elected officials you choose: from your state legislator to the President.

[Justice for George Floyd](#)

We are trying to reach the attention of Mayor Jacob Frey and DA Mike Freeman to beg to have the officers involved in this disgusting situation fired and for charges to be filed immediately. Please help us get justice for George and his family!

[Justice for Breonna Taylor](#)

Sign the petition demanding that:

1. The Mayor and City Council address the use of force by LMPD.
2. Fire and revoke the pensions of the officers that murdered Breonna. Arrest, charge, and convict them for this crime.

3. Provide all necessary information to a local, independent civilian community police accountability council #CPAC.
4. Create policy for transparent investigation process due to law enforcement misconduct.
5. Drop all charges for Kenneth Walker, Breonna's boyfriend, who attempted to defend them and their home.
6. Release the 911 call to the public for accountability.

[Contact Minneapolis Representatives](#)

Write a letter demanding justice to Minneapolis Mayor Jacob Frey. Demand County Attorney Mike Freeman charge the officers with murder by calling him at 612-348-5550.

[Send an Email to the Minneapolis Police Department Demanding Justice](#)

This is a pre-filled email - all you have to do is fill out your name and location. Created by @benlross on Instagram. (Thanks Jasdeep!)

Other Petitions:

- [Color of Change - #JusticeforBre: Police officers who killed Breonna Taylor must be FIRED.](#)
- [Color of Change - #JusticeforAhmaud](#)
- [change.org - Justice for George Floyd](#)
- [change.org - The Minneapolis Police Officers to be charged for murder after killing innocent black man](#)
- [change.org - Justice for George Floyd](#)
- [change.org - Justice for George Floyd](#)
- [change.org - Justice for Breonna Taylor](#)
- [change.org - Julius Jones is innocent. Don't let him be executed by the state of Oklahoma.](#)
- [change.org - Prosecute the murderers who killed George Floyd](#)
- [change.org - Justice for Belly Mujinga](#)
- [change.org - Justice For Tony McDade](#)
- [ActionNetwork - Justice for Tony Mcdade](#)

- [change.org - Hands Up Act](#)
- [change.org - Justice For João Pedro](#)
- [change.org - Willie Simmons has served 38 years for a \\$9 robbery](#)
- [change.org - Disbarment of George E. Barnhill](#)
- [change.org - Justice for Regis Korchinski-Paquet](#)

- [change.org - Justice for Ahmaud Arbery- Pass Georgia Hate Crime Bill](#)
- [change.org - Free Anthony Wint](#)
- [change.org - After The Smoke Clears... Arrest Juan Delacruz for the MURDER of Pamela Turner RIGHT NOW](#)
- [change.org - #freejeffersonelie](#)
- [change.org - Exoneration of Albert Wilson](#)
- [change.org - Justice for Sean](#)
- [change.org - Reopen Kendrick Johnson's Case #J4Kendrick](#)
- [change.org - Justice For Tamir Rice](#)
- [change.org - Censorship of Police Brutality in France](#)
- [change.org - Fire Racist Criminal Michael J Reynolds from the NYPD](#)
- [change.org - Mandatory Life Sentence for Police Brutality](#)
- [change.org - Criminal Charges for Travis & Greg McMichael in the murder of Black Jogger Ahmaud Arbery](#)
- [change.org - Justice for Alejandro Vargas Martinez](#)
- [change.org - Make false 911 calls a criminal offense](#)
- [change.org - RAISE THE DEGREE](#)
- [change.org - Free Siyanda](#)
- [The Action Pac - Stand with Breonna](#)
- [The Action Pac - Ahmaud Arbery](#)
- [moveon - #JusticeforBre: Police officers who killed Breonna Taylor must be FIRED](#)
- [moveon - We want justice for 19 year old Darrius Stewart gunned down by a white police officer on last Fri...](#)
- [Organize For - Take the Pledge: We Are the Movement for Black Lives](#)
- [We the People - Justice for George Floyd](#) Make sure you confirm you signature by checking your email immediately after

Other Contacts?

[Contacting Ann Arbor/Detroit reps](#) (Thanks Kelli!)

County Attorney Mike Freeman:
(612-348-5550/citizeninfo@hennepin.us)

Mayor Frey
(612-673-2100)

City Attorney's office

(612 673-3000) - Demand that they release people who have been detained on low-level charges and for protesting during a PANDEMIC

GEORGE FLOYD is the name of the man who was murdered by DEREK CHAUVIN (badge 1087), TOU THAO (badge 7162), Thomas Lane, and J Alexander Kueng. If you truly care about getting justice, **make phone calls to these numbers and express your anger**. We cannot let another killer cop walk free.

UPDATE: As of May 29, Chauvin has been charged for third-degree murder. Continue pressuring officials for harsher charges because what he did was clearly not an accident. Also continue pushing for the other cops who were at the scene to be charged.

[Contact Outline and Info](#)

The Action Pac Hotline - coaches you through the calls and connects you with the offices who can arrest the police officers who murdered George Floyd
(612) 324-4499

International Affairs Division
City Hall, Room 112
350 South 5th Street
Minneapolis, MN 55415
(612) 673-3074

Velma J. Korbek, Director
Department of Civil Rights
City Hall, Room 239
350 South 5th Street
Minneapolis, MN 55415
(612) 673-3012

Mayer Jacob Frey
<https://app.smartsheet.com/b/form/d189a2276e234cacb9f02db60dac0569>
(612) 673-2100

Hennepin County Attorney Mike Freeman
C-2000 Government Center
300 South Sixth Street
Minneapolis, MN 55487
<https://www.hennepinattorney.org/about/contact>
citizeninfo@hennepin.us
(612) 348-5550

MPLS FBI field office
(763) 569-8000

MPD 3rd Precinct
(612) 673-5703

MN Bureau of Criminal Apprehension
(651) 793-7000

Police Officers Federation of Minneapolis
(612) 788-8444

Louisville Mayor (demand justice for Breonna Taylor)
(502) 753-1784

MN Precinct Inspector
sean.mcginity@minneapolisMN.gov

Commander of Training Unit
katie.blackwell@minneapolisMN.gov

police@minneapolismn.gov
minneapolis311@minneapolismn.gov
policereview@minneapolismn.gov

JUSTICE FOR REGIS CONTACTS

City Councillor Gord Perks - Parkdale - High Park
councillor_perks@toronto.ca
(416) 392-7919

MPP Bhutilla Karpoche - Parkdale - High Park
BKarpoche-CO@ndp.on.ca
(416) 763-5630

MP Arif Virani - Parkdale - High Park
Arif.Virani@parl.gc.ca
(416) 769-5072

Mayor of Toronto John Tory
mayor_tory@toronto.ca
(416) 397-2489

Toronto Police Chief Mark Saunders
officeofthechief@torontopolice.on.ca
(416) 808-2222

Solicitor General - Minister Sylvia Jones
sylvia.jones@pc.ola.org
(416) 325-0408
(519) 941-7751

Attorney General of Ontario Doug Downey
doug.downey@pc.ola.org
(416) 326-2220
(705) 726-5538

Sample Email:

Hello [recipient],

I am writing to you in regards to the incident that occurred at 100 High Park Avenue on May 27th, 2020. A 29 year-old Black woman, Regis, has died after allegedly falling off her balcony, despite police being present.

As a concerned citizen, I am very upset and disturbed at the events that took place and the allegations that this caused on the part of the police. I am demanding justice and answers as to the death of Regis Korchinski-Paquet.

A complete and transparent public and independent investigation needs to take place. Charges need to be brought to all the officers involved, as well as all information and evidence should be made available to the public.

Sincerely,
[your name]

JUSTICE FOR BREONNA TAYLOR CONTACTS

Murdered by Sgt. Jonathan Mattingly, Brett Hankison, and Myles Cosgrove

Louisville Metro PD
(502) 574-7111

Louisville Mayor Office
(502) 574-2003

JUSTICE FOR TONY MCDADE CONTACTS

[Template](#)

Tallahassee Police dept

ContactUs@talgov.com

Tallahassee Mayor John Dailey
mayor@talgov.com

Commissioner Jeremy Matlow
<https://www.talgov.com/Main/email.aspx?emailto=jeremy.matlow>

Officer Kevin Bradshaw - Officer on Tony's case
(850) 556-1726

Justice for Elijah McClain

Change petition

1. Call and Email TODAY:
CO Governor Jared Polis
(303)-866-2471
Email: Governorpolis@state.co.us

Mayor of Aurora Mike Coffman
(303)-739-7015
Email: mcoffman@auroragov.org

Aurora Police Chief Vanessa Wilson
(303)-739-6050

District Attorney Dave Young
(303)-659-7720

District Chief Judge Emily E. Anderson
(303)-654-3550

Deputy City Attorney Nancy Rodgers
(303)-739-6014
nrodgers@auroragov.org

Aurora City Attorney Daniel L. Brotzman
(303) 870-9078

2. & say this when you call:
I am calling on behalf of Elijah McClain. We demand that Officers Nathan Woodyard, Jason Rosenblatt, Randy Roedema, Matthew Green, and Sgt. Dale Leonard of the Aurora Police Dept, Lt. Peter Chichuniec and Medic Jeremy Cooper of Aurora Fire Rescue are fired immediately and charged to provide a remedy to Elijah's family. We demand justice for Elijah McClain.

We demand that you support SB20-217 (The Police Accountability and Integrity Act) in order to protect black and brown lives. End qualified immunity.
DO NOT WATER THIS BILL DOWN.



JUSTICE
for
Elijah McClain

3. Use social media.
TWEET and TAG
@GovofCO
@AuroraMayorMike
@AuroraPD
@APDChiefWilson
@leslieherod
@ProgressNowCO
@AuroraGov
@AuroraFireDpt
And Your CO elected officials
& demand justice for Elijah McClain

#JusticeforElijahMcClain
#AuroraPoliceDepartment
#SayHisName

*Image by Matty Phelan Miller

***If you know the account that made this image please let us know so we can give credit!
Its cut off at the bottom!***

Additional Resources:

Please feel free to add additional resources! This guide is primarily Michigan centered as this started as a resources guide for current students in the area. If you would like to add resources for your specific city (Los Angeles, Atlanta, DMV, etc) that would be awesome! Let us know which local organizations to support, which lawmakers need their phones and inboxes blown up, and where the next protest or meet up is at! You can either add them down here or you can place them in the set categories above.

Hello All! Thank you so much for contributing to this document over the weekend. I did not expect this kind of response although this (and more) is the recognition this movement deserves. Although I love the community that continues to inform and update this document, it has taken on a life of its own and we want to make sure it remains a space SPECIFICALLY for RESOURCES. With that, the comments have been turned off. Please know that this is a living document and will be updated accordingly. If you have any resources or information that you would like to add please contact us (DM) at @MedicinalMelanin_ on Instagram or request access!

[Ann Arbor/Detroit Area Protest Doc](#)

If you are a **more visual** person, this website has many of the same resources! Of course ctrl+F would work for this document but I personally think this website is awesome and well organized! Check it out! <https://blacklivesmatters.carrd.co/#>

<https://blmsites.carrd.co>

https://docs.google.com/spreadsheets/d/1bUJrgX8vspyy7YttiEC2vD0DawrpPYiZs94V0ov7qZQ/htmlview?fbclid=IwAR1R1Ko7XQ957CX5ny03R0AJ1ju8G6RfIV_t0NqgZDvDf-qHeP0zz7CbYo