

Resources and Support for the Black Lives Matter Movement

“Some are posting on social media, some are protesting in the streets, some are donating silently, some are educating themselves, some are having tough conversations with friends & family.. a revolution has many lanes – be kind to yourself and to others who are traveling in the same direction.. just keep your foot on the gas.”

Below is a link to another comprehensive list of resources a friend has shared that includes Legal Service providers, What To Do If You Are Detained, Bail + Memorial Funds/Aid and ways you can support without donating or protesting.

<https://docs.google.com/document/d/1CjZMORRVuv-l-go4B0YfmOTqI0a3GUS207t5iuLZmyA/mobilebasic>

A great link to several more resources for BLM - <https://blacklivesmatters.carrd.co/>

Here are some ways you can help RIGHT NOW

1. Donate to Organizations

- a. George Floyd Memorial Fund - <https://www.gofundme.com/f/georgefloyd>
- b. Minnesota Freedom Fund
- c. Reclaim the Block - <https://secure.everyaction.com/zae4prEeKESHBy0MKXTIcQ2>
- d. National Bail Out
- e. Black Lives Matter - https://secure.actblue.com/donate/ms_blm_homepage_2019
- f. Bail Project - <https://bailproject.org/>
- g. Black Visions Collective
- h. Campaign Zero
- i. The Movement for Black Lives – <https://secure.actblue.com/donate/movement-4-black-lives-1>
- j. National Bail Fund Network
- k. The Innocent Project
- l. NAACP Legal Defense and Educational Fund
- m. Run With Maud
- n. Justice For Breonna
- o. Northstar Health Collective
- p. The American Civil Liberties Union
- q. Fair Fight
- r. Know Your Rights Camp
- s. Louisville Bail Fund
- t. The Okra Project
- u. The Loveland Foundation – Therapy Fund
- v. Chicago specific: Chicago Bond Fund, Black Lives Matter Chicago, My Block My Hood My City: Small Business Relief Fund
- w. **Here is a link to split your donation among various organizations:**
https://secure.actblue.com/donate/ab_mn?refcode=insta
- x. **Here is a link with a comprehensive list of places to donate (with links):**
<https://blacklivesmatters.carrd.co/#donate>

2. **Streaming - If you are unable to make a monetary donation, consider streaming these video(s) to raise revenue in ads for BLM –**
 - i. “how to financially help BLM with NO MONEY/leaving your house (Invest in the future for FREE)”
<https://www.youtube.com/watch?v=bCgLa25fDHM&feature=youtu.be>
 - ii. YouTube playlist - watch this playlist or simply play it in the background with headphones on. Creators will be donating money made from these videos to causes that support the movement Black Lives Matter. *Read playlist description for more details -*
<https://www.youtube.com/playlist?list=PLtoolklzheqzORPbQBiEZKsw2T4s6SUxv&app=desktop>
 - iii. You can find more by searching “stream to donate” and letting the video play, remember not to skip the ads!
3. **Sign Petitions – signing is an easy, free way to contribute and have your voice heard.**
 - a. Petition To Seek Justice For George Floyd - <https://www.change.org/p/mayor-jacob-frey-justice-for-george-floyd>
 - b. Black Lives Matter, #DefundPolice - This petition calls for radical, sustainable solutions that affirm the prosperity of Black Lives Matter throughout America.
https://actionnetwork.org/forms/2005_email_blm_defund
 - c. Justice for Breonna Taylor -
<https://action.justiceforbreonna.org/sign/BreonnaWasEssential/>
 - d. Justice for Ahmaud Arbery - <https://www.change.org/p/human-rights-campaign-justice-for-ahmuad-aubrey-2>
 - e. National Action Against Police Brutality - <https://www.change.org/p/national-action-against-police-brutality-and-murder>
 - f. Hands Up Act - <https://www.change.org/p/us-senate-hands-up-act>
 - g. (and much more, see below)
 - h. **Here is an extensive list of collective petitions to sign:**
<https://blacklivesmatters.carrd.co/#petitions>
4. **Reach Out and Contact officials – Call, Text, Email**
 - a. *Call* - If you don’t know what to say, the websites below will walk you through it.
 - i. Governor Tim Walz – 612-201-3400
 - ii. Mayor Jacob Frey – 612-673-2100
 - iii. Mike Freeman – 612-348-3550
 - iv. Police Chief Arendondo – 612-673-3550
 - v. Minneapolis PD – 612-673-3000
 - vi. MPD of Int’l Affairs – 612-673-3074
 - vii. Minneapolis Dept. of Civil Rights – 612-348-3550
 - viii. Sheriff Dave Hutch – 612-348-3744
 - ix. www.justiceforbigfloyd.com/make-calls
 - x. www.runwithmaud.com/call
 - xi. www.standwithbre.com/call
 - b. *Text*
 - i. Text JUSTICE to 668366

- ii. Text FLOYD to 55-156
 - iii. Text ENOUGH to 55156
 - c. *Email*
 - i. City of Minneapolis PD – police@minneapolismn.gov
 - ii. Office of Police Conduct Review – policereview@minneapolismn.gov
 - iii. Minneapolis 311 – minneapolis311@minneapolismn.gov
 - iv. **Here are email templates you can use to contact officials:**
<https://blacklivesmatters.carrd.co/#text>
5. **Read, Watch, Listen, and Spread resources.. Educate yourself and learn black history. There are many resources to stay informed and current with news and ways to help. Remember, this is a marathon, not a sprint!**
- a. ***Spread this information!!! The more people are aware of what is going on and how they can help, the bigger the impact you can make. Share this or other info with friends, family, and peers to multiply your efforts!***
 - b. *Books to Read*
 - i. *Why People of Color Need Spaces Without White People* by Kelsey Blackwell
 - ii. *So You Want to Talk About Race?* By Ijeoma Oluo
 - iii. *White Fragility, Why It's So Hard for White People to Talk About Racism* by Robin Diangelo
 - iv. *Me and White Supremacy* by Layla F. Saad
 - v. *Women, Race, and Class* by Angela Y. Davis
 - vi. *The New Jim Crow* by Michelle Alexander
 - vii. *Black Feminist Thought* by Patricia Hill Collins
 - viii. *Heavy: An American Memoir* by Kiese Laymon
 - ix. *I Know Why the Caged Bird Sings* by Maya Angelou
 - x. *Between the World and Me* by Ta-Nehisi Coates
 - xi. *Beloved* by Toni Morrison
 - xii. *The Color of Law* by Richard Rothstein
 - xiii. *Why I'm No Longer Talking To White People About Race* – Reni Eddo-Lodge
 - 1. Taking a look at the structural racism that exists in the UK, this book by Reni Eddo-Lodge picks apart the nature of white privilege and racial bias.
 - xiv. *Freedom Is A Constant Struggle* – Angela Davis
 - 1. This book compiles Angela Davis' thoughts and essays on everything from the ways in which racism has clouded feminism through the years, to the legacy of Apartheid.
 - xv. *They Can't Kill Us All: Ferguson, Baltimore, And A New Era In America's Racial Justice Movement* – Wesley Lowery
 - 1. Lowery is a reporter for The Washington Post and spend most of Obama's second term in office travelling to cover the deaths or unarmed black men by white police officers. This book starts with Lowery's own aggressive arrest then goes on to describe the evolution of the Black Lives Matter movement from the front lines.
 - xvi. *Americanah* – Chimamanda Ngozi Adichie

1. Ifemelu, the protagonist in Adichie's *Americanah*, gives a sharp-eyed look at the non-American black experience in the US, in Nigeria and beyond.
- xvii. *Girl, Woman, Other* – Bernardine Evaristo
1. This novel by Evaristo follows the lives of a dozen British people, mainly female and mainly black. The characters range between 19 and 93 and each of their stories are empathetic, imaginative and show perseverance and portraits of struggle.
- xviii. Article – Four Steps We Can Take As White People to Fight Racism
<https://bthechange.com/4-steps-we-can-take-as-white-people-to-fight-racism-a582e826eb92>
- xix. **Guidelines for Being Strong White Allies** -
<https://www.racialequitytools.org/resourcefiles/kivel3.pdf>
- c. TV Shows & Films to *Watch*
- i. 13th (documentary - available on Netflix)
 - ii. American Son (Netflix)
 - iii. See You Yesterday (Netflix)
 - iv. If Beale Street Could Talk (Hulu)
 - v. Black Power Mixtape
 - vi. Clemency
 - vii. Fruitvale Station (Netflix)
 - viii. Just Mercy
 - ix. Selma
 - x. The Black Panthers: Vanguard of the Revolution
 - xi. Green Book
 - xii. Dear White People (series on Netflix)
 - xiii. Little Fires Everywhere (Hulu)
 - xiv. Hidden Figures
 - xv. Explained: The Racial Wealth Gap (Netflix) – To help understand the concept of 'white privilege'
 - xvi. Time: The Kalief Browder Story (Netflix) – true crime docuseries, the story of a teenager wrongfully charged with theft and jailed at Riker's Island prison for over 1,000 days
 - xvii. Who Killed Malcom X? (Netflix) – an insight into Malcom X, his beliefs and his mysterious death
 - xviii. When They See Us (series on Netflix – highly recommended)
 1. This is a four-part series on Netflix based on the lives of five teenagers-to-men who were wrongfully convicted of the rape and attempted murder of a Trisha Meili - a woman who was jogging in central park. When They See Us is the series and The Central Park 5 is the documentary, both available on Netflix.
 - xix. LA 92 (documentary – available on Netflix)

1. This documentary features previously unseen footage that's shaped into a fresh retelling of the 1992 Rodney King trial and the verdict that caused civil unrest.
- xx. The Hate U Give
 1. In this film, Starr Carter witnesses the shooting of her best friend by the police and struggles with the decision of whether to testify or not. You can watch The Hate U Give on Amazon Prime and HBO
 - xxi. King In The Wilderness
 1. Told through the stories of the people who were around him, this film follows Martin Luther King Jr. during his last years from the passage of the Voting Rights Act to his assassination. You can watch this on HBO.
 - xxii. Becoming
 1. Following Michelle Obama's book tour after the release of her bestselling biography, *Becoming*, this documentary looks at Obama's life, hopes and her effortless connection with other. You can watch *Becoming* on Netflix.
- d. Organizations to follow on Social Media
- i. Black Lives Matter - @blklivesmatter
 - ii. Color of Change - @colorofchange
 - iii. NAACP - @naacp
 - iv. Showing up for Racial Justice - @showingupforracialjustice
 - v. The Leadership Conference - @civilrightsorg
 - vi. Reclaim the Block - @reclaimtheblock
 - vii. Ethel's Club - @ethelsclub
 - viii. United We Dream - @unitedwedream
 - ix. The Conscious Kid - @theconsciouskid
 - x. Families Belong Together - @fams2gether
 - xi. M Power Change - @mpowerchange
 - xii. Equal Justice Initiative - @eji_org
 - xiii. SisterSong - @sistersong_woc
- e. John Boyega, George Floyd Protest BLM Speech (Short video) - <https://youtu.be/GGXEB25WdyQ>
- f. Podcasts to *Listen*
- i. About Race
 - ii. Seeing White
 - iii. Momentum: A Race Forward Podcast
 - iv. Code Switch
 - v. Intersectionality Matters! Hosted by Kimberle Crenshaw
 - vi. Pod for the Cause
 - vii. The Combahee River Collective Statement
 - viii. The Diversity Gap - This podcast by Bethaney Wilkinson explores the gap between good intentions and good impact as it relates to diversity, inclusion and equity.- <https://www.thediversitygap.com/podcast-1>

- ix. Pod Save the People attempts to better understand the issues surrounding news, culture, social justice and politics. - <https://crooked.com/podcast-series/pod-save-the-people/>
- x. 1619 – NY Times - This podcast tells the story of the history of slavery and how it shaped America as we know it. It shines a light on racism, dispossession and misinformation. - <https://www.nytimes.com/2020/01/23/podcasts/1619-podcast.html>

g. Here are more links to other lists of more awareness Books, Movies and More Resources on Racism:

- i. <https://fashionmagazine.com/culture/anti-black-racism-awareness-books-movies-resources/>
- ii. This one has great resources with links:
<https://blacklivesmatters.carrd.co/#educate>

6. Protest, March, or donate supplies to those who are protesting

- a. If you are protesting, please see this spreadsheet for Legal Service providers, What To Do If You Are Detained, and Bail + Memorial Funds/Aid:
https://docs.google.com/spreadsheets/d/1fpdRY5fwoyt04ll6y9bToWjv4wUaloMAQERoE2A140U/htmlview?usp=sharing&pru=AAABcqkkOUE*4pZY7yipij9_3rnqs_-ydw#
- b. Here some ways you can help if you can't donate or protest -
https://issuu.com/nlc.sf.2014/docs/beyondthestreets_final

7. Ways to Reflect and Questions to Ask Yourself

- a. What can you do to support POC in your community?
- b. Who taught you about race and culture?
- c. How do you behave when you are confronted by racist behavior?
- d. What are your local politicians' policy on ending police brutality?
- e. When were you taught about race and culture?
- f. What information could you teach people?
- g. In what ways have you ignored this behavior in the past?
- h. Why is it important for everyone to work towards ending this injustice?
- i. How can you use anti-racist knowledge to change and progress classroom culture?
- j. Do you own anyone an apology?
- k. How do you handle conflict?
- l. How do you plan on helping the fight to end racial discrimination and systemic oppression?
- m. How can you use anti-racist knowledge to change and progress conversations with friends, family, colleagues, and peers?
- n. How can you be actively anti-racist instead of simply "not racist"?
- o. What do you want to learn more about?
- p. In what ways does my proximity to whiteness afford me privilege that aren't extended to Black and Brown people?
- q. In what ways have I been conditioned to believe in the superiority of whiteness?
- r. In what ways have I engaged in rhetoric that promotes othering or stereotyping of Black people?

- s. What can I do to better educate myself on the historical context of race in the country and community I exist in?

8. Action Items

- a. Register to VOTE
- b. Act locally. don't think that racism is another problem for our country. There is crisis everywhere, find organizations that are doing work where you are. Ask them how they want to be helped. Help them in that way.
- c. Keep the momentum. The outpouring of support in this moment of crisis has been amazing. The support has been amazing, but its not enough. The news cycle will move on. This will become a memory. You must not move on. You have to keep on holding yourself and your community to account. You have to keep taking the actions and doing the work.
- d. Check in on Black friends, family, colleagues, and acquaintances.
- e. Educate yourself- it is your job to learn about racial injustices and what you can do help.
- f. Be an advocate for mental health – be aware of how what you are posting on can affect others. Refrain from posting traumatic content as it can be triggering for many Black people and can increase dehumanization of Black people.
- g. Form habits. Its easy to make singular action when there's a crisis moment. Look for ways to turn these one-off actions into habits. Are you able to turn that donation into a subscription? Are you able to share the books that have helped you with others who may not be able to afford them? Are you able to donate regular time to an organization doing the work?
- h. Think offline. Diversifying your feed is great. Diversifying your bookshelf is great. Now diversify your social circles. Your body language has to match the words you use online. Make space for Black voices in your life, not just in your feed.
- i. Understand history. The things that are happening now are not isolated incidents. Not by a long way. Take time to learn about the history of systemic, structural racism, and understand how current events fit into a larger pattern and history of viewing black lives as disposable. Imagine knowing that society views your body as disposable. Challenge biased views every single time.
- j. Start with yourself. Take time to look at yourself. We have grown up in a society shaped, and designed, by white supremacy. It's only natural to have absorbed some of that. Start by looking at our own beliefs, and the structures that have benefitted you. Understanding your relationship to systemic racism is an important, and difficult, step.
- k. Screenshot, share, and repost resources to educate those around you. Attend protests and share your #BlackLivesMatter posts online, regardless of your follower count.
- l. Don't center the narrative around you. Identify privilege and condemn it.
- m. Stop supporting organizations that promote hate. Hold brands accountable. Too many brands who have been on the wrong side of history are using 'solidarity' to sell their products. Don't let brands use this moment for PR. Look at how many non-white people brands have on the feeds and in their ads. If their interest in this has only just begun, we can bet it will disappear as soon as the news cycle moves on. Speak with your money – support brands that are in it for the long haul.

- n. Read the news and pay attention to social media. Be mindful of limiting exposure and consider your mental health.
 - o. Choose action over inaction. Your voice is powerful. Not perfect is better than not all. Using your voice, if you're not used to it, can be intimidating. Many people don't start because they're scared, they'll 'get it wrong'. If it's a choice between not doing it at all or doing it and getting it wrong. Get it wrong. Learn from it. Do better next time.
 - p. Be an ally and advocate at the dinner table. If you hear racist conversation among family or friends, correct the speaker and initiate a discussion of why this is wrong.
 - q. Create a long-term strategy – how will you be an ally for the rest of your life? Even after the outrage, donate to organizations if you have the means to do so. Every dollar counts.
- 9. Voting Information and Resources – voting is the way to make sure you have a say in government officials and that we have representation, make sure you're registered to vote and check VOTE411.org to stay updated with voting info**
- a. www.headcount.org
 - b. www.vote.org
 - c. Link to Indiana voter registration and information (takes less than 2 minutes!):
<https://www.vote.org/register-to-vote/indiana/>
- 10. Calling In vs. Calling Out – Talking to the people you love about anti-racism**
- a. Instead of “calling out,” which can be aggressive and lead to an unproductive conversation, call that person in. Meaning, address what they said in a gentle and calm way. Avoid saying “you’re wrong,” or “that’s messed up.” Try: “Why do you think that? Why do you feel that way?”
 - b. Be Patient. Don’t react with anger or animosity: hear them out. Allow them to calmly express their thoughts without having to feel like they need to defend themselves. You set the tone, but if you feel it’s reached a point where it’s getting unproductive, it might be better to set it aside and address it another time. Try: “I want to understand. Can you explain a little more?” or “I feel like this is escalating, and I don’t want it to, but I still want to discuss this. Can we talk later?”
 - c. Be Persistent. Change doesn’t happen overnight, and it definitely doesn’t happen after one conversation. Chances are, you will have to have multiple conversations.
 - d. Share resources. Send articles, YouTube videos, watch a documentary, etc. to reinforce your points and let them receive information from a third party. The learning shouldn’t stop after your conversation and talking about these resources can be a good way to continue the discussion. Try: “This (article, book, etc.) goes into more detail about what we’re talking about. I’d love to know your thoughts after.” / “What did you think of that (video, documentary, etc.) I sent you?”
 - e. Stay accountable. Keep talking, keep calling in, and remember to check yourself, too.
- 11. Racial Gaslighting 101 – Racial gaslighting sounds like..**
- a. *If you protested/said it peacefully, more people would listen to you.*
 - b. *What I said/did is not racist.*
 - c. *Racism doesn’t exist anymore.*
 - d. *It was just a joke, calm down.*
 - e. *Why is it always about race?*

- f. *Are you sure that's what happened?*
- g. *Just to play devils advocate here..*
- h. *_____ people are racist too.*
- i. *In my opinion, I don't think that they were being racist, I think..*
- j. *But what about black on black crime?*
- k. *Other people are dying, too.*
- l. *I don't see color..*
- m. *Why are they overreacting?*
- n. *I am not racist, because I have black friends.. (after doing or saying something racist)*
- o. *Stop blaming history and take responsibility.*
- p. *Is the change that has already happened not enough?*
- q. *Why do these brutality videos only show the end? What did they do to get there?*
- r. **Using MILK quotes/images to tell people how you think they should protest/grieve**
- s. *Tender reminders for BIPOC:*
 - i. *Do not let anyone tell you how to feel about something they have never had to experience in their body.*
 - ii. *Do not exhaust yourself arguing with someone who is more concerned about not being called racist, than simply doing the work to be anti-racist*
 - iii. *Do not spend any time trying to prove why something is racist, your experience is your expertise*

12. Support Black-Owned Restaurants and Businesses – its harder for black people to be approved for business loans with good terms. As well as many other hurdles in the process, black entrepreneurs and black owned businesses always need your support!

- a. **Black-Owned Restaurants and Businesses in Indianapolis**
 - i. Maxine's Chicken & Waffles, Lvl Up, Comida, Axum Ethiopian Restaurant, Big Time Wings, Chef Oya's The Trap, BBQ Heaven, Carnival Popcornshop, D&C Pizza, Da blue Lagoon Jamaican Kitchen, Kountry Kitchen Soulfood Place, Garrett's Steakhouse and barbeque, Paleo Soul Restaurant, Papa bear's Chicken, Jamaican Style Jerk, SweeTies Gourmet Treats, The Grub House, Jamaican Breeze Sports Bar, Shrimp Hut, Sea Kings Seafood Kitchen, Stacey & Rick's Soulfood, Kuaba Gallery, This Flower Grows, KoS: Kiss of Silk, Tea's Me Café, The Healthy Food Café, Mama P's bakery and café, Eat to Live Café, ROCK Fresh Market, Just Ride Cycling & Training, D1 and Factory, Esthenik Skin by Nicole, Scott Dentistry, Shodah Spalon, Dwight's Heavenly Fashions, Grace's Closet, Papparazzi Accessories, Wonderfullymade Designs Boutique, Kafe Kuumba Open Mic, Sankofa fare Dance & Drum Institute, Mine Naturally
- b. **Black-Owned Restaurants and Businesses in Chicago**
 - i. South Side: Truth Italian Restaurant, Aint She Sweet Café, Brown Sugar Bakery, Original Soul Vegetarian Kitchen, Garifuna Flava, The Soul Shack, FriiStyle, Teapot Brew Bakery, Sip and Savor Coffee, Can't Believe It's Not Meat, Sir & Madame Clothing Boutique, Virtue Restaurant, Cleo's Southern Cuisine, Emeche Cakery and Café, Kilwin's Confectionary, Lem's BBQ, Doughboy's Chicago, Deli King, Haire's Gulf Shrimp, The Woodlawn, Flammin Restaurant, Mabe's Deli, 5 Loaves Eatery, The Wrap Bar,

- ii. West Side: Phlavz, Soule, Ina Mae Tavern, Taste 22, Eleven Eleven, Tesfa Cuisine, Jerky Jerk, J Spice, Frontier
 - iii. North Side: Semicolon Bookstore, Batter and Berries, Demera Ethiopian, Urban Grill, Ras Dashen, Urbane Blades Barbershop, Leulla's Southern Kitchen, Ethiopian Diamond, Bettie Lou's, Lizzie J's Café, The Long Room
 - iv. The Loop: Coco's Deep Fried Lobster, Grail Café, Powerhouse Restaurant, TeaPotBrew Bakery, Sweet Maple Café, Mr. Brown's Lounge
- c. Black-Owned platforms – these 3 platforms provide creative, community, and wellness resources for people of color... If you have access to corporate funding, consider setting aside a budget for your employees to become members of Ethel's Club & MIMconnect, and attend The Creative Collective NYC's events.
 - i. @ethelsclub
 - ii. @mimconnect
 - iii. @theccnyc
- d. Black-Owned Beauty brands
 - i. @hanahana_beauty
 - ii. @golde
 - iii. @mielleorganics
 - iv. @nyakiobeauty
 - v. @uomabeauty
 - vi. @briogeo
 - vii. @anitagrnt
 - viii. @ouithepeople
 - ix. @mentedcosmetics
 - x. @thehoneypotco
 - xi. @martousnaturals
 - xii. @ooopolish
 - xiii. @aketzaliskincare
 - xiv. A link to another extensive list: <https://www.beautyindependent.com/100-black-owned-indie-beauty-businesses-to-buy-from-right-now/>

13. Mental Health Resources for the Black Community

- a. Dive in Well
- b. Sista Afya
- c. Therapy for Black Girls
- d. Healhaus
- e. Inclusive Therapists
- f. Ethel's Club
- g. Harriet's Apothecary
- h. BEAM Collective
- i. Black Girl in Om
- j. The Nap Ministry
- k. The Loveland Foundation – Therapy Fund provides financial assistance to Black women and girls nationally seeking therapy
- l. National Queer and Trans Therapists of Color Network

- m. Talkspace
- n. Open Path Collective – Psychotherapy collective
- o. **Here is a comprehensive list for mental health resources specific to the black community:** <https://blackmentalhealthmatters.carrd.co/>
- p. **Here are more resources for mental health resources for BIPOC:**
<https://docs.google.com/document/d/1dWShg0TZ7nJz5YJsCa1DyGCGTJMrUEd8du5vC6boVhs/mobilebasic>
 - i. @healhaus , @meta.den , @minkabrooklyn – offer virtual classes and workshops in meditation, movement, breathwork, reiki, and self-development for **POC-Centric**
 - ii. @frequencymind incorporates sound therapy in guided breathwork, meditation, and human connection for **ALL** , recommendation – Saturday’s 1pm (EST) class “A Collective Breath: Release, Retune, Reset”
- q. **Funds to Donate to for the Mental Health of Black People:**
 - i. The Nina Pop and the Tony McDade Mental Health Recovery Fund for Black Trans People (website) <https://www.theokraproject.com/> - (donate) <https://www.paypal.me/theokraproject>
 - ii. The Foundation for Black Women’s Wellness COVID-19 Women’s Relief Fund - <http://fbww.org/covid19/relief-fund/>
 - iii. Loveland Therapy Fund for Black Women & Girls - <https://thelovelandfoundation.org/loveland-therapy-fund/>
 - iv. Black Earth Farm Foods Donations - <https://www.blackearthfarms.com/csa>