



Resources for Felicity House Community Members
 Related to Protests against Racism, Police Brutality and Inequality
 Updated: 7/15/2020

Learn about the protests and how to take action

Name of Resource	Website/Contact Info	What does it offer?
Black Lives Matter (BLM)	https://blacklivesmatter.com/	BLM fights for Freedom, Liberation and Justice. You can sign up for updates, support their work, check out their resources, and find information about local chapters near you.
American Civil Liberties Union (ACLU)	https://www.aclu.org/	Join an organizing meeting, action, or other grassroots event in your community, learn about your rights as a protester.
Campaign Zero	https://www.joincampaignzero.org/feedback	A comprehensive platform of research-based policy solutions to end police brutality in America, get involved by sharing your policy ideas.
Innocence Project	https://www.innocenceproject.org/how-to-help-justice-george-floyd/	Find ways to get involved, support protestors, and advocate for justice
Color of Change	https://colorofchange.org/	Respond effectively to injustice in the world around us through online actions and in-person events you can join to stand up for racial justice

Change.org	https://www.change.org/	Get involved by signing petitions related to BLM and racial justice.
The Movement for Black Lives	https://m4bl.org	A coalition of Black organizations that host virtual events and provide resources related to safety.
The Creative Collective	https://www.theccnyc.com/resources	Find resources that will aid in the Black Lives Matter movement.

Learn about police brutality and racism and what you can do to stop it

Name of Resource	Website/Contact Info	What does it offer?
Plain-Language Resource on Police Violence	https://autisticadvocacy.org/wp-content/uploads/2020/06/PL-Police-Violence-Toolkit.pdf	A plain language booklet about anti-Black racism, police violence, and what you can do to stop it.
Green Mountain Self Advocates (GMSA)	http://www.gmsavt.org/wp-content/uploads/2020/06/Green-Mountain-Self-Advocates-Speaks-Out-Against-Police-Brutality-6.2.2020.pdf	GMSA is a disability rights organization in Vermont and they share their thoughts on police brutality.
Autistic Self Advocacy Network Autism and Safety Toolkit	https://autisticadvocacy.org/policy/toolkits/safety/	This toolkit provides information about: Abuse and neglect, Bullying, Interactions with police, Mental health, and Safely navigating the community
Act.tv	https://www.youtube.com/watch?v=YrHIQIO_bdQ&feature=youtu.be	Learn about what systemic racism is, and how we can solve it.

National Museum of African American History & Culture	https://nmaahc.si.edu/learn/talking-about-race/audiences/committed-equity	As a person committed to racial equity, this website will help you understand yourself, your race, and the experiences of others.
Civilrights.org Advocacy Toolkit	https://civilrights.org/wp-content/uploads/Toolkit.pdf	An advocacy toolkit for fair, safe and effective community policing
First, Listen. Then, Learn: Anti-Racism Resources For White People	https://www.forbes.com/sites/juliawuench/2020/06/02/first-listen-then-learn-anti-racism-resources-for-white-people/#78d8d55216ee	Includes a list of books, articles, youtube videos, TV and films related to anti-racism
Black, Disabled and Proud	https://www.blackdisabledandproud.org/black-lives-matter.html	Resources to help connect BLM to disability resources, to help Black students with disabilities learn about intersections of disability and race in the movement, and to share resources about race and disability

Resources to find support during difficult times

Name of Resource	Website/Contact Info	What does it offer?
NYC Well	https://nycwell.cityofnewyork.us/en/covid-19-digital-mental-health-resources/	Resources for anxiety, sleep, depression, peer support, and more
Head Space	https://www.headspace.com/ny	Free meditation, sleep, and movement exercises

New York Presbyterian Integrative Health website	https://www.nyp.org/clinical-services/integrative-health-program/videos	Free audio and video resources in English, Spanish, and Mandarin, including guided meditations and simple yoga videos
Mindfulness Course	https://www.coursera.org/learn/mindfulness-integrative-healthcare	This is a free 8-hour Mindfulness in Integrative Healthcare course available online through coursera
Leading Equity Center Podcast Being Kind is not the Same as Being Anti-Racist Podcast	https://www.leadingequitycenter.com/136	A podcast looking at how being Kind is not the Same as Being Anti-Racist.
Autistic People of Color Fund	https://autismandrace.com/autistic-people-of-color-fund/	A fund for direct support, mutual aid, and reparations by/for autistic people of color. Application available online
Color Lines	https://www.colorlines.com/articles/4-self-care-resources-days-when-world-terrible	Self-Care Resources

Relevant Articles

Name of Article	Website	What is it about?
A Black Lives Matter Co-Founder Explains Why This Time Is Different	https://www.newyorker.com/news/q-and-a/a-black-lives-matter-co-founder-explains-why-this-time-is-different	Opal Tometi discusses what it would mean to defund police departments, how the coronavirus pandemic has

		shaped the American response to the protests, and what's next for Black Lives Matter.
How to Make this Moment the Turning Point for Real Change	https://medium.com/@BarackObama/how-to-make-this-moment-the-turning-point-for-real-change-9fa209806067	Barack Obama shares his thoughts on bringing change through protest and politics.
The 1619 Project	https://www.nytimes.com/interactive/2019/08/14/magazine/1619-america-slavery.html	The 1619 Project aims to reframe the country's history by placing the consequences of slavery and the contributions of black Americans at the very center of our national narrative.
Time Magazine	https://time.com/5171270/black-lives-matter-patrisse-cullors/	Black Lives Matter Co-Founder Patrisse Cullors on Her Memoir, Her Life and What's Next for the Movement