



Resources for Felicity House Community Members  
 Related to Protests against Racism, Police Brutality and Inequality  
 Updated: 1/27/2023

**Learn about the protests and how to take action**

Name of Resource	Website/Contact Info	What does it offer?
Black Lives Matter (BLM)	<a href="https://blacklivesmatter.com/">https://blacklivesmatter.com/</a>	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)	<a href="https://www.aclu.org/">https://www.aclu.org/</a>	Join an organizing meeting, action, or other grassroots event in your community, learn about your rights as a protester.
Campaign Zero	<a href="https://www.joincampaignzero.org/feedback">https://www.joincampaignzero.org/feedback</a>	A comprehensive platform of research-based policy solutions to end police brutality in America, get involved by sharing your policy ideas.
Innocence Project	<a href="https://www.innocenceproject.org/how-to-help-justice-george-floyd/">https://www.innocenceproject.org/how-to-help-justice-george-floyd/</a>	Find ways to get involved, support protestors, and advocate for justice
Color of Change	<a href="https://colorofchange.org/">https://colorofchange.org/</a>	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	<a href="https://www.change.org/">https://www.change.org/</a>	Get involved by signing petitions related to BLM and racial justice.
The Movement for Black Lives	<a href="https://m4bl.org">https://m4bl.org</a>	A coalition of Black organizations that host virtual events and provide resources related to safety.
The Creative Collective	<a href="https://www.theccnyc.com/resources">https://www.theccnyc.com/resources</a>	Find resources that will aid in the Black Lives Matter movement.

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### 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	<a href="https://autisticadvocacy.org/wp-content/uploads/2020/06/PL-Police-Violence-Toolkit.pdf">https://autisticadvocacy.org/wp-content/uploads/2020/06/PL-Police-Violence-Toolkit.pdf</a>	A plain language booklet about anti-Black racism, police violence, and what you can do to stop it.
Autistic Self Advocacy Network Autism and Safety Toolkit	<a href="https://autisticadvocacy.org/policy/toolkits/safety/">https://autisticadvocacy.org/policy/toolkits/safety/</a>	This toolkit provides information about: Abuse and neglect, Bullying, Interactions with police, Mental health, and Safely navigating the community
Act.tv	<a href="https://www.youtube.com/watch?v=YrHIQIO_bdQ&amp;feature=youtu.be">https://www.youtube.com/watch?v=YrHIQIO_bdQ&amp;feature=youtu.be</a>	Learn about what systemic racism is, and how we can solve it.
National Museum of African American History & Culture	<a href="https://nmaahc.si.edu/learn/talking-about-race/audiences/committed-equity">https://nmaahc.si.edu/learn/talking-about-race/audiences/committed-equity</a>	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	<a href="https://civilrights.org/wp-content/uploads/Toolkit.pdf">https://civilrights.org/wp-content/uploads/Toolkit.pdf</a>	An advocacy toolkit for fair, safe and effective community policing
First, Listen. Then, Learn: Anti-Racism Resources For White People	<a href="https://www.forbes.com/sites/juliawuench/2020/06/02/first-listen-then-learn-anti-racism-resources-for-white-people/#78d8d55216ee">https://www.forbes.com/sites/juliawuench/2020/06/02/first-listen-then-learn-anti-racism-resources-for-white-people/#78d8d55216ee</a>	Includes a list of books, articles, youtube videos, TV and films related to anti-racism
Black, Disabled and Proud	<a href="https://www.blackdisabledandproud.org/black-lives-matter.html">https://www.blackdisabledandproud.org/black-lives-matter.html</a>	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
Leading Equity Center Podcast Being Kind is not the Same as Being Anti-Racist Podcast	<a href="https://www.leadingequitycenter.com/136">https://www.leadingequitycenter.com/136</a>	A podcast looking at how being Kind is not the Same as Being Anti-Racist.

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### Resources to find support during difficult times

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

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

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**Learn more about the contributions of Asians Americans and raising awareness against hate**

Center for Asian American Media	<a href="https://caamedia.org/films-and-projects/projects/asian-americans/">https://caamedia.org/films-and-projects/projects/asian-americans/</a>	Learn about the history of Asian Americans via a five-part documentary series by PBS
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The Making of Asian America	<a href="http://www.erikalee.org/the-making-of-asian-america/">http://www.erikalee.org/the-making-of-asian-america/</a>	The Making of Asian America shows how generations of Asian immigrants and their American-born descendants have made and remade Asian American life
AAAJ	<a href="https://www.standagainsthatred.org/resources">https://www.standagainsthatred.org/resources</a>	AAAJ is collecting stories of COVID-19 related hate incidences in order to document and to educate people about the environment of hate around the country. They also have compiled resources for reporting and resisting hate crimes.
NY Times	<a href="https://www.nytimes.com/2021/02/21/opinion/anti-asian-violence.html">https://www.nytimes.com/2021/02/21/opinion/anti-asian-violence.html</a>	Learn more about the current wave of anti-Asian violence
CAAM	<a href="https://caamedia.org/films-and-projects/projects/asian-americans/">https://caamedia.org/films-and-projects/projects/asian-americans/</a>	Learn about the history of Asian Americans via film:
Amazon	<a href="https://www.amazon.com/Making-Asian-America-History/dp/1476739412">https://www.amazon.com/Making-Asian-America-History/dp/1476739412</a>	Books to learn more about Asian American
Casey Lee, Asian and Middle Eastern Studies Librarian	<a href="https://spark.adobe.com/page/yhPMODqA6mXjp/?fbclid=IwAR2L5RTgV7jJtebCiY">https://spark.adobe.com/page/yhPMODqA6mXjp/?fbclid=IwAR2L5RTgV7jJtebCiY</a>	An APA (Asian Pacific American) reading list compiled by Asian & Middle Eastern Studies Librarian,

	<a href="#">KIV6sMBzoaepFqwHijH8d_8q96qsAsZzg0nbUEgqc</a>	Casey Lee. The list is divided into three sections: Global Asia, APA Histories, and Poetry, Memoirs, & Fiction.
Sunshine Behavioral Health	<a href="https://www.sunshinebehavioralhealth.com/resources/mental-health-issues-facing-the-asian-american-community/">https://www.sunshinebehavioralhealth.com/resources/mental-health-issues-facing-the-asian-american-community/</a>	Mental health support for the Asian American community

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### Relevant Articles

Name of Article	Website	What is it about?
A Black Lives Matter Co-Founder Explains Why This Time Is Different	<a href="https://www.newyorker.com/news/q-and-a/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</a>	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	<a href="https://medium.com/@BarackObama/how-to-make-this-moment-the-turning-point-for-real-change-9fa209806067">https://medium.com/@BarackObama/how-to-make-this-moment-the-turning-point-for-real-change-9fa209806067</a>	Barack Obama shares his thoughts on bringing change through protest and politics.
The 1619 Project	<a href="https://www.nytimes.com/interactive/2019/08/14/magazine/1619-america-slavery.html">https://www.nytimes.com/interactive/2019/08/14/magazine/1619-america-slavery.html</a>	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	<a href="https://time.com/5171270/black-lives-matter-patrisse-cullors/">https://time.com/5171270/black-lives-matter-patrisse-cullors/</a>	Black Lives Matter Co-Founder Patrisse Cullors on Her Memoir, Her Life and What's Next for the Movement
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