

community
in your
people
help the
ways to
here's some

The grass is lovely

Came
touch
it



13

something =
/ / / / / / / / / /

you just
have to do

EVERYTHING
have to do
you don't
you don't

I went out
in public

&
all I got
was this
random

ZINE

6

all shapes, sizes,
ages needed

it needs to
be wearable

do not donate
the clothing falling
apart at the
seams!
skragging clothes

donate crutches,
rollators, wheelchairs,
toilet seat users,
shower benches, etc
to durable medical
equipment loan
closets
(found through
aging/disability
resource center)

6

(WFP will strengthen
gender affirming care
and inclusion of underser-

Sanitation
centers, seniors' centers,
housing and day-

providers + DBAGT

food programs

Food Not Bombs
Meals on Wheels
Food pantries
meal sites

can connect via
your local Aging &
disability resource
center

Remember - special
diets (gluten-free,
sugar-free, lactose-free,
etc.)

4

one another

support

stay safe

good luck

Unhoused people
Straight up walk
up to them

provide tents, clothing
whatever you can
spare

connect them to
heating/cooling rooms
if shelter is
unavailable

Coven Print

already exists

(probably)

to form

you're looking

The mutual aid
organization

transportation

volunteer to
drive people
around

lawn services

offer snow/yard
removal
to your neighbors

conditioner

shampoo

body soap

dish soap

laundry soap

paper towels

toilet paper

toothpaste

toiletries

People often
forget to donate

domestic &
sexual violence

sexual assault
resources

- volunteer to help
run shelters/hotlines

- medical/legal
accompaniment:

emotional support
during medical exams
and the legal process

*BE AWARE OF YOUR
COMFORT LEVEL BEFORE
PROCEEDING*

support network

peer-to-peer

Nanni - a

hotline

volunteer for

volunteer agencies

sponsoring families
during the holidays

ask for

get them what they

specifically

take your neighbor
to the store &
help them buy things
if you know
they're struggling