

## Introduction

This document is organized as follows:

- Helplines: Phone number and links for immediate support
- Local Organizations: Bay Area organizations, independent of national organizations
- Resource Websites: All categories of resources suggested by the group
- Articles and other reading material

A separate document has suggestions and offers of support by individuals in the group.

## HELPLINES

Police Emergency: 911

or from a cell phone: 510-777-3211

Police non-emergency: 510-777-3333

### 24/7 Trevor Helpline (Transgender issues)

866-488-7386

Transgender Americans should apply for passport and ID now before Trump takes office or else they may not be able to get documents recognizing their gender identity.

For Financial help applying or to donate.

<https://transrelief.com/>

### ACLU: feel you're at risk?

We have compiled a list of resources:

If you are an immigrant

<https://www.aclu.org/feature/feel-at-risk#immigrant>

If you're Muslim

<https://www.aclu.org/feature/feel-at-risk#muslim>

If you're LGBTQ

<https://www.aclu.org/feature/feel-at-risk#lgbtq>

## Glenview Neighborhood Resource Guide

If you've been sexually assaulted

<https://www.aclu.org/feature/feel-at-risk#assault>

If you're interacting with the police

<https://www.aclu.org/feature/feel-at-risk#police>

If you're a protester or journalist

<https://www.aclu.org/feature/feel-at-risk#protester>

### **Barbara Lee, 13th Congressional District of California**

Oakland  
1301 Clay Street, Ste. 1000-N  
Oakland, CA 94612  
P: (510) 763-0370  
F: (510) 763-6538

M–F: 9 am – 5 pm (PST)

#### **Washington, DC**

2267 Rayburn House  
Office Building  
Washington, DC 20515  
P: (202) 225-2661  
F: (202) 225-9817

M–F: 9 am – 5:30 pm (EST)

### **Mental Health:**

Depression/Crisis Call Center Hotline: 775-784-8090

Anxiety Crisis Call Center Hotline: 775-784-8090

National Suicide Prevention Lifeline: 800-273-TALK

Rape, Abuse and Incest National Network Hotline: 800-656-HOPE

### **Report Child Abuse**

1800-4-A-Child

### **U.S. Congress Representatives**

Search by Zip, State or All

<http://www.whoismyrepresentative.com/>

### **Veterans**

1800-277-8255 ext. 1

## LOCAL ORGANIZATIONS

### **350° East Bay**

We are building a grassroots climate movement, working for deep reductions in carbon pollution in the San Francisco Bay Area & beyond.

<http://www.350bayarea.org/350eastbay>

### **Alameda County Food Bank**

Distributes nutritious food to low income county residents. Programs to end hunger, nutrition education and more. Donate, advocate, volunteer.

[www.accfb.org/](http://www.accfb.org/)

### **Block By Block Organizing Network**

Volunteers Working Together for One Oakland  
Current project Sanctuary City, Sharon Rose

[sharonroseESL@hotmail.com](mailto:sharonroseESL@hotmail.com)

<http://bbbon.net/>

### **Causa Justa/Just Cause**

In Oakland and San Francisco, we're challenging displacement and gentrification by growing coalitions and campaigns that confront corporate development

<http://cjc.org/>

### **Central Committee Alameda County Democratic Party – Voter's Edge**

Strengthen progressive positions within the Democratic Party. Promote local regulations that make developers build more affordable housing. Find in-depth information about what's on your ballot.

<http://votersedge.org/>

### **Centro Legal de la Raza**

Founded in 1969, Centro Legal de la Raza is a comprehensive legal services agency protecting and advancing the rights of immigrant, low-income, and Latino communities.

<http://centrolegal.org/>

### **East Bay Community Law Center**

Mission. To promote justice and build a community that is more healthy, secure, productive and hopeful by providing: legal services and policy advocacy that are responsive to the needs of low-income communities, and law training that prepares future attorneys to be skilled and principled advocates that are committed to finding innovative solutions to the cause and conditions of poverty.

<http://ebclc.org/>

### **EBASE**

Building Power with Workers Community and People of Faith

<http://workingeastbay.org/>

### **Friends of Sausal Creek**

**Sausal Creek** is in **Oakland**, CA. The Friends of **Sausal Creek** are volunteers working to maintain and improve the **creek** watershed.

<http://www.sausalcreek.org/>

### **Glenview Neighborhood Association**

A web site of the Glenview Neighborhood in Oakland, California.

<https://sites.google.com/site/glenfriendswiki/>

### **Glenview Women's Club**

Glenview Women's Club is a 30 year old community service organization, now a 501(c)(3) non-profit, whose 80 members raise money and donate time to support various causes.

<http://www.glenviewwomensclub.com/>

### **Harbor House Ministries**

Interdenominational, multi-ethnic, Christian organization working with youth and families in the San Antonio District of Oakland towards self-sufficiency

<http://hhministries.org/>

### **Islamic Cultural Center of Northern California**

Provides a dynamic space that cultivates an exchange of ideas about Islam through art, culture, and education programs.

<http://www.iccnc.org/>

### **N4RJ Neighbors for Racial Justice**

We are a group of Dimond residents who came together two years ago to educate and challenge ourselves and each other about the use of racial profiling on our list serves, by our police, in our institutions, and in our behavior.

Vigils in support of the #BlackLivesMatter movement at the corner of Fruitvale and MacArthur, Saturdays from 12 noon to 1pm.

### **Oakland Community Organization**

Current campaigns are: Lifelines to Healing, Pathways to Citizenship, Excellent Education, Civic Engagement, Bringing Health Care Home and New Bottom Line. Also, connect with us on Facebook, Twitter and YouTube to stay engaged with OCO across the web.

<http://www.oaklandcommunity.org/>

### **Oakland Justice Coalition**

The **Oakland Justice Coalition** is a coalition of organizations and individuals that came together around common goals for the 2016 Oakland elections.

<http://www.oaklandjustice.org/>

### **Oakland Rising**

Unites communities across Oakland for smart solutions and responsive government. As a multilingual, multiracial alliance

<http://www.oaklandrising.org/>

### **St. Mary's Center**

We are a community of hope, justice, and healing that serves at-risk seniors and preschoolers in the heart of Oakland. We strive to improve their quality of life through counseling, shelter, nutrition, advocacy and social support.

<http://stmaryscenter.org>

### **Wellstone Democratic Renewal Club**

Renewing and invigorating the **Democratic** Party in the **Oakland** Bay

<http://wellstoneclub.org/>

## **Resource Websites**

### **AARP**

A nonprofit, nonpartisan, social welfare organization with a membership of nearly 38 million that helps people turn their goals and dreams into real possibilities, strengthens communities and fights for the issues that matter most to families - such as health care, employment and income security, and protection from financial abuse.

<http://www.aarp.org>

### **ACLU American Civil Liberties Union**

<https://www.aclu.org/>

### **ACT BLUE**

A non-profit PAC allowing individuals and groups to channel their progressive dollars to candidates and movements of their choosing. They have raised \$1,458,388,071 since 2004.

<https://secure.actblue.com/>

### **AFL—CIO**

Federation of labor organizations. Contains links to member unions, speeches, organizing information.

<http://www.aflcio.org/>

### **Amnesty International**

Supports Human Rights.

<http://www.amnestyusa.org/>

### **Anti-Defamation League**

Aims to stop the defamation of the Jewish people and secure justice and fair treatment to all people.

<http://www.adl.org/>

### **Black Box Voting**

nonpartisan, nonprofit organization dedicated to preserving the integrity of the electoral process.

<http://blackboxvoting.org/>

### **Catholic Charities**

Restoring stability and hope. Homelessness and Housing Services.

Aging Support · Children and Youth · Behavioral Health · Refugee and Immigrant

<http://catholiccharitiessf.org/>

### **Common Cause (Robert Reich, Former Dept of Labor under Clinton)**

Nonprofit, nonpartisan citizen's lobbying organization promoting open, honest and accountable government.

<http://www.commoncause.org>

<http://www.commoncause.org/states/california/>

### **Congressional Progressive Caucus**

The Congressional Progressive Caucus (CPC) consists of one United States Senator and seventy five members of the United States House of Representatives

[www.progressivecaucuscdp.org/](http://www.progressivecaucuscdp.org/)

<https://www.facebook.com/USProgressives/>

**RACIAL**

**Courage Campaign**

Join the fights for a more progressive California and country. We are an online community of activists powered by more than 1000000 members. (Robert Reich, Former Dept. of Labor under Clinton)

<https://couragecampaign.org/>

**Democratic Governors Association**

The DGA is dedicated to electing Democratic governors across the country.

<https://democraticgovernors.org/>

**DNC Democratic National Committee**

<https://www.democrats.org/>

**EWG (Environmental Working Group)**

Protecting the environment and your health. Read our latest reports.

Types: Children's Health, Toxics, Consumer Products, Energy, Farming, etc.

<http://www.ewg.org/>

**Friends Committee on National Legislation**

Lobbies Congress and the administration to advance peace, justice, opportunity, and environmental stewardship.

<https://www.fcnl.org/>



### **Greenpeace**

Greenpeace and people like you are a people-powered movement fighting for a green and peaceful future for our oceans, forests, food, climate and democracy.

<http://www.greenpeace.org/usa/>

### **Habitat for Humanity**

At **Habitat for Humanity**, we build. We build because we believe that everyone, everywhere, should have a healthy, affordable place to call home.

<https://www.habitat.org/>

### **Human Rights Campaign**

Working for Lesbian, Gay, Bisexual, Transgender and Queer Equal Rights

### **International Rescue Committee**

The IRC aids refugees & people whose lives are shattered by conflict & disaster.

<https://www.rescue.org/>

### **Kehilla Community Synagogue**

Kehilla is a community of social progressives and spiritual seekers: a participatory, musical, celebratory and democratic congregation of all ages, identities, etc.

<https://kehillasynagogue.org/>

### **Lambda Legal**

National organization committed to achieving full recognition of the civil rights of **lesbians, gay men, bisexuals, transgender people** and those with **HIV** through **impact litigation, education** and **public policy work**.

<http://www.lambdalegal.org/>

### **League of Women Voters**

Rooted in the movement that secured the right to vote for women, the League of Women Voters is a non-partisan political organization.

<http://lww.org/>

### **Middle East Children's Children's Alliance**

A non-governmental organization working for peace and justice for Palestine, Israel, Lebanon and Iraq. Especially focusing on the rights of *children*.

<https://www.mecaforpeace.org/>

### **Moveon.org, Civic and Political Action**

<http://front.moveon.org/about-moveon-political-action/#.WEcAcoVjAxU>

### **NARAL**

National organization advocating for and providing comprehensive information on reproductive rights in the U.S. Numerous local affiliates.

[www.prochoicecalifornia.org](http://www.prochoicecalifornia.org)

### **NRDC National Resources Defense Council**

Non profit that uses law, science, and the support of its 500000+ members to protect the planet's wildlife and wild places and to ensure a safe, healthy planet.

<https://www.nrdc.org/>

### **Our Revolution**

The next step for Bernie Sanders' movement is a new group called *Our Revolution*, which will fight to transform America and advance the progressive agenda

<https://ourrevolution.com/>

## **OXFAM**

Helping families overcome poverty.

<https://www.oxfamamerica.org/>

## **PFAW People for the American Way**

Conducts research, legal, education, and advocacy for a wide variety of liberal causes. Current issues, news, activist network links, and background information.

<http://www.pfaw.org/>

## **Planned Parenthood**

Information and resources covering sexual and reproductive health topics. Research on sexual health problems and directory of health centers in the US.

<https://www.plannedparenthood.org/>

## **Rebuild Hope**

Emergency financial assistance for disabled US veterans.

<http://rebuildhope.org/>

## **Sierra Club, SF Chapter (Berkeley)**

[www.sierraclub.org/san-francisco-bay](http://www.sierraclub.org/san-francisco-bay)

## **Social Security Works**

The mission of *Social Security Works* is to protect and improve the economic status of disadvantaged and at-risk populations

<http://www.strengthensocialsecurity.org/social-security-works/>

## **Southern Poverty Law Center (SPLC)**

<https://www.splcenter.org/>

## **Stand with Standing Rock**

The Oceti Sakowin Camp is a historic gathering of tribes standing in solidarity to halt the Dakota Access Pipeline. Stand with *Standing Rock* today.

<http://standwithstandingrock.net/>

### **SURJ (Showing up for Racial Justice)**

Bay Area chapter of a national network of groups and individuals organizing white people for racial justice.

<http://www.suribayarea.org/>

### **The UNtraining: Untraining White Liberal Racism**

We explore what it means to be white, bringing awareness to white conditioning and privilege that we did not choose as children.

<http://www.untraining.org/>

### **Trust Vote**

Protecting our elections

<http://trustvote.org/>

### **Unitarian Universalists**

Advancing justice and human rights. At home and around the world.

Worker's rights - Grassroots collaboration - Fostering social justice - Unitarian values

<http://www.uusc.org>

### **Veterans for Standing Rock**

Led by Wesley Clark

<https://www.gofundme.com/veterans-for-standing-rock-nodapl>

### **Voting Rights Task Force (see Wellstone Democratic Renewal Club)**

### **Work That Reconnects Network/Joan Macy**

Eco-spirituality, local events

<http://workthatreconnects.org/>

## **MEDIA**

### **Democracy Now**

Daily independent news program, hosted by Amy Goodman and Juan Gonzalez, airing on over 800 stations (TV and radio, including KPFA

<https://www.democracynow.org/>

### **East Bay Express**

Alternative weekly newspaper serving Berkeley, Oakland and the San Francisco East Bay area. East Bay owned and independently operated.

<http://www.eastbayexpress.com/>

### **KALW**

*kalw.org/KALW* is local public radio from the San Francisco Bay Area. BBC, NPR, and innovative local programming including Crosscurrents and Your Call. Publicly funded.

### **KPFA (94)**

Listener-funded progressive talk radio and music radio station located in Berkeley, California, U.S., broadcasting to the San Francisco Bay Area. KPFA airs public news, public affairs, talk, and music programming.

<https://kpfa.org/>

### **The Young Turks, [TYT Network](https://tytnetwork.com/) |**

<https://tytnetwork.com/>

### **Truthdig**

News site providing: expert coverage of current affairs; thoughtful, provocative columnists, presented from a progressive point of view.

<http://www.truthdig.com/>

## Truthout.org

sparks action by revealing systemic injustice and providing a platform for transformative ideas through investigative reporting and analysis

<http://www.truth-out.org/>

## Youth Radio

An Internet and public radio station presented by young people. Contains a collection of articles, quotes, and background about the organization.

<https://youthradio.org/>

## ARTICLES AND OTHER READING MATERIAL

Don't Let Social Anxiety Stop You From Calling Your State Representatives by Kate Ryan

<https://www.good.is/articles/how-to-call-state-rep-social-anxiety>

What To Do About Trump

Get Involved/Make a Plan/Protect Yourself

<https://www.whatdoidoabouttrump.com/>

Trump Changed Everything. Now Everything Counts, by Barbara Kingsolver

[https://www.theguardian.com/commentisfree/2016/nov/23/trump-changed-everything-now-everything-counts?CMP=Share\\_iOSApp\\_Other](https://www.theguardian.com/commentisfree/2016/nov/23/trump-changed-everything-now-everything-counts?CMP=Share_iOSApp_Other)

The Narcissist

<http://www.theatlantic.com/magazine/archive/2016/06/the-mind-of-donald-trump/480771/>

Proposed Immigration Crackdown” KQED

<https://ww2.kqed.org/lowdown/2015/07/10/explainer-what-are-sanctuary-cities/>

Oakland Mayor Libby Schaaf on President Trump: “Move Beyond Anger to Action, by Mayor Libby Schaaf, November 15, 2016

<http://m.eastbayexpress.com/oakland/oakland-mayor-libby-schaaf-on-president-trump-move-beyond-anger-to-action/Content?oid=5034459>

What are Sanctuary Cities? KQED

<https://ww2.kqed.org/lowdown/2015/07/10/explainer-what-are-sanctuary-cities/>

San Francisco Official Response to the Election of Trump

SF Bay Times (Sanctuary City)

<http://sfbaytimes.com/san-franciscos-official-response-to-the-election-of-trump/>

Digital Security Tips for Protesters (as seen in Wired Magazine)

<https://www.eff.org/deeplinks/2016/11/digital-security-tips-for-protesters>

### **Buddhist Mindfulness**

A Buddhist monk explains mindfulness During Times of Conflict

Thich Nhat Hanh through Phap Dung on Vox

<http://www.vox.com/science-and-health/2016/11/22/13638374/buddhist-monk-mindfulness>

*Practicing Peace in Times of War*, by Pema Chodron

### **Sojourners, progressive Christian Magazine and online publication**

Article re sanctuary and tools for doing that

<https://sojo.net/articles/sanctuary-movement-sees-post-election-resurgence-heres-how-get-involved>

### **Deliver the Vote, A History of Election Fraud, an American Political Tradition-1742-2004, by Tracy Campbell, 2006**

Congressional Research Service, Informing the legislative debate since 1914,

the National Popular Vote Initiative: Direct Election of the President by Interstate Compact by Thomas H. Neale, Specialist in American National Government.

[http://digital.library.unt.edu/ark:/67531/metadc808162/m2/1/hi gh\\_res\\_d/R43823\\_2014Dec12.pdf](http://digital.library.unt.edu/ark:/67531/metadc808162/m2/1/hi gh_res_d/R43823_2014Dec12.pdf)

### **What are Sanctuary Cities and How are They Bracing for Trump's**

SF Supervisor Campos to Seek Funding to Block Deportations, SF Chronicle, Nov 28

## Glenview Neighborhood Resource Guide

[http://www.sfchronicle.com/politics/article/SF-Supervisor-Campos-to-see-funding-to-block-10640856.php?cmpid=sfc\\_em\\_topstories](http://www.sfchronicle.com/politics/article/SF-Supervisor-Campos-to-see-funding-to-block-10640856.php?cmpid=sfc_em_topstories)