

**AIMED AT NON-INDIGENOUS/NON-BLACK ALLIES :**  
**NON-EXHAUSTIVE sample of local orgs/movements (alphabetical):**  
 (can be easily found searching on google)

DO	DON'T
<b>Research</b> before donating time, money or sharing information about an org/movement.	<b>Try to do it all.</b> There are many groups doing critical work – which is both inspiring and also overwhelming! Continually renew your commitment to supporting <i>something</i> .
<b>Learn</b> continuously from those you're in allyship with, and expect to be wrong sometimes. 'Ally' is a verb, not a noun!	<b>Give up.</b> Indigenous, Black, racialized and other oppressed peoples can't 'opt out' – that means we can't either, even when this media cycle has passed.
<b>Participate</b> however you can. Don't be limited by conventional notions of activism, which appeal to patriarchal and ableist standards. Engage your own skills, energy, and resources.	<b>Ask for or expect praise</b> (even though it's a human impulse and sometimes difficult!)

- **15 and Fairness:** political action, learning, donating
- **Aamjiwnaang Solidarity Against Chemical Valley:** donating, learning
- **Aboriginal Legal Services:** donating
- **Black Health Alliance:** donating, learning
- **Black Legal Action Centre:** donating
- **Black Liberation Collective:** donating, political action
- **Black Lives Matter:** learning, political action, donating
- **Blackcreek Community Farm:** learning, interpersonal/volunteer support, donating
- **Caregivers' Action Centre:** political action, learning
- **'Caremongering' Facebook groups (find your local one):** learning, political action, interpersonal/volunteer support, donating
- **Climate Justice Toronto/Climate Justice Peel:** learning, political action
- **FoodShareTO:** donating, interpersonal/volunteer support
- **Homeless Hub:** learning
- **Indigenous Climate Action:** donating, learning
- **Jane & Finch Action Against Poverty:** political action, learning
- **'Justice for Regis' GoFundMe:** donating
- **Migrant Rights Network:** donating, political action, learning
- **Native Canadian Centre of Toronto:** learning, donating
- **No More Silence:** learning, donating, political action
- **Not Another Black Life:** learning, political action
- **Ontario Coalition Against Poverty:** political action, learning, donating
- **Porcupine Warriors:** political action, learning
- **Sundance Harvest:** action, learning
- **The Leap:** political action, learning, donating
- **'Toronto Protestor Bail Fund' GoFundMe:** donating
- **Unist'ot'en Camp/Legal Fund:** donating, learning, political action
- **Yellowhead Institute:** learning, donating