

WE ARE THE ONES WE'VE BEEN WAITING FOR!

TAKE ACTION:

ACTION: Contact your local, state, and federal representatives, often.

<https://www.indivisibleguide.com/> offers best practices for making Congress listen. Find your representatives at: <http://www.house.gov/representatives/find/>

Western Mass U.S. Congress Representatives:

Jim McGovern (202) 225-6101 <http://mcgovern.house.gov/>

Richard Neal (202) 225-5601 <https://neal.house.gov/>

Massachusetts' U.S. Senators:

Elizabeth Warren (202) 224-4543 <https://www.warren.senate.gov/>

Edward Markey (202) 224-2742 <http://www.markey.senate.gov/>

ACTION: Financially support or volunteer at local organizations that support women. Some programs serving Franklin County:

- Tapestry Health <http://www.tapestryhealth.org/>
- New England Learning Center for Women in Transition (NELCWIT) <http://www.nelcwit.org/>
- Community Action of the Franklin, Hampshire, and North Quabbin regions <http://www.communityaction.us/>
- The Women's Fund of Western Massachusetts <http://www.womensfund.net/>
- Franklin County League of Women Voters (now forming) <https://www.facebook.com/events/366329837077477/>
- Montague Catholic Social Ministries: <http://mcsmcommunity.org/>

ACTION: Report hate crimes to the Massachusetts Attorney General's Hate Crime Hotline (800) 994-3228

ACTION: Take classes in self-defense or self-protection offered by schools that support women:

- Valley Women's Martial Arts and Lotus Peace Arts <http://www.vwma.org/>
- Spirit of the Heart Martial Arts and Wellness Center spiritoftheheart.org offers adult classes in Greenfield.

ACTION: Support state and national organizations that support women and are otherwise progressive.

ACTION: Run for office!

ACTION: Do what you do. Put your feminist and progressive poems, films, drawings and paintings, sculptures out into the world. Talk to anyone who will listen, and teach about peace and equality.

ACTION: Practice Radical Self-Care... We need YOU!