



Resist.

community resource guide

by rachel leigh collins, nd, mph



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Welcome, friend. You've found your way to the **Resist Community Resource Guide**, a collection of resources, tools, & actions meant to help us take care of each other & this world we share.

This isn't just a guide—it's a lantern for the path ahead. Some have walked this road for years, others are just beginning. Both are needed. Change happens when we link arms & keep moving, each doing our part in ways big & small.

Alongside this guide, the **Resist Community Calendar** helps you find your rhythm in the movement, connecting you to key moments—days of action, historic anniversaries, & times for reflection. Let it be a reminder that resistance isn't just one moment; it's a cycle of learning, doing, & caring for ourselves & our communities.

How to Use This Guide

- **Follow Your Curiosity** – Flip through, wander a bit, & see what tugs at your values and vision.
- **Learn & Root In** – Learning is part of the work, too. Each section offers books, podcasts, & groups where real folks are doing the work.
- **Take Small, Steady Steps** – Resistance isn't always loud. Sometimes, it's signing a petition, calling a lawmaker, supporting a neighbor. Sometimes, it's resting so you can rise again.
- **Sync with the Seasons** – The calendar is your guide to movement moments—marches, elections, days of remembrance. Use it to plan ahead, so when the time comes to show up, you're ready.

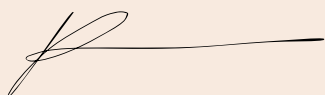
Your Place in the Movement

No one person is meant to do this alone. We need healers, teachers, builders, artists, organizers, storytellers—whatever gifts you bring, they belong here. Some days, the work is fiery & fierce. Other days, it's quiet, like planting seeds you may never see bloom. But every small act adds up.

Call to Action

Start where you are, with what you have. Choose one action from a section that calls to you. Maybe it's sending an email, donating a few dollars, sharing a resource. Maybe it's just sitting with a new idea, letting it settle in. Then, when you're ready, take the next step.

We do this together...as a movement. Let's get going.



Activism Dates

January

- Jan. 4th - World Braille Day
- Jan. 20th - Dr. Martin Luther King, Jr. Day
- Jan. 27th - Intl. Holocaust Remembrance Day

February

- Feb. 1st - First Day of Black History Month
- Feb. 20th - World Day of Social Justice

March

- Mar. 8th - Intl. Women's Day
- Mar. 20th - Spring Equinox
- Mar. 21st - Intl. Day for Elimination of Racial Discrimination

April

- Apr. 2nd - World Autism Awareness Day
- Apr. 22nd - Earth Day
- Apr. 24th - Armenian Genocide Remembrance Day

May

- May 1st - Summer Beltane
- May 15th - Global Accessibility Awareness Day
- May 17th - Intl. Day Against Homophobia, Transphobia, & Biphobia

June

- June - Pride Month!
- Jun. 19th - Juneteenth
- Jun. 21st - Litha – Midsummer

Activism Dates

July

- Jul. 14th - Intl. Non-Binary People's Day

August

- Aug. 9th - Intl. Day of the World's Indigenous Peoples
- Aug. 23rd - Intl. Day for the Remembrance of the Slave Trade & it's Abolition

September

- Sept. 10th - World Suicide Prevention Day
- Sept. 21st - Intl. Day of Peace
- Sept. 22nd - Autumn Equinox

October

- Oct. 4th - World Animal Day
- Oct. 11th - National Coming Out Day
- Oct. 13th - Indigenous Peoples' Day
- Oct. 31st - Samhain

November

- Nov. 20th - Transgender Day of Remembrance
- Nov. 27th - National Day of Mourning

December

- Dec. 3rd - Intl. Day of Persons with Disabilities
- Dec. 5th - World Soil Day
- Dec. 10th - Human Rights Day
- Dec. 21st - Yule - Winter Solstice

PROTECT DEMOCRACY & FIGHT OLIGARCHY



ORGANIZATIONS

- American Civil Liberties Union (ACLU) of Washington State - Defends & preserves individual rights & liberties.
- League of Women Voters - Encourages informed & active participation in government.
- Common Cause - National organization promoting transparent & accountable government.

BOOKS

- *Democracy in Chains* by Nancy MacLean - Investigates the origins of modern anti-government politics.
- *The Hidden History of American Oligarchy: Reclaiming Our Democracy from the Ruling Class* by Thom Hartmann

PODCASTS

Democracy Works - Explores issues affecting democratic governance.

JOURNALISTS

Anne Applebaum (@anneapplebaum) - A journalist & historian who writes extensively on authoritarianism & threats to democracy. Her insights help readers understand the global rise of autocratic regimes & the erosion of democratic norms

ACTIONS TO TAKE

Advocate for Campaign Finance Reform: Support policies & organizations that aim to reduce the influence of money in politics, such as public financing of campaigns & stricter lobbying regulations.

Engage in Civic Activities: Participate in local government meetings, join civic organizations, & support initiatives that promote transparency & accountability.

Stay Informed: Regularly read reputable news sources & follow experts on democracy & governance to stay updated on current events & threats to democratic institutions.

BLACK LIBERATION & ANTI-RACISM

ORGANIZATIONS

- Black Lives Matter - Advocates for police accountability & racial equity.
- National Racial Justice Organizations - AZU resource list
- Africatown Community Land Trust - Focuses on preserving & developing the cultural & economic vitality of Seattle's African American community.
- National Black Justice Coalition (NBJC) - Dedicated to the empowerment of Black LGBTQ+ individuals.

ARTISTS & ACTIVISTS

- Reyna Noriega (@reynanoriega_)
- Lo Harris (@loharris_art)
- Otha "Vakseen" Davis III (@vakseen)
- Adrian Brandon (@ayy.bee)
- Diedrick Brackens (@diedrickbrackens)
- Tatyana Fazlalizadeh - Known for the "Stop Telling Women to Smile" street art series
- Kerry James Marshall - Renowned painter
- Joel Bervell (@joelbervell)



BOOKS

- *The New Jim Crow* by Michelle Alexander - Examines mass incarceration in the U.S.
- *Between the World & Me* by Ta-Nehisi Coates - A letter to the author's son about being Black in America.

PODCASTS

- *1619* (New York Times)
- *Code Switch: Fearless Conversations about Race* (NPR)
- *Conversations for Equal Pay* (Lean in Women of Color Network)
- *Hear to Slay* (Roxane Gay & Tressie McMillan Cottom)
- *Intersectionality Matters!* (hosted by Kimberlé Crenshaw)
- *Pod for the Cause* (The Leadership Conference on Civil & Human Rights)
- *Pod Save the People* (Crooked Media)
- *Seeing White* (Scene on Radio)
- *What Matters* (Black Lives Matter)

ACTION STEPS

Find Black-owned businesses in your area: We Buy Black, Official Black Wall Street, or local directories & support mutual aid funds: check out National Black Food & Justice Alliance or local Black-led mutual aid groups.

WOMEN'S RIGHTS & GENDER JUSTICE



ORGANIZATIONS

- Legal Voice Advocates for women's rights in the Northwest through litigation & policy reform.
- Women's Funding Alliance - Invests in organizations & initiatives that promote equity for women & girls in Washington State.
- National Organization for Women (NOW- Focuses on feminist advocacy & policy change.
- SisterSong – Centering Black & Indigenous women in reproductive health.
- National Network of Abortion Funds (NNAF) – Helps individuals access abortion care.
- Black Mamas Matter Alliance – Advocates for Black maternal health justice.

ARTISTS & ACTIVISTS

- Hazel Mead (@hazel.mead)
- Laetitia Ky (@laetitiaky)
- Ambivalently Yours (@ambivalentlyyours)
- Polly Nor (@pollynor)
- Erin Aniker (@erinaniker)
- Florence Given (@florencegiven)
- Chief Lady Bird (@chiefladybird)
- Art Girl Rising (@artgirlrising)
- Sarah Andersen (@sarahandersencomics)
- Guerrilla Girls -Anonymous group highlighting gender & racial inequalities in the art world.

BOOKS

- *We Should All Be Feminists* by Chimamanda Ngozi Adichie
- *Sister Outsider* by Audre Lorde

ACTION STEPS

Push for pay transparency laws in your state by signing petitions, engaging with organizations, & demanding salary transparency in your workplace.

Support Womxn-Owned Businesses & Creators – Invest in women-led brands, creators, & organizations working toward gender equity. Check out directories like Women Owned or IFundWomen for crowdfunding campaigns supporting female entrepreneurs.

Call your state representatives to demand policies that protect abortion rights & improve maternal healthcare for all women.

LGBTQIA2S+ & TRANS RIGHTS



ORGANIZATIONS

- Trans Lifeline – Provides direct financial & emotional support to trans people.
- National Center for Transgender Equality (NCTE) – Advocates for trans rights & policy change.
- Lambda Legal – Fights for LGBTQ+ legal protections.
- Lambert House Seattle-based center for LGBTQ+ youth offering support & resources.
- Ingersoll Gender Center Provides support & advocacy for transgender & gender nonconforming people in the PNW.
- Pride Foundation Supports LGBTQ+ equality through scholarships & grants in the Northwest.
- The Trevor Project - non-profit suicide prevention organization for LGBTQ+ young

ARTISTS & ACTIVISTS

- Chella Man (@chellaman)
- Rose Montoya (@rosemontoya)
- Wednesday Holmes (@hellomynamewednesday)
- Anwesh Sahoo (@anwesh.sahoo)
- Queer Appalachia (@queerappalachia)
- Zanele Muholi - South African visual activist focusing on the LGBTQ+ community.
- Felix Gonzalez-Torres -Cuban-American artist known for minimalist installations reflecting on love & loss.

BOOKS

- *Marsha: The Joy & Defiance of Marsha P. Johnson* by Tourmaline
- *Gender Trouble: Feminism & the Subversion of Identity* by Judith Butler
- *Redefining Realness* by Janet Mock

ACTION STEPS

Call your state representatives & demand protections for trans youth & LGBTQIA2S+ people, especially in healthcare, schools, & the workplace. Use [5 Calls](#) to find phone scripts & representatives.

Find & support LGBTQIA2S+-owned businesses:

- [Intentionalist](#) – A directory of LGBTQIA2S+-owned businesses.

Check out trans-specific mutual aid funds, such as:

- [For the Gwords](#) – Raises money for Black trans folks' rent & gender-affirming care.
- [Emergency Release Fund](#) – Pays bail for LGBTQIA2S+ individuals.

CLIMATE JUSTICE & CLEAN WATER

ORGANIZATIONS

- Indigenous Environmental Network – Advocates for Indigenous land water protection.
- Honor the Earth – Supports Indigenous environmental justice efforts.
- Water Protector Legal Collective – Provides legal support to those resisting fossil fuel projects.
- 350 - Grassroots organization addressing climate change through direct action.
- Wilderness Awareness School - mission is to help children & adults cultivate healthy relationships with nature.
- Puget Soundkeeper Alliance - Works to protect & preserve the waters of Puget Sound.

ARTISTS & ACTIVISTS

- Xiye Bastida (@xiyebeara)
- Isaias Hernandez (@queerbrownvegan)
- Pattie Gonia (@pattiegonia)
- Qiyun Woo (@theweird&wild)
- UPROSE (@uprosebrooklyn)
- Maya Lin - Artist & designer of the Vietnam Veterans Memorial, also known for environmental installations.
- Subhankar Banerjee - Photographer & activist documenting the Arctic & its ecological significance.

BOOKS

- *This Changes Everything* by Naomi Klein
- *Braiding Sweetgrass* by Robin Wall Kimmerer
- *The Currents of the World* by Quinn Bailey

ACTION STEPS

Contact your local representatives & demand an end to fossil fuel expansion & pipeline projects that threaten Indigenous land water. Find policies to support via [Sunrise Movement](#).

While individual conservation helps, the biggest polluters are corporations. Hold them accountable.

- [Food & Water Watch](#) – Fights against corporate water privatization.

Engage Locally – Attend city council meetings to push for clean water initiatives, join local river cleanups, & educate others about the climate-water connection.

HUMAN RIGHTS & GLOBAL SOLIDARITY

ORGANIZATIONS

- International Rescue Committee (IRC)
- Al Otro Lado – Supports migrants at the U.S.-Mexico border.
- UNHCR – The UN's refugee agency providing emergency aid worldwide.
- Northwest Immigrant Rights Project (NWIRP) - Provides legal services & advocacy for immigrants in Washington State.
- Refugee Women's Alliance (ReWA) - Offers support services to refugee & immigrant women & families in Seattle.

ARTISTS & ACTIVISTS

- Artists in Solidarity (@artistsinsolidarityofficial)
- Shirien Damra (@shirien.create)
- Ai Weiwei - Chinese contemporary artist & activist known for his critique of political & social issues.
- Shirin Neshat - Iranian visual artist exploring themes of exile & identity.
- MC Abdul - A young Palestinian rapper from Gaza, known for his songs highlighting the struggles in Palestine, such as "Shouting At The Wall" & "Palestine."
- Saint Levant - A Palestinian-French-Algerian-Serbian artist

BOOKS

- *The Divide: Global Inequality from Conquest to Free Markets* by Jason Hickel
- *No Is Not Enough* by Naomi Klein

ACTION STEPS

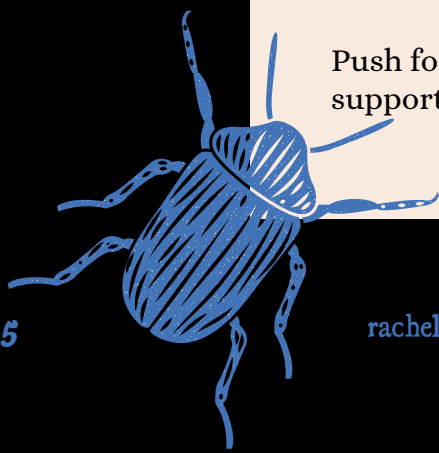
Contact legislators to demand protections for asylum seekers & refugee resettlement programs. Use [5 Calls](#) for call scripts & representative contacts.

Support fair trade & ethical labor organizations:

- [Clean Clothes Campaign](#) – Fights for garment workers' rights worldwide.
- [International Labor Rights Forum](#) – Advocates against exploitative labor practices.

Avoid fast fashion brands with exploitative supply chains—buy secondhand or support fair trade-certified brands.

Push for corporate accountability by signing petitions & supporting bills that ban forced labor in supply chains.



LABOR RIGHTS & FAIR WAGES

ORGANIZATIONS

- National Employment Law Project (NELP) – Advocates for labor protections, higher wages, & worker rights.
- Jobs with Justice – A grassroots organization fighting for workers' rights, fair wages, & strong unions.
- Fight for \$15 – A grassroots movement for a \$15 federal minimum wage.
- Pay Transparency Project – Encourages wage transparency to close the gender & racial wage gap.
- Working Washington (Seattle, WA) – Advocates for labor protections & fair wages for low-income workers in WA.
- MLK Labor Council (WA) – A coalition of labor unions in King County that fights for worker protections & better wages.

BOOKS

- *The Fight for Fifteen: The Right Wage for a Working America* by David Rolf
- *On the Clock: What Low-Wage Work Did to Me & How It Drives America Insane* by Emily Guendelsberger
- *The Sum of Us* by Heather McGhee

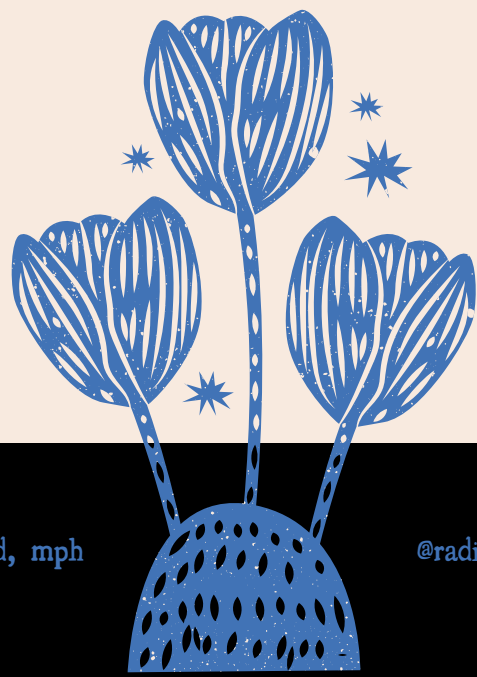
ACTION STEPS

Unions increase wages, provide job security, & protect workers from exploitation. Support ongoing labor movements & advocate for pro-worker policies.

Call your representatives to support laws strengthening unions, such as the PRO Act.

Support local businesses that pay a living wage instead of large corporations that underpay workers.

Follow labor organizers on social media & support strikes when they happen



BANNED BOOKS & LIBRARY SUPPORT

ORGANIZATIONS

- PEN America – Fights book bans & protects free expression.
- American Library Association (ALA) – Office for Intellectual Freedom – Monitors & combats book censorship in libraries.
- EveryLibrary – Advocates for funding & support of libraries.
- Book Riot's Banned Books List – A regularly updated list of banned books in the U.S.
- Seattle Public Library – Intellectual Freedom Initiative – Advocates against censorship & provides access to diverse literature.
- Banned Books Week Coalition – Educates & raises awareness about book censorship in schools.

BOOKS

- *Banned Books List*: <https://pen.org/book-bans/>
- *Reading Dangerously: The Subversive Power of Literature in Troubled Times* by Azar Nafisi
- @rebelbookclub – A digital book club focused on books challenging power & censorship

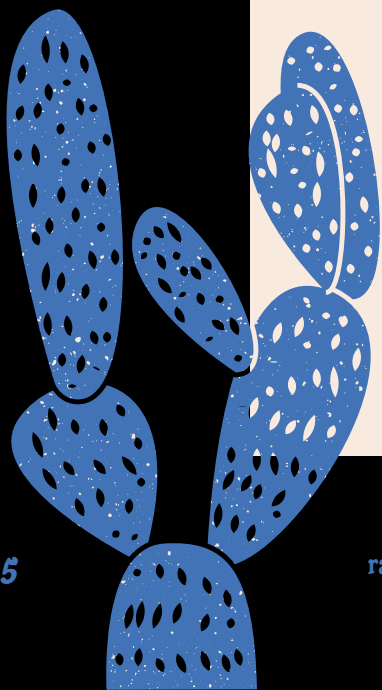
ACTION STEPS

Protect access to diverse literature by supporting your local library & fighting censorship efforts.

Attend local school board & library board meetings to oppose book bans.

Sign petitions against book censorship & pressure lawmakers to protect intellectual freedom.

Start a Banned Books Club in your community, school, or workplace.



INDIGENOUS RIGHTS & LAND BACK

ORGANIZATIONS

- LANDBACK Campaign – A movement to return stolen land to Indigenous people.
- IllumiNative – Advocates for accurate Indigenous representation & sovereignty.
- Native American Rights Fund (NARF) – Provides legal assistance to Indigenous nations fighting for their land rights.
- The Sacred Lands Conservancy (WA/OR) – Protects Indigenous land from environmental degradation.
- Indigenous Environmental Network – Protects Indigenous land from environmental destruction.
- Na'ah Illahee Fund (Seattle, WA) – Supports Indigenous environmental justice & land-back efforts.

BOOKS

- *Our History Is the Future: Standing Rock Versus the Dakota Access Pipeline* by Nick Estes
- *As Long as Grass Grows: The Indigenous Fight for Environmental Justice* by Dina Gilio-Whitaker

ARTISTS & ACTIVISTS

- @matika_wilbur – PNW-based Indigenous photographer
- @quannah.rose – Indigenous model & activist
- @seedingsovereignty – An Indigenous-led climate & land justice organization
- ThunderVoice Hat Co. – Indigenous-owned sustainable fashion
- Eighth Generation – Native-owned home goods & art company.

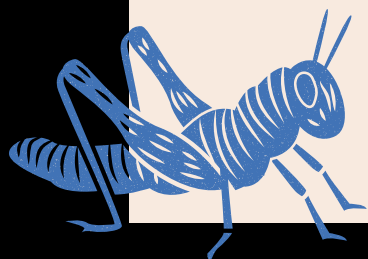
ACTION STEPS

Research the Indigenous land you live on using [Native Land Digital](#) & support the local tribes' efforts.

Contact lawmakers & demand the return of public land to Indigenous stewardship, such as [national parks initiatives](#).

Economic justice is a key part of Indigenous sovereignty. Redirecting resources to Indigenous-owned businesses, artists, & mutual aid funds supports communities directly.

Support Indigenous-Led Land Back & Sovereignty Movements



HEALTHCARE FOR ALL & DISABILITY RIGHTS

ORGANIZATIONS

- Center for Disability Rights (CDR) – Fights for policy changes that ensure healthcare & public spaces are accessible.
- Disability Rights Education & Defense Fund (DREDF) – A legal advocacy group pushing for disability-inclusive healthcare.
- ADAPT – Fights for disability rights, including home & community-based healthcare.
- Physicians for a National Health Program (PNHP) – Advocates for universal healthcare.
- The Arc – Supports disability rights & healthcare accessibility.
- Health Care for All-Washington (HCFA-WA) – Advocates for universal healthcare in WA.
- Open Doors for Multicultural – Supports disabled immigrants & communities of color.

ARTISTS & ACTIVISTS

- @hannahthewildflower – Disability advocate fighting for accessibility
- @keah_maria – Writes about disability justice & healthcare equity
- @disability_visibility (Alice Wong) – Focuses on disability rights & intersectionality

BOOKS

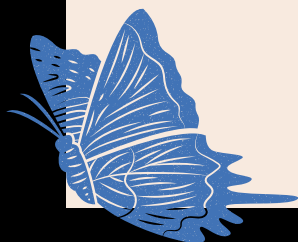
- *Being Heumann* by Judith Heumann
- *Care Work: Dreaming Disability Justice* by Leah Lakshmi Piepzna-Samarasinha

ACTION STEPS

Demand better workplace & school accommodations for disabled individuals. If you're in a leadership role, implement accessibility policies in your workplace, school, or community.

Advocate for Medicaid expansion & mental health funding at the local level. Research how your state handles disability services & demand better.

Contact your representatives & demand Medicare for All & expanded healthcare funding. Find scripts & contacts via [5 Calls](#).



REST, REFLECT & COMMUNITY CARE



ORGANIZATIONS

- The Nap Ministry – A Black-led movement advocating for rest as resistance.
- The Loveland Foundation – Provides therapy resources for Black women & girls.
- Yoga Behind Bars (Seattle, WA) – Brings mindfulness practices to incarcerated individuals.
- Radical Rest Collective (Portland, OR) – A rest & resilience network for activists.
- Mutual Aid Disaster Relief – A network offering emergency aid rooted in solidarity, not charity.
- Healing Justice Practice Spaces – A network creating trauma-informed healing spaces for activists.

ARTISTS & ACTIVISTS

- @thenapministry – Advocates for rest as an act of social justice
- @LaylafSaad) – Discusses self-care & activism
- @lalahdelia – Shares healing & rest-based affirmations

BOOKS

- *Rest Is Resistance: A Manifesto* by Tricia Hersey
- *Burnout: The Secret to Unlocking the Stress Cycle* by Emily & Amelia Nagoski

RESTFUL ACTION STEPS

Schedule intentional rest into your daily/weekly life (not as a reward, but as a right).

Advocate for workplace & community policies that prioritize mental health, paid time off, & work-life balance.

Community care means showing up for each other, not just focusing on individual wellness. Build mutual aid, strengthen local relationships, & support grassroots healing initiatives.

Check in on your friends, elders, & community members – ask what they need, offer tangible support.

PEOPLE OVER PROFIT



ORGANIZATIONS

- Center for Economic Democracy (CED) – Supports community-led economic justice initiatives.
- Public Citizen – Fights corporate influence in government & promotes fair economic policies.
- Democracy at Work – Advocates for worker-owned cooperatives & fair labor practices.
- Certified B Corporations – Lists ethical businesses that prioritize social & environmental justice.
- Community to Community Development (Bellingham, WA) – A BIPOC-led collective promoting economic & food justice.
- PCC Community Markets (Seattle, WA) – A cooperative grocery chain prioritizing ethical labor & sustainability.

ARTISTS & ACTIVISTS

- @decolonizemysself – A collective discussing capitalism & decolonization
- Steve Cutts - illustrator & animator
- Justseeds Artists' Cooperative (@justseeds)
- Paolo Cirio (@paolocirio)

BOOKS

- *Winners Take All: The Elite Charade of Changing the World* by Anand Giridharadas
- *The Value of Everything: Making & Taking in the Global Economy* by Mariana Mazzucato

RESTFUL ACTION STEPS

Avoid major corporations known for labor exploitation & shop local or at worker-owned co-ops.

Demand corporate accountability – Contact companies about ethical concerns, sign petitions, & support anti-monopoly legislation.

Push for higher corporate taxes & fair labor laws – Call your reps & demand a wealth tax & minimum wage increases. Use 5 Calls for quick action.

Support local policies that redistribute wealth, such as public banking initiatives, rent control, & universal basic income pilots.

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Want to Be Part of This Guide?

This guide is a living, breathing thing—just like the movements it supports. It grows, shifts, & evolves as new voices, ideas, & resources emerge. If you know an organization, artist, or action that should be included, I'd love to hear it.

How to Contribute

Email your recommendations for the evolving live version of this guide to radicaljusticeclothing@gmail.com

Live Google Doc Link

Scan the QR Code below to access the latest version

This guide is for informational purposes only. Inclusion of organizations, books, or resources does not imply endorsement, partnership, or guarantee of services.

About the Creator



Rachel Leigh Collins, here —a naturopathic doctor, public health educator, & relatively loud advocate for justice. I believe in the power of community care, education, direct action, & creative expression to build a better world. One of the ways I love doing this is through making art you can wear—little messages of resistance, solidarity, & joy through *Radical Justice Baby*. I also love destigmatizing and decolonizing mental health through my mental health project called *Oh Hello Anxiety*.

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🛒 www.etsy.com/shop/RadicalJusticeBaby

✉️ radicaljusticeclothing@gmail.com

🌐 www.ohhelloanxiety.com

