*“The ongoing violence and police brutality against Black and Brown people in our country is unacceptable. We stand in solidarity with every person and community that is appalled by the homicide of George Floyd, and so many others before him. We stand in solidarity too with those who are taking action against the systemic racism that underlies this behavior. Racist attitudes and behavior should have no place in America.*

*“Tragically, the historical and everyday reality is that the lives and humanity of people of color, and members of other marginalized communities, are too often not valued and respected. The Arc renews its own commitment to social justice and the dismantling of the systems of oppression and discrimination that further this violence and neglect.*

*“We all must step up and speak out, including our nation’s leaders, to uphold the rights of communities of color to be free from over policing, police brutality, misconduct, harassment, and racism. To be silent is to be complicit,” said Peter Berns, CEO, The Arc.*

*“The heart of The Arc of the South Shore’s Mission is to empower people who have disabilities and their families. Our core values of diversity, community, and respect for everyone are central to realizing our mission.*

*We believe* ***all individuals*** *have the right to achieve their full potential in an environment free from discrimination based on race, religion, nationality, sexual orientation, or political ideology,” – Daryl Cook-Ivan, Executive Director, The Arc of the South Shore*

During these times of social unrest, there may be questions about how to support people of color. Below is a list of ways to do so through education, donations, signing petitions, educating yourself, youth and peers, and more. This list is not exhaustive and this document is able to be edited. If there is information that you feel should be added, edited, or removed please reach out to Human Resources.

**Donate & Support**

* 50Kitchen
* ACLU Massachusetts
* Ahmaud Arbery Memorial Fund
* American Civil Liberties Union
* Bay State Child Care Food Program, Inc.
* BEAM
* Black Economic Council of Massachusetts
* Black Lives Matter, Boston Chapter
* Black Ministerial Alliance
* Black Visions Collective
* Boston Black Hospitality Coalition
* Boston TenPoint Coalition
* Campaign Zero
* Color of Change
* Common Table
* Community Justice Exchange
* Equal Justice Initiative
* George Floyd Memorial Fund (Official)
* Inner City Weightlifting
* Jamee Johnson Memorial Fund
* JustGiving
* Know Your Rights Camp
* Massachusetts Bail Fund
* My Brother’s Keeper
* NAACP, Boston Branch
* NAACP Legal Defense and Educational Fund
* National Police Accountability Project
* National Urban League
* Operation Lipstick
* Prison Book Program
* Prison Education Program
* Progressive Massachusetts
* Project for Community- Adolescence & Family, Inc.
* Reclaim the Block
* Regis Korchinski Memorial Fund
* The Loveland Foundation
* The National Association of Black Journalists
* Violence in Boston, Inc.

**Eat**

* 50Kitchen
* Addis Red Sea
* Ali’s Roti
* Antonio’s Pizzeria
* Ashur Restaurant
* Au Beurre Chaud Bakery
* Auntie Vie’s Bakery Café
* Blue Mountain Jamaican Restaurant
* Blue Nile Restaurant
* Bon Appetit
* Bred Gourmet
* Cafe Juice Up
* Caribbean Flavors
* Cesaria
* Clark’s Cakes & Cookies
* Country Kitchen
* D Cole Pot
* Darryl’s Corner Bar and Kitchen
* Dayib Cafe
* Devonish Kitchen
* Discover Vegans
* District 7 Tavern
* Down Home Delivery
* Ethiopian Café
* Exodus Bagels
* Family Affair Restaurant & Catering
* Farah’s Café Restaurant
* Fasika Cafe
* Flames Caribbean Restaurant
* Fort Hill Bar + Grill
* Fresh Food Generation
* Golden Krust
* Ideals Sub Shop
* Irie Jamaican Style Restaurant
* Jamaica Me Hungry
* Jamaica’s Best Restaurant
* JP Roti Shop
* Larry J’s BBQ
* Las Vegas Express Restaurant
* Las Vegas Seafood Restaurant
* Le Foyer Bakery
* Levi’s Restaurant & Lounge
* Lucy Ethiopian Cafe
* M&M BBQ
* Maxine’s on St. James
* MIDA
* Murl’s Kitchen
* Natif Natal Restaurant
* Nest Step Soul Food Café
* Nos Casa Café
* Oasis Cafe
* Oasis Vegan Veggie Parlor
* Obosá
* One Family Ddiner
* One Only Jamaican Restaurant
* P&R Jamaican Restaurant
* Petsi Pies
* Pit Stop Barbecue
* Prestige Cuisine
* R&S Jamaican Restaurant
* Ripple Cafe
* Rock City Pizza
* Savvor Restaurant and Lounge
* Shea Butter Smoothies
* Silver Slipper
* Singh’s Roti Shop
* Slades Bar + Grill
* Soleil Restaurant and Catering
* Suya Joint
* Taste of Eden
* Tawakal Halal Cafef
* The Beehive
* The Coast Cafe
* Top Mix
* Vaughan Fish & Chips
* Wally’s Jazz Club Café
* Wingz & Tingz
* Yelu’s
* Zaz Restaurant

**Shops & Support**

* 3iVE, LLC
* 4 Corners Yoga and Wellness
* A-1 Flooring Solutions, Inc.
* AA Cleaning Company, Inc.
* [A & A Commercial & Home Cleaning Services](https://blackboston.com/business/a-a-commercial-home-cleaning-services/)
* ABC Copy Printing Center
* A.C.S. Mechanical, LLC
* A I Engineers, Inc.
* AJ Cleaning, Inc.
* A & J Demolition Services, Corporation
* A Martins & Son Construction, Inc.
* A Maven’s World Lifestyle Brand
* A Pereira Construction Company, Inc.
* A-Plus Welding & Engineering, Inc.
* Academy Tree Service
* Afro Chi Fitness
* BCb Labor Moving Services
* Bluebird Taxi, Inc.
* Boston Bar Association Lawyer Referral
* Boston Children’s Chorus
* Boston Lawyers of Color Group
* Boston School of Real Estate, Inc
* Brockton Area Multi-Services, Inc.
* Bros Home Improvement
* Brown and Coconut
* Chapman’s Cleaning Company LLC
* Clean Green Cleaning Services
* Cousen Rose Gallery
* Cross Country Painting Company, Inc.
* Cross-Spectrum Acoustics, LLC
* Custom Floors Design, Inc.
* Danielle Kelly Art
* Darealas
* Deboise Auto Body, Inc.
* DebtX
* Denisha McDonald, Real Estate Agent
* Dimock Community Health Center
* DLachae Clothing
* DPV Transportation, Inc.
* Duilawyers in Massachusetts
* Everett Appliance Service
* Express Yourself, Inc.
* F.I.T.T PIT
* Frugal Bookstore
* Gandara Mental Health Center, Inc.
* General Air Conditioning & Heating, Inc.
* H&L Realty Enterprises, LLC
* Hicks Auto Body, Inc.
* House Culture
* Hurst Landscaping, Inc.
* J. Ventures International, LLC
* Jordon’s Photography World
* Lawyers Committee for Civil Rights Under The Law
* Liberty Reality
* Liz’s Hair Care
* Make It Personal Designs
* Massachusetts Appraisal Services
* Mill City Environmental Corporation
* Multicultural Wellness Center, Inc.
* My Africa Tours
* Nature’s Batch
* New Life Counseling & Wellness Center, Inc.
* Novvstrivver
* Oak Bluffs Inn
* Organic Bath Company
* Pure Oasis
* Shearer Cottage
* Simply Erin
* The Collaborative, Inc.
* The Don Firearms, Inc.
* The Transportation Initiative, Inc.
* The Urban Grape
* Thony’s Barber Shop
* THRILLFIT
* Transition House, Inc.
* United Family & Youth Network, Inc.
* Victory Rentals
* Weatoc, Inc.
* Women In The Industry, Inc.
* Youth Social Educational Training, Inc.
* Carthage Financial Group
* Central Boston Elder Services

**Read**

Articles

* ‘75 Things White People Can Do for Racial Justice’
* ‘America’s Racial Contract Is Killing Us’ by Adam Serwer
* ‘Ella Baker and the Black Freedom Movement – Mentoring a New Generation of Activists’
* ‘My Life as an Undocumented Immigrant’ by Jose Antonio Vargas
* ‘Teaching Your Child About Black History Month’ by PBS
* ‘The Combahee River Collective Statement’
* ‘The Intersectionality Wars’ by Jane Coaston
* ‘Tips for Creating Effective White Caucus Groups’ by Craig Elliott PhD
* ‘Where do I donate? Why is the uprising violent? Should I go protest?’ by Courtney Martin
* ‘White Privilege: Unpacking the Invisible Knapsack’ by Peggy McIntosh
* ‘Who Gets to Be Afraid in America?’ by Dr. Ibram X. Kendi

Books

* ‘Black Feminist Thought by Patricia Hill Collins
* ‘Eloquent Rage: A Black Feminist Discovers Her Superpower’ by Dr. Brittney Cooper
* ‘Heavy: An American Memoir’ by Kiese Laymon
* ‘How To Be An Antiracist’ by Dr. Ibram X. Kendi
* ‘I Know Why the Caged Bird Sings’ by Maya [Angelou](https://chipublib.bibliocommons.com/search?q=%22Angelou%2C+Maya%22&search_category=author&t=author)
* ‘Just Mercy’ by Bryan Stevenson
* ‘Me and White Supremacy’ by Layla F. Saad
* ‘Raising Our Hands’ by Jenna Arnold
* ‘Redefining Realness’ by Janet [Mock](https://chipublib.bibliocommons.com/search?q=%22Mock%2C+Janet%22&search_category=author&t=author)
* ‘Sister Outsider’ by Audre Lorde
* ‘So You Want to Talk About Race’ by Ijeoma Oluo
* ‘The Bluest Eye’ by Toni Morrison
* ‘The Fire Next Time’ by James Baldwin
* ‘The New Jim Crow: Mass Incarceration in the Age of Colorblindness’   
  by Michelle Alexander
* ‘The Next American Revolution: Sustainable Activism for the Twenty-First Century’   
  by Grace Lee Boggs
* ‘The Warmth of Other Suns’ by Isabel Wilkerson
* ‘Their Eyes Were Watching God’ by Zora Neale Hurston
* ‘This Bridge Called My Back: Writings by Radical Women of Color’ by Cherríe Moraga
* ‘When Affirmative Action Was White: An Untold History of Racial Inequality in Twentieth-Century America’ by Ira Katznelson
* ‘White Fragility: Why It's So Hard for White People to Talk About Racism’ by Robin DiAngelo, PhD

**Listen**

* 1619 (New York Times) Podcast
* About Race Podcast
* Code Switch (NPR) Podcast
* Fare of the Free Child Podcast
* Integrated Schools Podcast: Raising White Kids with Jennifer Harvey
* Intersectionality Matters! Hosted by Kimberle Crenshaw Podcast
* Momentum: A Race Forward Podcast
* Parenting Forward Podcast: Five Pandemic Parenting Lessons with Cindy Want Brandt
* Pod For The Cause 9from The Leadership Conference on Civil & Human Rights) Podcast
* Pod Save the People (Crooked Media) Podcast
* Seeing White Podcast

**Watch**

Videos

* “Black Feminism & the Movement for Black Lives” with Barbara Smith, Reina Gossett, Charlene Carruthers
* "How Studying Privilege Systems Can Strengthen Compassion" with Peggy McIntosh

Film & TV

* 13th (Ava DuVernay) — Netflix
* American Son (Kenny Leon) — Netflix
* Black Power Mixtape: 1967-1975 — Available to rent
* Blindspotting (Carlos López Estrada) — Hulu with Cinemax or available to rent
* Clemency (Chinonye Chukwu) — Available to rent
* Dear White People (Justin Simien) — Netflix
* Fruitvale Station (Ryan Coogler) — Available to rent
* I Am Not Your Negro (James Baldwin doc) — Available to rent or on Kanopy
* If Beale Street Could Talk (Barry Jenkins) — Hulu
* Just Mercy (Destin Daniel Cretton) — Available to rent for free in June in the U.S.
* King In The Wilderness  — HBO
* See You Yesterday (Stefon Bristol) — Netflix
* Selma (Ava DuVernay) — Available to rent
* The Black Panthers: Vanguard of the Revolution — Available to rent
* The Hate U Give (George Tillman Jr.) — Hulu with Cinemax
* When They See Us (Ava DuVernay) — Netflix

**Educate Future Generations**

* ‘As Brave As You’ by Jason Reynolds (10+)
* ‘Bad News for Outlaws: The Remarkable Life of Bass Reeves’ by Vaunda Micheaux Nelson (9+)
* ‘Brown Girl Dreaming’ by Jacqueline Woodson (10+)
* ‘Crown: An Ode to the Fresh Cut’ by Derrick Barnes (5+)
* ‘Darius and Twig’ by Walter Dean Myers (13+)
* ‘Dave the Potter: Artist, Poet, Slave’ by Laban Carrick Hill (8+)
* ‘Elijah of Buxton” by Christopher Paul Curtis (9+)
* ‘Finding Langston’ by Lesa Cline-Ransome (8+)
* ‘Firebird’ by Misty Copeland (5+)
* ‘Freedom in Congo Square’ by Carole Boston Weatherford (5+)
* ‘Freedom Over Me: Eleven Slaves, Their Lives and Dreams Brought to Life” by Ashley Bryan (8+)
* ‘Genesis Begins Again’ by Alicia D. Williams (11+)
* ‘Gone Crazy in Alabama’ by Rita Williams-Garcia (8+)
* ‘Hand in Hand: Ten Black Men Who Changed America’ by Andrea Davis Pinkney (9+)
* ‘Heart and Soul: The Story of America and African Americans’ by Kadir Nelson (9+)
* ‘Hidden Figures: The True Story of Four Black Women and the Space Race’ by Margot Lee Shetterly, Winifred Conkling (4+)
* ‘Hoodoo’ by Ronald L. Smith (10+)
* ‘How I Discovered Poetry’ by Marilyn Nelson (12+)
* ‘How It Went Down’ by Kekla Magoon (14+)
* ‘I Have A Dream’ by Kadir Nelson (6+)
* ‘Jazz on a Saturday Night’ by Leo Dillon, Diane Dillon (4+)
* ‘Last Stop on Market Street’ by Matt de la Peña (3+)
* ‘Long Way Down’ by Jason Reynolds (12+)
* ‘Look Both Ways: A Tale Told in Ten Blocks’ by Jason Reynolds (10+)
* ‘March: Book One’ by John Lewis, Andrew Aydin, Nate Powell (12+)
* ‘March: Book Three’ by John Lewis, Andrew Aydin (12+)
* ‘Mondays Not Coming’ by Tiffany D. Jackson (14+)
* ‘My People’ by Langston Hughes (5+)
* ‘Nelson Mandela’ by Kadir Nelson (6+)
* ‘Ninth Ward’ by Jewell Parker Rhodes (10+)
* ‘One Crazy Summer’ by Rita Williams-Garcia (11+)
* ‘P.S. Be Eleven’ by Rita Williams-Garcia (9+)
* ‘Piecing Me Together’ by Renée Watson (13+)
* ‘Radiant Child: The Story of Young Artist Jean-Michel Basquiat’ by Javaka Steptoe (6+)
* ‘Rosa’ by Nikki Giovanni (4+)
* ‘Sulwe’ by Lupita Nyong'o (4+)
* ‘The American Boys’ by Jason Reynolds, Brendan Kiely (12+)
* ‘The Book Itch: Freedom, Truth, and Harlem’s Greatest Bookstore’ by Vaunda Micheaux Nelson (7+)
* ‘The Boy in the Black Suit’ by Jason Reynolds (12+)
* ‘The Crossover’ by Kwame Alexander (9+)
* ‘The Hate U Give’ by Angie Thomas (13+)
* ‘The Negro Speaks of Rivers’ by Langston Hughes (6+)
* ‘The New Kid’ by Jerry Craft (8+)
* ‘The Parker Inheritance’ by Varian Johnson (8+)
* ‘The Season of Styx Malone’ by Kekla Magoon (8+)
* ‘The Stars and the Blackness Between Them’ by Junauda Petrus (14+)
* ‘The Stuff of Stars’ by Marion Dane Bauer (4+)
* ‘The Undefeated’ by Kwame Alexander (All Ages)
* ‘Tristan Strong Punches a Hole in the Sky: Tristan Strong, Book 1’ by Kwame Mbalia (8+)
* ‘Trombone Shorty’ by Troy Andrews (4+)
* ‘Voice of Freedom: Fannie Lou Hamer: The Spirit of the Civil Rights Movement’ by Carole Boston Weatherford (9+)
* ‘We Are The Ship: The Story of Negro League Baseball’ by Kadir Nelson (9+)
* ‘What is Given From the Heart’ by Patricia C. McKissack (4+)
* ‘When the Beat was Born: DJ Kool Herc and The Creation of Hip Hop’ by Laban Carrick Hill (6+)

**More Ways to Help**

* VOTE in local and national elections – [www.vote.gov/register/ma/](http://www.vote.gov/register/ma/)
* Listen to the experiences of others without judgement
* Sign petitions to support safer, healthier, and happier futures for people of color
* Protest
* Never dehumanize another person or group of people, including those with criminal records, mental health issues, or that look or live differently than you.