

The Mutual Aid Classifieds is a compilation of support opportunities from local groups that provide material aid and support locally. Read about how people are taking care of each other, and how you could participate.

What is Mutual Aid? Mutual Aid is, simply put, neighbors taking care of neighbors, founded on the principle that “We take Care of Us”. Those best positioned to support one other are usually the ones close by. We exchange resources and services for collective benefit to overcome social, economic, and political barriers to meeting our most essential needs. Mutual aid can include physical resources like food, clothing, or medicine, as well as emotional and mental health care, or skills and education.

By taking responsibility for caring for one another, we all become safer and happier, changing political conditions through inter-reliance.

Here are the descriptions of the organizations, how to get involved, and the ways they could use more support:

- **WJ Food Squad:** This group serves a potluck buffet at the Washington Jefferson Park basketball courts, every other Sunday, 5pm until they run outta food or everyone has eaten. Always done by 7pm! Ways to support: volunteer to set-up, break down, and/or bring hot food, to-go sandwiches, snacks, drinks (NA); cash donations, blankets/sleeping bags, first aid and hygiene supplies, tarps. *For more info or to get involved, email redtwig@protonmail.com.*
- **Get Out of Jail! Support:** This group provides supplies and other support to those being released from the county jail. They try to be out there Fridays from 2-5pm, and Mondays 2-5pm, but it depends on who's available. They could use in-kind donations of snacks, cigarettes, hygiene supplies, bags/backpacks and bottled water. Clothes and socks welcome! *Email [Dissonant Times](#)*

to get connected.

- **Free Skool Eugene:** A group coordinating free classes and skill shares by and for the community! ([Read More](#)). Free Skool activities are always free and everyone is welcome to join! They would love to have more instructors willing to share their knowledge and skills by teaching a FreeSkool class! They are also looking for locations to host a class. Upcoming class: Build a Feminist Toolkit, April 18th at 11am @ the Growers Market. *Contact via email or instagram. freeskooleugene@gmail.com or on Instagram [@eugenefreeskool](https://www.instagram.com/eugenefreeskool).*
- **Barefoot Defenders:** BFD distributes food directly to where people are staying outside. They can use blankets, tents, propane tanks, tarps, and canned food. These can be delivered to 4446 Cascade Ct. For questions or to join distribution : *Reach out on facebook or instagram: [@barefoodefenders](https://www.facebook.com/barefoodefenders)*
- **Lavender Guard:** This group assembles and delivers foodboxes to those most in need. It is a low-barrier way for people without fixed addresses or other limitations to bureaucratic processes to access food and have it brought to them. They need help sourcing more food supplies, dog/cat food, and period/menstruation products. *Find them on facebook, or reach out via email: LavenderGuardEugeneSpringfield@protonmail.com*
- **Solidarity Garden:** A guerilla garden on the corner of 15th and Washington, near the rear gate to the fairgrounds. Food and flowers planted by neighbors, and available to all! Join a garden work party on Sunday 10-12am, or just come to harvest and say hi. Gardeners would also welcome a musician to play tunes while they work. *Reach out by coming by!*
- **Food Not Bombs:** A group that feeds people at the Park blocks on Fridays starting at 4pm. FNB is looking for financial donations to purchase food and survival supplies. Donate on Venmo: [@fnbeugene](https://www.venmo.com/fnbeugene) – *Reach out via IG*

or email: eugenefoodnotbombs@proton.me

To have your own project or support request featured in future issues, email: editor@dissonanttimes.org