

# 7 THINGS YOU CAN DO TO HELP IMMIGRANTS & REFUGEES



Looking at today's international refugee and migrant crisis, trying to help can seem overwhelming – here are some things you can do to make a difference.

## 1 DONATE

No matter where you are, there are organizations dedicated to helping refugees and migrants.

United States: <https://action.aclu.org/give/now>

Canada: <https://ccrweb.ca/en/donate>

International:

<https://www.womensrefugeecommission.org/donate-now>



## 2 SPONSOR A REFUGEE

Do you or someone you know want to help sponsor a refugee? Through the Private Sponsorship of Refugees Program, you may be able to help sponsor refugees from abroad who qualify to come to Canada. Find out how:

<https://www.canada.ca/en/immigration-refugees-citizenship/services/refugees/help-outside-canada/private-sponsorship-program/agreement-holders/holders-list.html>



## 3 VOLUNTEER

Make a difference in your community, volunteer! Here's a database of organizations in **Canada** seeking volunteers: <https://ccrweb.ca/en/members>

Here's a database of organizations in the **United States** that may be seeking volunteers:

<https://findhello.therefugeecenter.org/#/welcome>



## 4 CONTACT YOUR LOCAL POLITICIAN

Contacting your local politician is one of the most direct ways to be heard. Find a guide on how to do so, here:

<https://ccrweb.ca/en/contact-your-mp>



## 5 SHARE ON SOCIAL MEDIA - JOIN THE MOVEMENT!

When people join together in a movement, that movement grows stronger. Join the cause and unite online with Twitter, Instagram, Facebook, or any other social media and use the hashtag: **#DontLookAway**



## 6 CALL 211 AND ASK WHAT YOU CAN DO TO HELP

In **British Columbia, Alberta, Saskatchewan, Ontario, Quebec, New Brunswick, Nova Scotia and Nunavut**, you can visit [211.ca](http://211.ca) or call 211 toll-free to find out how you can offer support for refugees. 211 is Canada's primary source of information on government and community-based health and social services.



## 7 VOTE!

When the election comes around, make sure to vote and to make your vote count. Vote for a candidate that cares about what you do.

If you're in America, find out using NPR's "Where Congress Stands On Trump's Refugee And Immigration Order" tool online.