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://ccrweb.ca/en/donate
   - Canada: https://action.aclu.org/give/now
   - 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 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.

This infographic is produced and owned by the Nobel Women's Initiative.