COVID-19 Virtual Community Care Hours
For People of Color
April 17 @ 4 pm ET
Community Agreements

- This is a POC only space
- Make Space, Take Space
- Respect others experiences
- Say it raw
- One Diva, One Mic
Why are we here?

• POC are disproportionately affected by COVID-19
• More likely to be affected both directly and indirectly
• Harder to take steps back when our communities are so affected
• How can we support each other?
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- Our coping mechanisms have been taken from us.
- Support is nothing without access.
- Navigating intersections & supporting sex workers in Baltimore — pain and hurt around lack of support.
- All white decision-makers, we are told what to do instead of being allowed to respond emergently. How do we not burn out?
- We’re getting a militarized response — but we’re looking for community.
- How do we support ppl who need in-person connection. We are fucked.
Temperature Check

- Names, Pronouns, Location
- Who is your community, how have they been affected
- How have you been connecting with and supporting your community?
- How have you been connecting and supporting yourself?
What does care look like?
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Meeting our spiritual needs

Can’t give hugs/share a meal/share space

AIR HUGS!

Connection — however we can find it in this new virtual world

How we take care of ourselves, even in little ways

The opportunity to connect in different ways. For the boricuan experience, physical touch is important. We have to continue to show up, in unity, in order to survive and heal

Mutual aid <3

We keep us safe

Acknowledging that there is a spectrum of ways people heal

Being able to show up, be ourselves, and hold that together
What does care look like?

Join virtual community mobilizations!

Find opportunities for solidarity

We are finding the ability to connect

Being aware that there can be shame attached to expectations. We can honor our own limitations, and respect others limitations

Altar—spiritual care around mourning and grief

Affirming that people of color are impacted and we do not have to be silent about it.
Harm Reduction Resources

• Office Hours - https://harmreduction.org/blog/covid-19-virtual-office-hours/

• Resources for people who use drugs and people vulnerable to structural violence: https://harmreduction.org/blog/covid-19-resources-for-people-who-use-drugs-and-people-vulnerable-to-structural-violence/