



RESOURCE GUIDE

HEALING TO ACTION

HEALING TO ACTION

OUR MISSION

Healing to Action is ending gender-based violence by building the leadership and collective power of the communities most impacted, transforming the narrative of survivors from vulnerable “victims” to powerful leaders in the movement to end gender-based violence.

healingtoaction.org



[instagram.com/healingtoaction/](https://www.instagram.com/healingtoaction/)



[facebook.com/healingtoaction](https://www.facebook.com/healingtoaction)



twitter.com/HealingToAction

NATIONAL RESOURCES

FREEFROM

Creating tools, resources, and environments to support survivors' collective economic and community power.

freefrom.org

ME TOO INTERNATIONAL

A global, and survivor-led, movement against sexual violence, dedicated to creating pathways for healing, justice, action, and leadership.

metoomvmt.org

SURVIVORS KNOW

An action hub for survivors of workplace sexual violence, harassment, and discrimination.

survivorsknow.org

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EMPLOYMENT/ LABOR

Times Up Legal Defense Fund

- nwlc.org/times-up-legal-defense-fund/
- The Legal Network for Gender Equity connects people who face sexual discrimination at work, at school, or when getting health care, with legal assistance.

Raise the Floor Alliance

- raisetheflooralliance.org
- Raise the Floor Alliance (RTF) ensures that low-wage workers have access to quality jobs and are empowered to uphold and improve workplace standards.

Centro de Trabajadores Unidos

- centrodetrabajadoresunidos.org
- This member-led organization educates workers on their rights, develops leadership within the immigrant community, supports and organizes all workers as they fight for their rights in the workplace, and fights for changing policy that increases the standards for all workers.

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EMPLOYMENT/ LABOR

Latino Union of Chicago

- latinounion.org
- Latino Union collaborates with low-income immigrant and U.S.-born workers to develop the tools necessary to collectively improve social and economic conditions.

Workers Center for Racial Justice

- center4racialjustice.org
- This grassroots org organizes Black workers and their families to address the root causes of high rates of unemployment, low-wage work, and over-criminalization impacting Black communities.

Women Employed

- womenemployed.org
- Women Employed pushes for gender-based equity in the workforce by effecting policy change, expanding access to educational opportunities, and advocating for fair and inclusive workplaces so that all women, families, and communities thrive.



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HOUSING

Metropolitan Tenants Organization

- tenants-rights.org
- They are tenants' rights advocates educating, organizing, and empowering tenants to exercise their human right to affordable and safe housing.

Lawyers Committee for Better Housing

- lcbh.org
- LCBH provides free, comprehensive legal representation so that renters have a trusted advocate in court.

Shriver Center on Poverty Law

- povertylaw.org
- From litigating and shaping policies in Illinois to training and convening multi-state networks of public interest attorneys, this organization works with and for the communities we serve to make equal justice and economic opportunity a reality.



HOUSING & FOOD

Chicago Coalition for the Homeless

- chicagohomeless.org
- Since 1980, CCH organizes and advocates to prevent and end homelessness.

Greater Chicago Food Depository

- chicagosfoodbank.org
- The Food Depository is part of a united community effort working to bring food, dignity, and hope to our Cook County neighbors for a network of more than 700 food pantries, soup kitchens, shelters, and other programs.

The Love Fridge

- thelovefridge.com/locations
- The Love Fridge is a Chicago-based initiative created to nourish our communities through mutual aid. They offer free food at fridges/small pantries across various neighborhoods in Chicago.



DISABILITY JUSTICE

ADAPT

- adapt.org
- ADAPT is a national grass-roots community that organizes disability rights activists to engage in nonviolent direct action, including civil disobedience, to assure the civil and human rights of people with disabilities to live in freedom.

Equip for Equality

- equipforequality.org
- Established in 1985, Equip for Equality is a nationally recognized, private, not-for-profit organization that promotes self-advocacy and serves as a legal advocate for people with disabilities.

Great Lakes ADA Center

- adagreatlakes.org
- This organization serves to answer any concerns regarding violations of the Americans with Disabilities Act.

Chicago Hearing Society

- chicagohearingsociety.org
- Chicago Hearing Society helps organizations locate and employ qualified sign language interpreters, certified deaf interpreters (CDI), oral interpreters, relay interpreters and real-time captioning services.



DISABILITY JUSTICE

Access Living

- [accessliving.org](https://www.accessliving.org)
- This organization is a center of service, advocacy, and social change for people with disabilities led and run by people with disabilities.

Center for Disability and Elder Law

- [cdelaw.org](https://www.cdelaw.org)
- CDEL provides free legal services to low-income seniors and people with disabilities throughout Cook County.

Alliance for Community Services

- [allianceforcommunityservices.org](https://www.allianceforcommunityservices.org)
- The Alliance is a community-labor coalition, uniting people with disabilities, poor people, seniors, and front-line service workers, promoting racial and economic justice, and dignity for all persons.

Progress Center for Independent Living

- [progresscil.org](https://www.progresscil.org)
- Progress Center is a community-based, non-profit, non-residential service and advocacy organization, proudly operated for people with disabilities, by people with disabilities.

Legal Council for Health Justice

- [legalcouncil.org](https://www.legalcouncil.org)
- Their programs serve individuals and families facing barriers due to chronic, disabling, and stigmatizing health and social conditions.



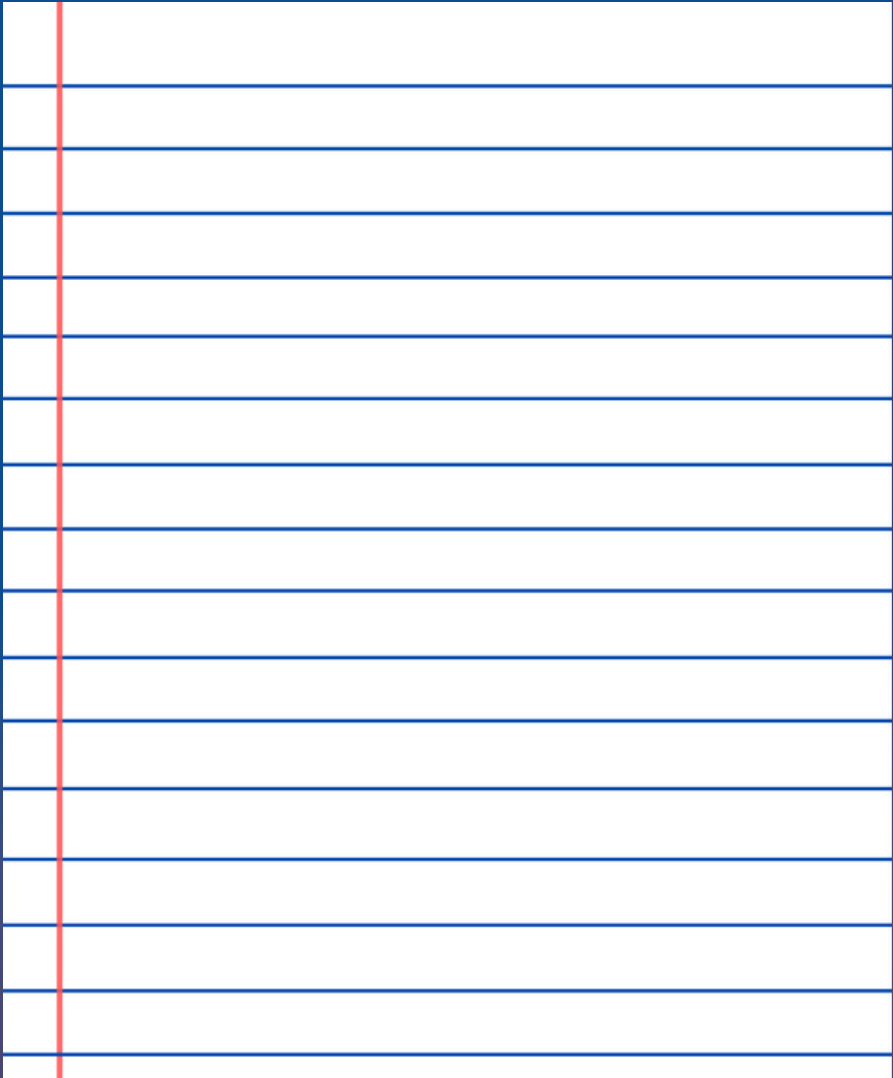
Journaling Prompts

1 *How do you feel about yourself today, at this moment?*

A large white rectangular area with horizontal blue lines and a vertical red margin line on the left side, intended for journaling.

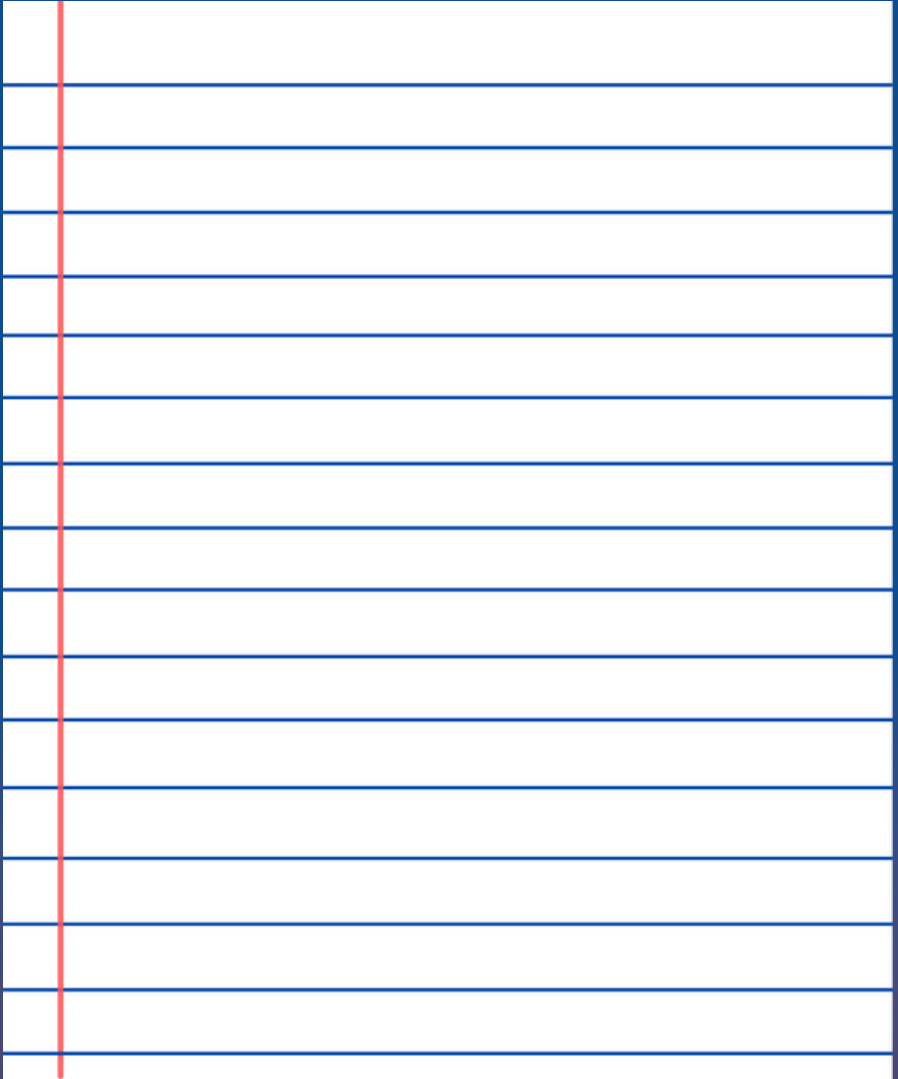
Journaling Prompts

- 2** *Sometimes it is easier to be nice to others than to be nice to ourselves. Pretend you are writing words of encouragement to someone you love. At the end, read them to yourself.*

A large white rectangular area with horizontal blue lines for writing, and a vertical red line on the left side.

Journaling Prompts

- 3** Write or draw 10 things you are grateful for today (big or small!)

A large white rectangular area designed for journaling. It features a vertical red margin line on the left side and horizontal blue lines for writing, creating a series of rows for text.

SEXUAL VIOLENCE SERVICES

Chicago Rape Crisis Hotline: 1-888-293-2080

Resilience

- ourresilience.org
- Resilience is an Illinois not-for-profit organization made up of many individuals with two primary goals: to assure that survivors of sexual assault are treated with dignity and compassion; and to effect changes in the way the legal system, medical institutions, and society as a whole respond to survivors.

Mujeres Latinas en Acción

- mujereslatinassenaccion.org
- Since 1973, Mujeres Latinas en Acción is the longest-standing Latina-led organization in the nation. Over the years we have honed our offerings including community services that empower Latinas and their families and supports them as they heal and thrive within our programs.

Illinois Coalition Against Sexual Assault

- icasa.org
- ICASA is a not-for-profit corporation of 31 community-based sexual assault crisis centers working together to end sexual violence.

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SEXUAL VIOLENCE SERVICES

YWCA of Metropolitan Chicago

- ywcachicago.org
- In an effort to advance their mission of eliminating racism and empowering women, YWCA Metropolitan Chicago hosts a range of community and family services.

KAN-WIN

- kanwin.org
- KAN-WIN works to eradicate all forms of violence against women, including domestic violence and sexual assault, by empowering Asian-American survivors and engaging the community.

Apna Ghar

- apnaghar.org
- Apna Ghar provides critical, comprehensive, culturally competent services, and conducts outreach and advocacy across communities to end gender violence through education, prevention, and advocacy work.

Chicago Alliance Against Sexual Exploitation

- caase.org
- CAASE addresses the culture, institutions, and individuals that perpetrate, profit from, or support sexual exploitation.

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HEALTH/MENTAL HEALTH SERVICES

Erie Health Centers

- eriefamilyhealth.org
- Erie Family Health Centers provides high-quality medical, dental, and behavioral healthcare to all in need, regardless of ability to pay.

Howard Brown Health Services

- howardbrown.org
- Howard Brown serves all genders and exists to intentionally eliminate the disparities in healthcare experienced by lesbian, gay, bisexual, and transgender people through research, education, and the provision of services that promote health and wellness.

Heartland Health Centers

- heartlandhealthcenters.org
- Heartland Health Centers is a federally qualified health center with 17 locations serving Chicago's north side and nearby suburbs. No insurance is needed here.

Chicago Volunteer Doulas

- thecvd.org/find-a-doula
- They are a birth justice organization providing comprehensive doula support with a focus on vulnerable communities in the Chicago land area.



HEALTH/MENTAL HEALTH SERVICES

Chicago Women's Health Center

- chicagowomenshealthcenter.org
- Chicago Women's Health Center facilitates the empowerment of women and trans people by providing access to health care and health education in a respectful environment where people pay what they can afford.

Planned Parenthood

- plannedparenthood.org/planned-parenthood-illinois
- Planned Parenthood delivers vital reproductive health care, sex education, and information to millions of people worldwide.

Lawndale Christian Health Center

- lawndale.org
- Lawndale Christian Health Center is modeled as a Christian-centered Patient-Centered Medical Home (PCMH) to deliver the best possible care to our patients, regardless of insurance status.

Ujimaa Medics

- umedics.org
- Ujimaa Medics is a Chicago-based Black Collective teaching first response for gunshot wounds and asthma and fighting for health justice in communities that need it.



HEALTH/MENTAL HEALTH SERVICES

Sista Afya Community Mental Wellness

- sistaafya.com
- A social impact business whose mission is to sustain the mental wellness of Black women through sharing information, building community, and connecting Black women to quality mental wellness providers.

Esperanza Health Centers

- esperanzachicago.org
- Esperanza provides bilingual, high-quality primary care, behavioral health, and wellness services to the community, regardless of immigration status, insurance status, or ability to pay.

Metropolitan Family Services

- metrofamily.org
- Metropolitan Family Services empowers families to learn, to earn, to heal, to thrive. They offer counseling services and emotional wellness and behavioral health resources.



HEALTH/MENTAL HEALTH SERVICES

Centro Sanar

- centrosanar.org
- Through our mental health, case management, community organizing activities, research initiatives, and consultation services, we aim to promote the holistic well-being of individuals and families who have been impacted by systemic oppression.

Kedzie Center

- thekedziecenter.org
- The Kedzie Center provides accessible, culturally informed, quality mental health care to North River residents through the integration of clinical practice, education, and evaluation as well as the community-informed application of psychological insight to address community concerns.



YOGA AFFIRMATIONS

"I AM KIND TO MYSELF
AND TO OTHERS."



"I WILL BE PATIENT AND
LOVE MYSELF AS I HEAL."



"I AM NOT ALONE."

"I DESERVE TO TAKE UP
SPACE."



YOGA AFFIRMATIONS



"I WILL NURTURE AND PROTECT MYSELF."

"I AM WORTH TAKING INTENTIONAL CARE OF."



"I AM ENOUGH."

"MY STORY IS MY OWN AND SO IS MY FUTURE."



LEGAL AID

CARPLS Hotline

- carpls.org
- We are Cook County's largest provider of free legal services through our main hotline. We also help low and moderate-income Illinoisans through our special projects.

Beyond Legal Aid

- beyondlegalaid.org
- Their model, "community activism lawyering," unites lawyers and activists to help underserved communities access justice and pursue social change. They create community activism-law programs for, by, with, and within their partner communities.

Lifespan Legal Services

- life-span.org/legal-services-and-advocacy
- By defining domestic violence as a crime as well as a social problem, Life Span is committed to providing victims of abuse with a range of options, including legal services, advocacy, and counseling.

Chicago Alliance Against Sexual Exploitation

- caase.org
- CAASE addresses the culture, institutions, and individuals that perpetrate, profit from, or support sexual exploitation. Their work includes prevention, policy reform, community engagement, and legal services.



LEGAL AID

Legal Aid Chicago

- legalaidchicago.org
- Legal Aid Chicago provides free civil legal services to people living in poverty in Cook County.

Ascend Justice

- ascendjustice.org
- Their mission is to empower individuals and families impacted by gender-based violence or the child welfare system to achieve safety and stability through holistic legal advocacy and system reform.

Chicago Legal Clinic

- clclaw.org
- Chicago Legal Clinic provides community-based quality legal services and education with free and low-cost services and legal representation.

Legal Aid Society

- metrofamily.org/legal-aid-society
- The Legal Aid Society of Metropolitan Family Services provides legal assistance and community education to low-income individuals in the areas of domestic violence, family law, consumer and housing issues, elder abuse and financial exploitation, human trafficking, and victims of crime.



DOMESTIC VIOLENCE SERVICES

Illinois DV Hotline: 877-863-6338

National DV Hotline: 800-799-7233

Mujeres Latinas en Acción

- mujereslatinassenaccion.org
- Since 1973, Mujeres Latinas en Acción is the longest-standing Latina-led organization in the nation. Over the years we have honed our offerings including community services that empower Latinas and their families and supports them as they heal, and thrive within our programs.

YWCA Metropolitan Chicago

- ywcachicago.org
- In an effort to advance their mission of eliminating racism and empowering women, YWCA Metropolitan Chicago hosts a range of community and family services.

Between Friends

- betweenfriendschicago.org
- Between Friends is a nonprofit agency dedicated to breaking the cycle of domestic violence and building a community free of abuse through counseling, legal assistance and educational programs.



DOMESTIC VIOLENCE SERVICES

Family Rescue

- familyrescueinc.org
- Family Rescue is dedicated to eliminating domestic violence in the Chicago community by providing comprehensive support services and shelter to victims of domestic violence.

Connections for Abused Women and their Children

- www.cawc.org
- Connections for Abused Women and their Children (CAWC) is committed to ending domestic violence. Using a self-help, empowerment approach, we provide a shelter for adults and children, counseling, advocacy, and a 24-hour hotline for people affected by domestic violence.

KAN-WIN

- kanwin.org
- KAN-WIN works to eradicate all forms of violence against women, including domestic violence and sexual assault, by empowering Asian-American survivors and engaging the community through culturally competent services, community education and outreach, and advocacy.



DOMESTIC VIOLENCE SERVICES

Metropolitan Family Services

- metrofamily.org
- Metropolitan Family Services empowers families to learn, to earn, to heal, to thrive. Part mentor, part motivator, part advocate, since 1857 Metropolitan Family Services has been the engine of change that empowers Chicago-area families to reach their greatest potential and positively impact their communities.

WINGS

- wingsprogram.com
- Established in 1985, WINGS provides a pathway to independence for people whose lives have been disrupted by domestic violence. The mission of WINGS Program, Inc. is to provide housing, integrated services, education and advocacy to end domestic violence.

Life Span

- life-span.org
- Life Span provides legal representation, counseling, court advocacy, and immigration legal services to victims of domestic violence, sexual assault, and human trafficking within Chicago and Suburban Cook County.



DOMESTIC VIOLENCE SERVICES

Apna Ghar

- apnaghar.org
- Apna Ghar provides critical, comprehensive, culturally competent services, and conducts outreach and advocacy across communities to end gender violence through education, prevention and advocacy work.

Sarah's Inn

- sarahsinn.org
- Sarah's Inn provides comprehensive services for families affected by domestic violence so that they get the support they need to find safety, rebuild their lives, and heal. Sarah's Inn serves Chicago and 22 surrounding West Cook County suburban communities.

SHALVA

- shalvacares.org
- SHALVA supports Jewish women experiencing and healing from domestic abuse, through counseling, supportive services, and community education.

Centro Romero

- centroromero.org
- Centro Romero has been a community-based organization that serves the refugee immigrant population on the northeast side of Chicago with legal services, family services and youth programs.

MINDFUL BREATHING EXERCISES

DIAPHRAGM BREATHING

Start with your hands resting on your belly, just below your belly button.

As you breathe in, let your belly soften and expand like a balloon.

When you breathe out, let your belly sink toward your spine.

Place one hand on your ribs and the other on your belly.

Breathe in slowly, let your belly soften, and feel your ribs expand. Exhale.

Move the hand that was on your ribs to your upper chest, just below the collarbone.

As you inhale, allow your belly to soften, your ribs to expand, and upper chest to broaden.

As you exhale, let everything go.



MINDFUL BREATHING

EXERCISES

BOX BREATHING

Sit in a relaxed position, and exhale all the air in your lungs out through your mouth.

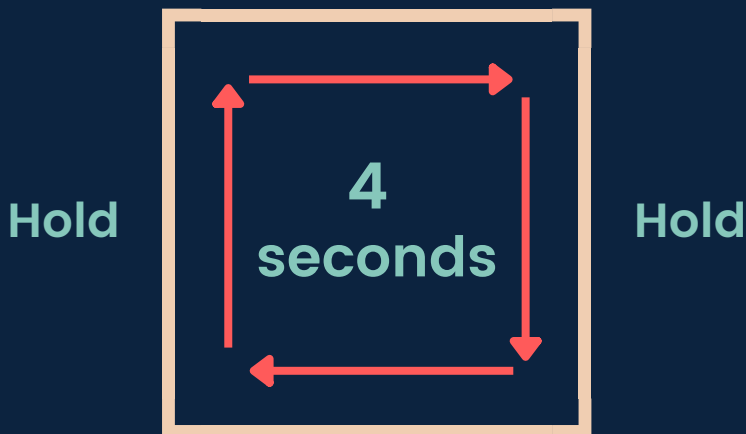
Inhale slowly through your nose from your belly, and count to 4 as you breathe in, filling the lungs.

Hold the air in your lungs while you silently count from 1 to 4.

Slowly release the air through your mouth as you count from 1 to 4.

Repeat three times.

Breathe In



Breathe Out

PUBLIC BENEFITS

Legal Aid Chicago

- [legalaidchicago.org](https://www.legalaidchicago.org)
- Legal Aid Chicago provides free civil legal services to people living in poverty in Cook County.

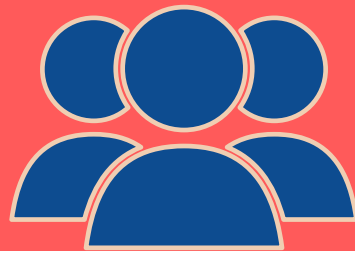
Centro Romero

- [centroromero.org](https://www.centroromero.org)
- Centro Romero has been a community-based organization that serves the refugee immigrant population on the northeast side of Chicago with legal services, family services, and youth programs.

St. Anthony Hospital

- [sahchicago.org](https://www.sahchicago.org)
- Saint Anthony Hospital is an independent, nonprofit, faith-based, acute care, community hospital dedicated to improving the health and wellness of the families on the West Side and Southwest Side of Chicago.

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LGBTQIA RIGHTS/ SUPPORT

Affinity Community Services

- affinity95.org
- Affinity Community Services is a Black-led organization on Chicago's South Side dedicated to social justice in Black LGBTQ+ communities.

Transformative Justice Law Project

- tjlp.org
- TJLP is a group of radical activists, social workers, and organizers who provide support, advocacy, and free, holistic advocacy and criminal legal services to poor and street-based transgender people in Illinois.

Center on Halsted

- centeronhalsted.org
- Center on Halsted is the Midwest's most comprehensive community center dedicated to advancing community and securing the health and well-being of the Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ) people of Chicagoland.

Equality Illinois

- equalityillinois.us
- Equality Illinois builds a better Illinois by advancing equal treatment and full acceptance of the LGBTQ community through civic engagement.

LGBTQIA RIGHTS/ SUPPORT

Lambda Legal

- lambdalegal.org/states-regions/illinois
- Lambda Legal is a national organization and nonprofit committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people, and everyone living with HIV through impact litigation, education, and public policy work.

Howard Brown Community Health

- howardbrown.org
- Howard Brown serves all genders and exists to intentionally eliminate the disparities in healthcare experienced by lesbian, gay, bisexual, and transgender people through research, education, and the provision of services that promote health and wellness.

Brave Space Alliance

- bravespacealliance.org
- Brave Space Alliance is the first Black-led, trans-led LGBTQ+ Center located on the South Side of Chicago, dedicated to creating and providing affirming, culturally competent, for-us by-us resources, programming, and services for LGBTQ+ individuals on the South and West sides of the city.

FINANCIAL/ JOB TRAINING

Center for Community Change

- communitychange.org
- Their mission is to build the power and capacity of low-income people, especially low-income people of color, to change the policies and institutions that impact their lives through legislation, community organizing, and voter engagement.

Heartland Alliance

- heartlandalliance.org/economic-opportunity/
- Heartland Alliance, one of the world's leading anti-poverty organizations, works in communities in the U.S. and abroad to serve those who are homeless, living in poverty, or seeking safety.

Jane Addams Resource Corporation

- jane-addams.org
- Jane Addams Resource Corporation supports healthy communities and economies by teaching low-income adults and workers the skills they need to earn a living wage.

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FINANCIAL/ JOB TRAINING

Chicago Women in Trades

- cwit.org
- Chicago Women in Trades ensures that all women who want to work with their hands and earn a good living have equal access to information, training, and employment opportunities in the industry.

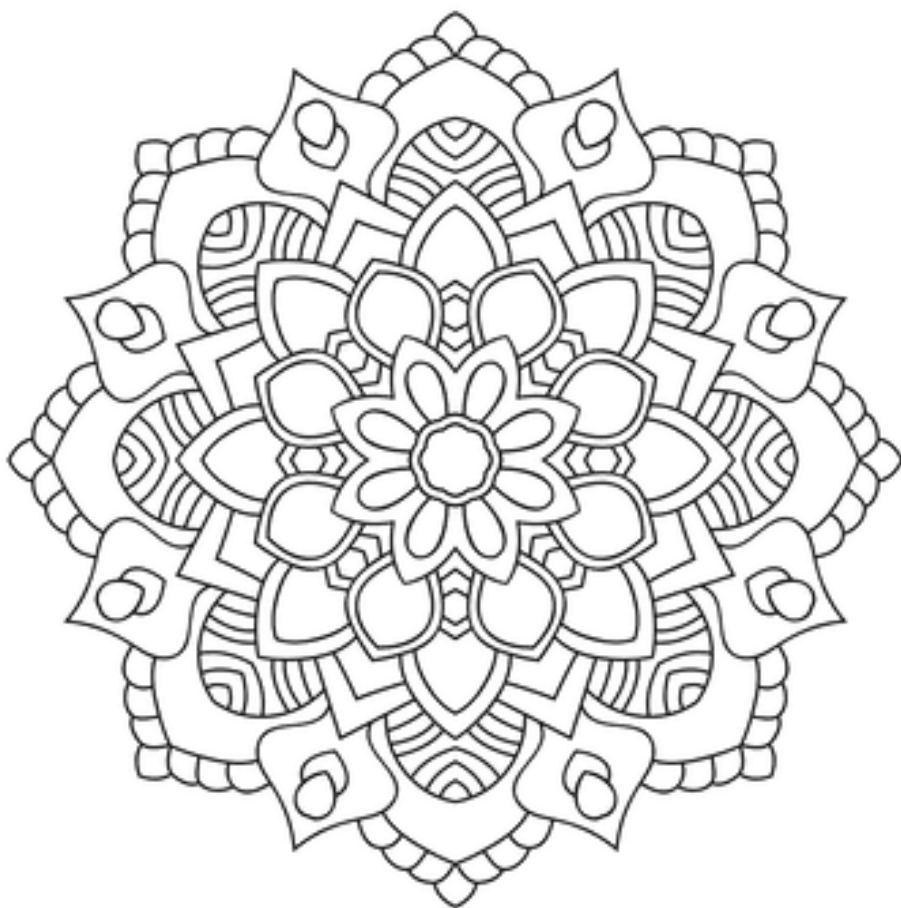
Metropolitan Family Services

- metrofamily.org/programs-and-services/
- Offers support and education to economically challenged families so they may improve the quality of their work, lifestyle and finances.

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CALMING COLORING PAGE



Homemade
GIFTS MADE EASY

WANT TO COLOR ONLINE? VISIT WWW.COLORINGBOOK.PICS

CALMING COLORING PAGE



HEALING
takes
TIME.

@avamariedoodles

IMMIGRATION/ RACIAL JUSTICE

National Immigrant Justice Center

- immigrantjustice.org
- Heartland Alliance's National Immigrant Justice Center (NIJC) is dedicated to ensuring human rights protections and access to justice for all immigrants, refugees, and asylum seekers through policy reform, impact litigation, and public education.

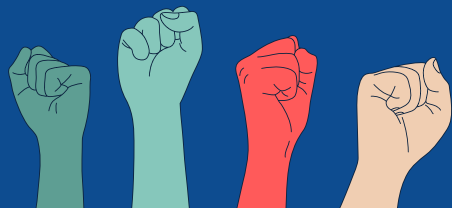
Organized Communities Against Deportations

- organizedcommunities.org
- OCAD is made of undocumented organizers building a resistance movement against deportations and the criminalization of immigrants and people of color in Chicago and surrounding areas.

Illinois Coalition for Immigrant and Refugee Rights

- icirr.org
- ICIRR is dedicated to promoting the rights of immigrants and refugees to full and equal participation in the civic, cultural, social, and political life of our diverse society through community education and advocacy work.

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IMMIGRATION/ RACIAL JUSTICE

Workers Center for Racial Justice

- center4racialjustice.org
- This is a grassroots organization fighting for Black Liberation and for a fair and inclusive society that benefits all people. They organize Black workers and their families to address the root causes of high rates of unemployment, low-wage work, and over-criminalization impacting Black communities.

National Asian Pacific American

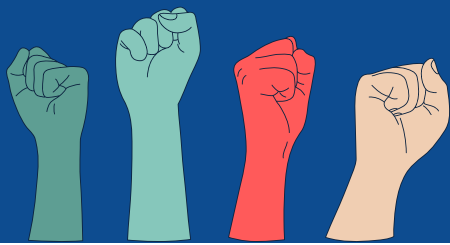
Women's Forum

- napawf.org
- This organization focuses on building power with AAPI women and girls to influence critical decisions using a reproductive justice framework.

Arab American Action Network

- aaan.org
- The Arab American Action Network (AAAN) strives to strengthen the Arab community in the Chicago area by building its capacity to be an active agent for positive social change.

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IMMIGRATION/ RACIAL JUSTICE

Asian Americans Advancing Justice

- advancingjustice-chicago.org
- AAAJ is the voice for the Asian-American community fighting for civil rights through education, litigation, and public policy advocacy.

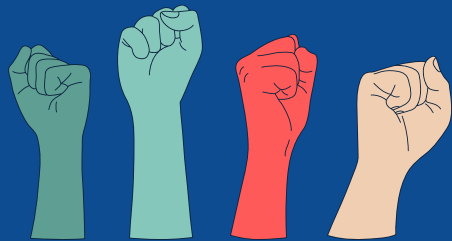
Southsiders Organized for Unity and Liberation

- soulinchicago.org
- Their mission is to assist low-income people of color in Chicago's Southside and South Suburbs to build power and then leverage that power to fight for their own interest and liberation using coalition-building and training for direct actions.

AFIRE

- afirechicago.org
- The Alliance of Filipinxs for Immigrant Rights & Empowerment (AFIRE) is a grassroots community organization that builds the capacity of Filipinxs to organize on issues of social, racial, and economic justice that affect undocumented immigrants, domestic workers, seniors, and youth.

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IMMIGRATION/ RACIAL JUSTICE

Assata's Daughters

- assatasdaughters.org
- Assata's Daughters is a Black woman-led, young person-directed organization rooted in the Black Radical Tradition that organizes young Black people in Chicago by providing them with political education, leadership development, mentorship, and revolutionary services.

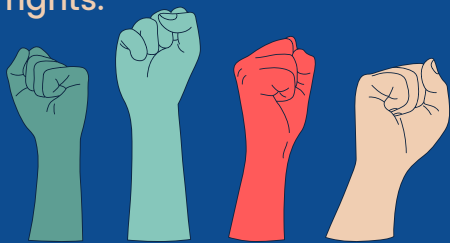
United African Organization

- uniteafricans.org
- United African Organization is a dynamic coalition of African community-based organizations that promotes social and economic justice, civic participation, and empowerment of African immigrants and refugees in Illinois.

Hana Center

- hanacenter.org
- The Hana Center empowers Korean-American and multiethnic immigrant communities through social services, education, culture, and community organizing to advance human rights.

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CRIMINAL DEFENSE

First Defense Legal Aid

- first-defense.org
- FDLA mobilizes lawyers and overpoliced community members to fill gaps in public defense as well as create, protect, and engage replicable alternatives to the criminal system starting with its entry points.

Cabrini Green Legal Aid

- [cglanet.net](https://cglanet.org)
- CGLA uses an interdisciplinary approach that brings together teams of lawyers and social workers to comprehensively support client goals. CGLA also leverages strategic partnerships across other social service sectors including workforce development and housing organizations to maximize their collective capacity to serve their mutual clients.

Chicago Community Bond Fund

- chicagobond.org
- The Chicago Community Bond Fund (CCBF) pays bonds for people charged with crimes in Cook County, Illinois. Through a revolving fund, CCBF supports individuals whose communities cannot afford to pay the bonds themselves and who have been impacted by structural violence.

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APPENDIX

Healing to Action Compilation of Mostly Chicago-Based Resources

Full descriptions and contact info for each org mentioned here in the Resource Guide

me too. – Resource Library
metoomvmt.org/explore-healing/resource-library/

UIC Resource List
wlrc.uic.edu/resources/for-dv-sa-survivors/

Illinois Public Health Community Map
healthcarereportcard.illinois.gov/map

Chicago Public Safety Assistance
chicago.gov/city/en/sites/public-safety-and-violence-reduction/home/public-safety-assistance.html

Public Community Fridge Directory
airtable.com/shrsUIPLk9bsnE9Cm/tblras7THFDz6pYqv

healingtoaction.org



instagram.com/healingtoaction/



facebook.com/healingtoaction



twitter.com/HealingToAction



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