

## Ways you can help: Version 3/28/2026

Though the number of ICE agents is lower than it was at the beginning, there still are many more than before it began. Many of our neighbors are still being targeted, many are suffering from post-traumatic stress symptoms, and immigrant-owned businesses are having trouble making ends meet. There are ways to help.

### **One way to help is by learning about authoritarianism and principled non-cooperation.**

The workshop we hosted on March 24, presented by Daniel Goldschmidt, was highly informative. It covered foundational information on authoritarianism, supported by data, as well as methods for challenging and dismantling such regimes. If you missed the presentation, please contact [antiracism@adath.net](mailto:antiracism@adath.net) to request a copy of the PowerPoint used. Another way to learn more is to visit <https://freedomtrainers.net/> to explore the topic further or request a training session.

### **M Health Fairview is hosting free virtual Psychological First Aid (PFA) training sessions.**

PFA is an evidence-informed community model. Trainees will learn how to support healthy recovery in individuals following a traumatic event, public health emergency, natural disaster, or personal crisis. The curriculum integrates public and community health and individual psychology. Click [here](#) for more information.

### **Visit immigrant-owned businesses that have been hit hard by ICE's presence.**

This is another way to help. You can check out [Strive Bookstore](#). Other restaurants to try include [Oro By Nixta](#), a James Beard-winning restaurant in Northeast Minneapolis, and [Olive and Lamb](#), serving Persian food with locations on University Avenue and near Como in St. Paul.

### **Interested in going to a protest?**

Some members of the Antiracism Committee will be attending the No Kings protest at Highway 55 and Winnetka on March 28, 12:00 - 1:30pm. Please join us! More information is available [here](#).

You can also help keep food shelves operating at full capacity by supporting The Food Group, the food bank for Hennepin County. The organization provides support and advocacy for all Minnesota food shelves and is offering guidance during the crisis. More information can be found [here](#).

### **Other local organizations that continue to need support include:**

- <https://www.stepslp.org/>
- <https://prismmpls.org/>
- <https://www.icafoodshelf.org/>

Thanks for your interest and your help,  
Adath Antiracism Committee  
Sharon Garber and Linda Itman, Co-Chairs