Healing Justice. What is it? "Healing justice" is both a term and movement, first coined by the Atlanta-based Kindred Southern Healing Justice Collective in 2007, that aims to address widespread generational trauma from systemic violence and oppression by reviving ancestral healing practices and building new, more inclusive ones.

Why not just personal wellness? "I think the allure of [personal] wellness has a lot to do with agency ... But we've all seen how a genuine desire to feel good and grounded can morph into a personalized pursuit of optimal well-being, devoid of connection from others, and ultimately ourselves. If we want to democratize wellness, we have to dismantle the obstacles that inhibit many of us from caring for ourselves and others, and reckon with systems that tout well-being as a luxury good instead of what it is: a fundamental birthright." (Krysten Peck in TRANSFORM HARM)

Community Care. What is it? "... community care is focused on the collective: taking care of people together, for everything from basic physical needs to psychological and even spiritual ones. Community care is a recognition of the undeniable cooperative and social nature of human beings and involves a commitment to reduce harm simply through being together ... community care is a commitment to contributing in a way that leverages one’s relative privilege while balancing one’s needs. It’s trusting that your community will have you when you need support, and knowing you can be trusted to provide the same."

Why not just self care? "Self-care only offers temporary relief to the deep-rooted structural challenges many of us face, and often it can be its own form of
commodified labour that becomes an additional stressor for the person expected to perform it." (Nakita Valerio in FLARE)

How do we begin practicing community care & healing justice? BEAM (Black Emotional and Mental Health) Collective’s Healing & Accountability Wheel

Resources/ Learn more:

HEALING IN ACTION: A TOOLKIT FOR BLACK LIVES MATTER HEALING JUSTICE & DIRECT ACTION [Black Lives Matter]

LAPIS PEER SUPPORT MODEL [BEAM Collective]

HEALING JUSTICE PRINCIPLES: SOME OF WHAT WE BELIEVE [Badass Visionary Healers]

BEYOND SURVIVAL: STRATEGIES AND STORIES FROM THE TRANSFORMATIVE JUSTICE MOVEMENT [Edited by Ejeris Dixon and Leah Lakshmi Piepzna-Samarasinha]
Community Mutual-Aid

CEC Mutual-Aid Support Fund: The CEC has set aside $1,000 this semester to two separate community support funds: one for Pitzer staff, students, and faculty and the other for community partners. Funding will be distributed on a first come, first serve basis. Please email Jackie Contreras (jackie_contreras@pitzer.edu) with any questions. **Form for student, staff, & faculty requests:** tinyurl.com/PZCommunityMutualAidSupport **Form for community requests:** tinyurl.com/CommunityPartnerFunding

Nobody Fails at Pitzer: We have noticed that there have been many mutual aid requests recently from our Pitzer community and we want to make sure all of our students are supported without the worry of financial stress. As of now we are attempting to raise about $15,000 in 4 weeks!!! We are hopeful that our community can put together their efforts to help out our most vulnerable students. **Venmo to support students:** @mutualAidPitzer  **Form for community requests:** docs.google.com/forms/d/e/1FAIpQLSezGaVdJCL3hDVRiXHOyQWVy04ATkFnblyoxkIFYcxc9Ysw8A/viewform

Support a low-income minority student: “I have been in desperate need of finances to pay for this semester. I have taken on two jobs but unfortunately that is still not enough to pay for my tuition. I do not think I will be able to continue school. I seriously don’t know what to do. Please, if you can help in any way, I would really appreciate it.” Goal: $5,000  **Venmo:** @Cathlynantiro

Support a FGLI Queer Black Student: “Help a FGLI Queer Black Student get access to healing resources and cover groceries, transportation costs, and rent for winter break!”  **Venmo:** @zoeriveraha  **Cashapp:** $zo3riv3ra

Mutual-Aid Fund for 5C Workers: “This mutual fund is a communal resource for workers at the the Claremont Colleges including but not limited to dining hall services, custodial grounds department, and facilities department experiencing any financial insecurity due to COVID-19 relates issues or lack of monetary support/ sufficient pay from the Colleges. Donate if you have the means to do so and share/repost on social medial!” $4200 needed by 11/15  **Venmo:** @CSWA-1 or @CSWA-2

Resource Spotlight: click the graphic to be taken to the recording
Check out the recordings and action steps from our two recent events:

**RECAP: TRANS RIGHTS, POLICY, & ADVOCACY**

Recording: tinyurl.com/CECTransRights2021

**TAKE ACTION**
- Do policy research with the LA Community Health Team of the California Women’s Foundation — exploring the community development, historical preservation and Community Land Trusts.
- Join the Action Coalition (AC) and/or the Transgender Research and Advocacy Network (TRAN) at mtf-women.org.
- Be a policy volunteer with Transgender Coalition (AC) to support their primary campaign — “Building a Healthy LA Community.”
- Be an active ally to those who are working to address intersectionality (AC) — “Support them and their work whenever you do.”

**DIRECT ACTION @PZ**

**RESOURCES: KNOW YOUR RIGHTS, KNOW YOUR REALITY**

Watch the recordings of our workshop with the National Lawyer’s Guild of Los Angeles!

- English recording: https://youtu.be/GtUxgeYrb6Y
- Spanish recording: https://youtu.be/c6mPscwqCk-E

More resources:
https://nlg-la.org/know-your-rights/

Check out our direct action database for more actions to support:

**ONGOING DIRECT ACTION DATABASE**

At this link, find an updated spreadsheet of long term and short term actions relative to the:
- 7Cs
- Greater Claremont area
- California
- National community
- Global community

**Action Submissions**

Submit an action to the database:
tinyurl.com/DAPZSubmit2021-22

For more information, email immediate_action@pitzer.edu

**CONNECT WITH US**

Follow our Instagram (@directactionpz) for updates and be sure to check out our website for resources, events and more!

For questions, comments or concerns please email immediate_action@pitzer.edu