

*Chehalis River Mutual Aid  
Mobile support / Crisis response*



*ABERDEEN, WA  
98520*

### **Contact Us**

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# CHEHALIS RIVER MUTUAL AID NETWORK

Heal. Feed. Repair. Grow.

Solidarity  
- Not  
Charity

## **What is mutual aid?**

A voluntary reciprocal exchange of resources and services for mutual benefit. Mutual aid projects are a form of political participation in which people take responsibility for caring for one another and changing political conditions.



**Chehalis River Mutual Aid Network is a grassroots group of community members in so-called Grays Harbor County, WA engaged in political direct action. Our goal is to create mutual aid projects that meet the needs of the communities and identify affiliate groups in need of amplification, assistance, or support. We are also working directly with the community to find needs, gaps in services, and resources in need of distribution. Our main projects are currently centered in food sovereignty and advocacy for the unhoused but we hope to see many diverse projects evolving out of this work. We also network outside the region through affiliated organizations who provide both resources and inspiration for this project.**

**There are multiple ways to get involved in mutual aid in your area. We invite anyone to come out to one of our actions and either receive assistance or give some. To stay up to date with our public actions follow us on Mastodon, Facebook, Twitter, or Instagram, or look through our current projects to learn more.**

**Other local mutual aid related groups are encouraged to reach out to us for amplification, assistance, or support. We are always interested in forming relationships with those wanting to get involved as co-organizers and help us grow the current projects and start new ones.**

**If you or someone you know is in need of aid OR have resources to donate please contact us so we can try to set you up with volunteers to help you or visit the donate section of our website.**

**[chehalisrivermutualaid.noblogs.org](http://chehalisrivermutualaid.noblogs.org)**

# SUBVERT





## The Goal of this Network:

The goal of this NETWORK is to amplify GROUPS that are participating in PROJECTS working towards COLLECTIVE LIBERATION through MUTUAL AID.

## The Shared Values of this Network:

The participants of this network agree to work to keep our spaces and projects ANTI-RACIST, ANTI-SEXIST, ANTI-HOMOPHOBIC, ANTI-TRANSPHOBIC, and ANTI-FASCIST.

We place a high value on autonomous and decentralized direct action. Because of this we recognize that we need not centralize every grassroots mutual aid group under one banner. Even so, there may be a mutual benefit to certain groups in having some coordination. To that end we offer those groups wanting to share knowledge or resources the ability to ask to become an affiliate of this network. This means that we share enough common ground to work together in certain capacities while maintaining the autonomy of each group. There are various resources we can offer affiliated groups from setting up secure email addresses and encrypted communication methods to educational materials and recommendations on horizontal organization structures and decision making models.

If you participate in a group or project that shares similar goals to us and would like to work with us in any capacity from social media amplification to direct coordination of resources and labor please let us know by emailing us at [crmutualaidnet@riseup.net](mailto:crmutualaidnet@riseup.net)

## Affiliate Organizations

SEATTLE COMMUNITY FRIDGES -

MUTUAL AID DISASTER RELIEF -

"We are a mutual aid group wishing to end food insecurity on Occupied Duwamish land."

Free food for the community | Comida gratis para la comunidad. Inspired by [eihnyc](#). [Venmo](#)

Seattle Community Fridges are part of the wider regional solidarity network Chehalis River Mutual Aid Network sends prepared food and produce to as often as possible.

NORTHEAST COALITION OF NEIGHBORHOODS -

"Northeast Coalition of Neighborhoods (NECN) fosters healthy communities by engaging citizens to become directly involved in determining how their neighborhood evolves, and giving them the tools to have their voices heard by policy makers and the public at large."

Although they do excellent work in Northeast Portland, our solidarity work in the region has seen us working with many of the incredible groups listed in NECN's PDX Mutual Aid and Support Directory. We list them here because we were delighted to be listed alongside many groups that inspired our work.

"Our national network is made up of many eco-activists, social justice activists, global justice activists, street medics, herbalists, permaculturalists, black liberation advocates, community organizers, and others who are actively organizing around supporting disaster survivors in a spirit of mutual aid and solidarity." [Donate](#) | [Action Network](#)

We have a deep respect for these folks, they do amazingly radical and liberatory relief work at a large scale. They are directly responsible for inspiring this group, and actively help us in procuring certain donations as a registered 501(c)3 organization with some incredible connections.

BUNKHOUSE ACRES -

"20 acre black-led farm and bread school in the Middle Satsop Valley." [GoFundMe](#) | [Venmo](#) | [Paypal](#) | [CashApp](#)

A portion of Bunkhouse Acres' CSA food shares are donated to local BIPOC families in need and leftover or unclaimed produce gets used by our Food Not Bombs project for our Community Meal.

# Get Involved

**"Practicing mutual aid is the surest means for giving each other and to all the greatest safety, the best guarantee of existence and progress, bodily, intellectual and moral."**

**— Peter Kropotkin, Mutual Aid: A Factor of Evolution**

There are many ways to get involved in our mutual aid projects. Besides donating and telling your friends about us you can choose to volunteer at an action, form your own group and become an affiliate of our network, or join our group as a co-organizer. The first step in all of these choices is typically to show up at an event and introduce yourself. This way we can have a conversation about how you would like to get involved and point you in the right direction or provide you with the resources to do your own mutual aid project, whether you want to be affiliated with us or not. From here we can start to build a relationship with you and get a better feel for how you can best contribute to our current projects, or start your own based on your interests, skills, and passions.

## Volunteer

If you want to get involved in mutual aid, you do not need to join our group, you can contribute by showing up at our events and lending a hand in whatever capacity you are capable of. You can also help by sharing your excess resources, sharing our social media posts, picking up food and dropping it to a community fridge, volunteering with one of our labor blocs, showing up at an event to support us and eat, etc.

## Join the Group

If you share our values and agree to our organizing principles we invite you to join our group to help us organize our current projects, or to form your own. Please read through the following pages and decide whether or not our we sound like people you would like to organize with. If you desire to work with us please send us an email to start talking about the way in which you would like to get involved. We will likely ask you to attend a few of our in person actions so we can start to develop a relationship before proceeding.



# Current Projects

**“You cannot buy the revolution. You cannot make the revolution. You can only be the revolution. It is in your spirit, or it is nowhere.”**  
— Ursula K. Le Guin, *The Dispossessed*

## Projects Underway:

- Food Not Bombs - Chehalis River
- Community Meal and Free Store
- Community Fridges and Pantries
- Mobile Street Crew
- Farm Bloc

## Upcoming Project ideas:

- Food Not Lawns
  - Tool Lending Library
  - Seed Bank
  - Farm Share
- Community Kitchen/ Street Kitchen
  - Little Free Pantry Crew
  - Community Fridge Crew
- Really Really Free Market
- Health Clinics
- Repair Clinics (home, auto, bike, etc)
- Disaster Response Team
- Mutual Aid Depot
- Direct Action Camps

# DISTRIBUTED FARMING FARM BLOC

Do you have time in your week for tending to one or more of our gardens?

Do you have space at home where we could install a garden bed or just extra room in your current one?

Our Farm bloc grows us fresh veggies during the growing season to offer as groceries at the free store and to cook for our meals.

Our Farm bloc scouts locations for gardens to be installed, planted, tended, harvested, and maintained. Helping us develop and maintain a large but geographically distributed farm operation.

## COMPOST BLOC

Do you have the space and skills for a compost pile at your home?

Can you pickup/drop off food scraps and return finished compost?

Our Compost bloc offers our various garden beds free compost for fertilizer.

Our Compost bloc tends to and feeds compost piles at homes and gardens distributed around town.

## SEED BLOC

Do you have a garden at home?

Can you save some seeds from your harvest for us to plant in our gardens next year?

Our Seed bloc provides seed stock for our community garden, distributed farm, and seed libraries.

Our Seed bloc grows, selects, collects, dries, catalogs, and saves useful wild and domesticated plant seeds for us to plant.

## ANACULTURE

**We may never have enough land for a full farm, but by stringing together a decentralized network of small home plots, community gardens, and guerilla gardens we can help feed our community and be resilient in the face of rising food insecurity. We can grow in all sorts of creative, beautiful, and subversive ways right where were at. No permission required. This way we can use our collective skills to develop our own forms of farming, applicable to the world as we find it. This is our world, and we want it all.**

***Dig your fingers into the Earth and bring forth it's abundant gifts!***



# MOBILE STREET CREW

**Our Mobile street crew is one of the most important parts of what we do. Often unpublicized, this care work is the foundation of the relationships we build and therefore the wellspring of our most valuable asset - our reputation in the community.**

**Without this no community organizing would get done and we would simply be another charity. What sets us apart is the street work we engage in everyday, building that community resilience, and working hand in hand in a struggle against oppression. Below are some of the roles that make up our crew, small but mighty.**

## MOBILE BLOC

- Do you have an hour or two free in the evenings one day a week?
- Can you assemble supply goodie bags?

Our Mobile bloc offers people similar supplies to what we have at our free store, as well as specific requests, throughout the week. We also pre-assembles goodie bags of whatever supplies we have. Generally a hot meal will go out with mobile. This work is an excellent way to meet and talk with people.

## THERAPY BLOC

- Do you have experience with mental health crisis and therapy?
- Can you offer theraputic services and/or help train community care circles?

Our Therapy bloc offers the resources and knowledge to maintain our community's mental health. We work with Medic and Mobile bloc to find people in need of mental health care and either connect them with resources, or offers direct care. We also help us in learning the skills needed to care for ourselves collectively.

## LAW BLOC

- Do you have knowledge of WA state laws and /or the ability to practice law in WA?
- Can you do free or low-cost legal work/advice on behalf of our group, members, or larger community needs?

Our Law bloc offers valuable legal service to anyone we may need to find representation for in court. We offer consultations, advice, research, or even legal representation to members of our community if and when legal issues arise.

## MEDIC BLOC

- Do you have medical knowledge or skills?
- Can you provide free or low-cost care and/or training?

Our Medic bloc offers the invaluable ability to care for ourselves and each other. We provide free one-on-one care, and occasional clinics. Western medical Dr. or nurses, indigenous healers, street/army medics, therapists, herbalists, emergency responders are all welcome.

## HARM REDUCTION BLOC

- Do you have time on Tuesdays and Thursdays 1 to 4 pm?
- Can you show up to support local harm reduction programs?

Our Harm Reduction bloc offers drug users support and resources they need to stay safe and alive, directing those ready for treatment to proper services. We show up at needle exchanges for support and help other blocs in getting harm reduction resources needed in the community out to those in need.

## LAUNDRY BLOC

- Do you have time for an extra load or two each week?
- Can you wash and label other people's clothes for return to the owners?

Our Laundry bloc offers a way for our friends to clean and, crucially, dry their belongings in order to stay healthy, dry, and warm. We pick up bags of laundry at each meal. We then wash, dry, and re-bag clean laundry; ensuring clothing stays separated and properly labeled throughout.



# FOOD NOT BOMBS CHEHALIS RIVER

We salvage, cook, and distribute food along the stolen banks of the Chehalis River, to those in need and to those fighting for liberation from here to Seattle and beyond. We acknowledge we do this work on land stolen from the people of the Upper and Lower Chehalis tribes, and that we now fight a poverty and hunger brought to this land by colonization.

This project was born out of the Black Lives Matter rebellion in so-called Seattle. We started by helping the folks at the Feed The Movement table. We hit upon wraps as a good hand held and transportable method, made a few deliveries to CHAZ, and haven't looked back. We have been making regular deliveries ever since to various groups and projects in the region. We wanted to extend our solidarity and our food to our own area, as many here remain incredibly food insecure. So to that end we organized a local chapter of Food Not Bombs.

We work with local businesses and farms to gather unsalable food that would otherwise be thrown away. By these means and more we can remain unfunded by outside sources and use the Food Not Bombs model to be one collective among many. We will, through practice, uphold the values of autonomy, self-determination, mutual aid, direct action, and solidarity. Learn more about Food Not Bombs as we begin this project as bring the people in our region what they need - food, not bombs.

We collect food each Friday, to add your business to our list of places we frequently gather from please reach out through Chehalis River Mutual Aid Network, either on socials or through email.

Because of COVID-19 we are taking extra safety precautions at our community meals as well as doing all our cooking in a decentralized manner in our own homes. We are always looking for more people to help collect food, cook in their own home, and bring the food down to our community meal in the Aberdeen Library parking lot every Sunday at 3PM.



# COMMUNITY MEAL & FREE STORE

**Aberdeen Library  
Every Sunday  
3:00PM**

For a list of current needs and where/when to donate check out our linktree: [linktr.ee/crmutualaidnet](https://linktr.ee/crmutualaidnet)

Come and join us for a free hot meal, whatever fresh groceries we have, and our free store will include the donated items listed on our needs list. If you have a need that isn't listed below get in touch with us. This is a totally free event open for all.

We will be in the Aberdeen Library Parking Lot every Sunday at 3PM. This will be followed by some mobile distribution to the surrounding community. We hope to see you there!

We are still/always looking for places in town to accept donations on our behalf. We are in the process of building some donation drop boxes, free pantries, and community fridge shelters, to offer to those willing to host one or all. If you have a location (home or business) and would be willing to host a donation drop box, free pantry, have an outlet to donate for a community fridge, or are just interested in making a donation let us know. We will install, stock, and maintain them for you.

\*COVID-19\* We will have signage describing proper social distancing guidelines, as a mutual aid group we take this very seriously and hope that everyone who decides to join us will follow these guidelines. We will have hand washing stations, hand sanitizer, and face masks free for use. We have adopted and implemented a sanitation procedure for our work going forward found on our website.

# Community Free Fridge and Pantry

We are starting a community free fridge program in town where local artists help us turn fridges and/or pantries into beautiful works of art for installation at local businesses, or individual homes. Our aim is to counter food waste and help combat food insecurity in our community by sharing freely whatever excess food we collect, make, or have donated.

## Why?

As a result of COVID, the number of Washingtonians who cannot put food on their tables has more than doubled. From 850,000 Washingtonians to 1.6 million (Seattle times) When food insecurity rates go up, it means that people are stretching their dollars to the very limit and are on the brink of economic crisis. Community fridges and pantries help community members in need find access to fresh, frozen, or dry foods they would otherwise have to pay for. It gives us all the security that our community cares for us and our needs. In addition it will serve as a convenient 24/7 drop point for donations for and by our other food access programs such as Food Not Bombs. The Bill Emerson Good Samaritan Food Donation Act (42 USCA § 1791), in most situations, protects from civil and criminal liability those who donate food products to a nonprofit organization for distribution to needy individuals.

We hope that the installations can be outside, freely accessible to all bodies, and open 24/7 to maximize the good they do for our community. We welcome whatever level of participation the hosts desire, but we aim to make this decision easy on small business owners by taking complete responsibility for the fridges.

While we ask hosts to donate the space and, if necessary, power - it is our network of community volunteers who are responsible for painting, installing, maintaining, stocking, and cleaning the installations. We have taken our inspiration for this project from Seattle Community Fridges and the Little Free Pantry movement, where we can direct you for a glimpse of what to expect as we do not have any fridges installed yet to give as an example.

Thank you for your valuable time and please get in touch with us at [crmutualaidnet.riseup.net](https://crmutualaidnet.riseup.net) or text 206-530-7806 if this sounds like an opportunity you would be interested in. We are excited to talk specifics about what you would like to see for your installation, and how we can come together to feed hungry people in our community. More information about our group, our other projects, as well as the groups that have inspired this project can be found at our website. [chehalisrivermutualaid.noblogs.org/community-fridges-and-pantries](https://chehalisrivermutualaid.noblogs.org/community-fridges-and-pantries)





