



Mutual Aid: Rethinking Volunteerism to Meet Community Needs

Session Description:

In times of crisis, communities often turn to mutual aid to meet needs that are not being met by existing systems. For example, in the LGBTQ+ community, mutual aid continues to be an integral part in the fight against HIV/AIDS. In this learning session participants will learn about mutual aid and how it differs from traditional charity work. They will also consider best practices for participating in mutual aid networks and things to keep in mind as they participate in this kind of community support. And while we encourage folks to become a part of existing networks, participants will also be guided through a step-by-step process to create a new mutual aid network, if it is needed.

Content Overview:

Many people have heard of mutual aid but aren't totally sure what it is. They may even participate in mutual aid projects without knowing it. Leveraging PFLAG's nearly 55 years of experience and the expertise of the grassroots organizers involved in our network of more than 360 chapters, this session will:

- Consider the ways that mutual aid differs from charity work and other kinds of community service
- Review strategies and best practices to get started with mutual aid work
- Discuss a few of the ways people can connect with others to develop a mutual aid project or network
- Identify tools that will help you learn more about mutual aid, evaluate your ongoing work, and adjust as needed
- Access resources that can help organizers establish a mutual aid network

Session Length:	90 minutes (in-person or hybrid), 60 minutes (online only)
Target Audience:	Intermediate to advanced audience with interest in community organizing
Participant Materials:	Online resource page
Additional Information:	This learning session is most effective when offered as a cross-network learning experience.

For more information on this session, please contact training@pflag.org.

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