

A Curated Educational Guide for Youth and Allies through the BLM Movement

Bonus Guide

BY THE
PROVIDENCE
STUDENT UNION



RI Black-Owned Restaurants You Can Support This Week

Incred-A-Bowl (Food Truck)

Troop

Cultrō (Food Truck)

Black Beans PVD (Soul

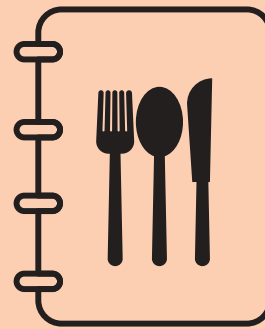
Afrique D'Lounge (Liberian)

Food)Bucktown

Garden of Eve (Haitian)

D's Spot

Glorious West African



Food for the Soul

Restaurant (Liberian)

Graceful Taste

Pan-a-Day Takeaway

Fork'n Sammich

(Caribbean)

Humming Bird

Village Restaurant (West African)

Ten Rocks Tapas Bar

Island House Restaurant

148 Bar and Lounge

(Jamaican & Soul Food)

Afro-Indigenous Vegan

Ja Patty (Jamaican)

The Black Leaf Tea and Culture

The District

Shop



RI Organizations to Follow/Donate Today

Providence Youth Student Movement

Youth in Action

ARISE

Urban League of RI

AMOR

DORCAS International

Refugee Dream Center

Equity Institute

EduLeaders of Color

RI for Community Justice

AS220

Staysilentpvd

MillennialRI

Boys and Girls Clubs in RI

RI Latino Arts

Genesis Center



Black-Led LGBTQ+ Organizations

Snapco

Builds power of Black trans and queer people to force systemic divestment from the prison industrial complex and invest in community support.

Black AIDS Institute

Working to end the Black HIV epidemic through policy, advocacy, and high quality direct HIV services.

TransCultural District

The world's first everlegally recognized trans district which aims to stabilize and economically empower the trans community.

LGBTQ+ Freedom Fund

Post bail for LGBTQ people held in jail or immigrant detention and raises awareness of the epidemic of LGBTQ overincarceration.

House of GG

Creating safe and transformative spaces for community to heal, nurturing them into tomorrow's leaders, focusing on trans women of color in the South.

TransJustice Funding Project

Community -led funding initiative to support grassroots trans justice groups run by and for trans people.

The Okra Project

Collective that seeks to address the global crisis by Black Trans people by bringing home-cooked meals and resources to the community.

YouthBreakout

Works to end the criminalization of LGBTW youth in NOLA to build a safer and more just community.



Post Protest Self Care Tips

Breathe. Take three breaths that are a little deeper.

Imagine the breath filling you up from the heart, more each time, till your whole body has breath.

Allow yourself to be heard by someone you trust.

Call, visit or welcome someone who has capacity to hold space with you to join you where you are.

Offer up gratitude to yourself, your ancestors and/or your team for protecting you and supporting your capacity to engage in this action.

Suck on some honey! If you can, mix a tbs of honey with a tiny pinch of lavender. Both are incredible relievers of stress, anxiety and fortify immune system

thank
you

For the next 24 hrs PSU is holding a donation challenge, check out our story or follow us on IG @pvdstudentunion and follow the hashtag #PSUGives

IN SOLIDARITY,
THE PROVIDENCE STUDENT UNION

