

Today, many mutual aid programs exist in Chicago! During the COVID-19 pandemic, preexisting neighborhood mutual aid networks grew to meet the moment, and are still redistributing money and food to neighbors every week.

Don't think that mutual aid needs to happen on a large scale to be transformative!

You can start by **building connections with the people on your block or at work**: what challenges do they face and how might you be able to support them? How can they support you?



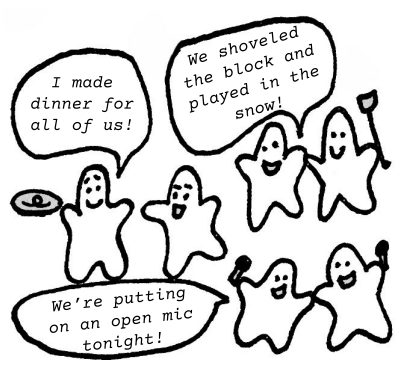
At its core, mutual aid is about relationship building, and who better to know than the people living and working around you?

These programs created spaces where people could access their basic needs, build community, and understand the shared conditions they were facing.

The night before the food program was set to start here in Chicago, CPD mashed up and urinated on the food! Bw!

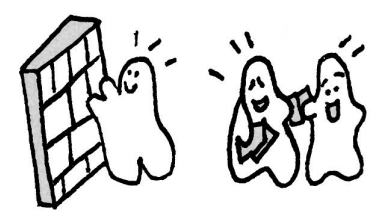
Mutual aid is not a new idea — a prominent example is the Black Panther Party's social programs in the 1970s.

As capitalism and its infrastructures fail more and more of us we will need to create **alternative means of self-organization for survival**. Even if you aren't in a tough spot right now, starting to build mutual aid practices within your community will ensure that we'll all be okay when it becomes too much to manage alone.



Mutual aid is **different from charity and non-profit models** where rich people and/or the government decide how support for the survival of poor people should be allocated.

Instead, it's about building **reciprocal social relations** to make life more survivable for everyone involved.



Want to learn more?

Here are some recommended readings:

- Mutual Aid**
by Dean Spade
- The Revolution Will Not Be Funded**
by INCITE! Women of Color Against Violence
- Anarchy Works: Examples of Anarchist Ideas in Practice**
by Peter Gelderloos

Mutual aid is a **practice** in which people take responsibility for caring for one another, and a **politic** that recognizes that all of our well-being, health, and dignity are bound together.

It's the understanding that our survival depends on **cooperation, not competition**.

MUTUAL AID 101

