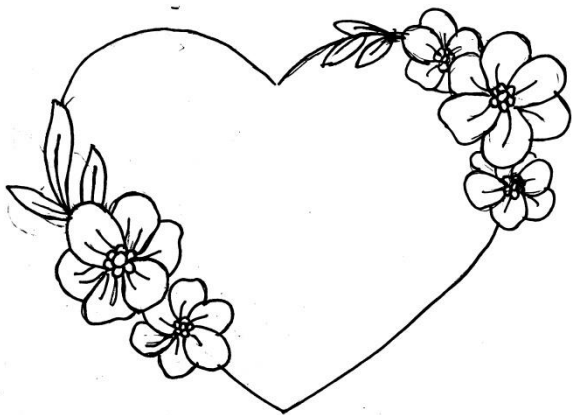


Helping in Arlington



April 2025



&Democracy is a new group in Arlington that meets to organize and mobilize pro-democracy action.

We are networked with Indivisible.

Sign up on the website to receive regular updates about meetings, events, and actions.

<https://www.anddemocracy.com/>



**When I was a boy and I would see scary things
in the news, my mother would say to me,
"Look for the helpers. You will always find
people who are helping."**

— Fred Rogers

If you are looking for a way to help people in Arlington, these are some of the organizations that are helpers.

Re-occurring donations that provide steady, predicable income are especially appreciated.

There are also non-financial ways to assist your neighbors. Many of these organizations also have volunteer opportunities.

NONPROFIT AND MUTUAL AID ORGANIZATIONS

Legal Aid Justice Center (LAJC)

LAJC partners with clients and communities across Virginia to fight for racial, social and economic justice. They provide civil legal assistance with respect to immigration, employment, housing and other matters.

<https://www.justice4all.org/>

Just Neighbors

The mission of Just Neighbors is to provide high-quality immigration legal services to low-income immigrants, asylees and refugees in Washington, DC, Maryland, and Virginia; and, to build community among clients, staff, volunteers and the larger society through education, advocacy, and volunteerism.

<https://www.justneighbors.org/>

La ColectiVA

La ColectiVA is an inclusive collaborative led by gente Latinx who are committed to upholding social justice and equity. They advocate in Arlington County for the immigrant community.

<https://lacolectiva.org/>



Ayuda

Ayuda provides legal, social, and language services to help low-income immigrants in Washington DC, Maryland, and Virginia access justice and transform their lives.

<https://ayuda.com/>

Spread the Vote

Spread the Vote assists people in getting IDs and registering to vote.

<https://www.spreadthevote.org/virginia>

ECDC African Community Center DC-Metro

ECDC ACC-DC provides direct assistance to refugees and immigrants in the DC area through wrap around social services. ECDC was founded in Arlington and works in communities across the United States. Because their funding as a national refugee resettlement agency was abruptly shut off, they are in urgent need of support.

<https://acc-dc.org/> and <https://www.ecdcus.org/>

Migrant Solidarity Mutual Aid Network (MSMA)

MSMA is made up of community organizations and hundreds of individual volunteers who are committed to supporting migrants arriving in DC through solidarity, not charity.

<https://www.dcmigrantmutualaid.org/>

Northern Virginia Family Services (NVFS)

NVFS serves a diverse community of clients in Northern Virginia, most of whom live in poverty. Services include early childhood development, physical and mental health and wellbeing, housing, immigration legal services, and workforce development.

<https://www.nvfs.org/>



Kitchen of Purpose

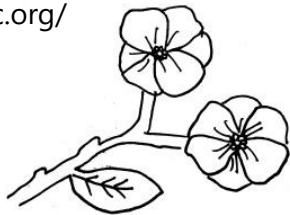
Kitchen of Purpose offers a bilingual culinary job training program targeting unemployed and underemployed adults from low-income groups. They also offer a front of house training program and a small business incubator, and partners to provide food assistance in the community.

<https://www.kitchenofpurpose.org/>

Arlington Free Clinic

Arlington Free Clinic provides whole-person healthcare to about 1,500 patients each year who live in Arlington. AFC goes beyond primary care to serve patients with complex health needs and works with a network of volunteer specialists.

<https://arlingtonfreeclinic.org/>



NovaSalud

NovaSalud provides culturally-competent and language-appropriate HIV and STI prevention services, testing, education, and harm reduction.

<https://www.novaludinc.org/>

DC Abortion Fund

The DC Abortion Fund helps pay for the abortion care of anyone living in or traveling to the DC Metro region without restrictions or requirements.

<https://dcabortionfund.org/>

Arlington Thrive

Arlington Thrive provides immediate financial assistance for rent and utilities, as well as assistance applying for housing subsidies. They also have early childhood, healthcare access and workforce development programs.

<https://arlingtonthrive.org/>

Edu-Futuro

Edu-Futuro is focused on breaking the cycle of poverty through the power of education.

<https://edu-futuro.org/>

Equality Arlington

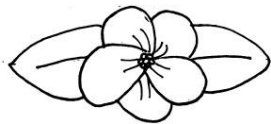
Equality Arlington is a dedicated to improving the lives of the Lesbian, Gay, Bisexual, Transgender, Queer, and extended (LGBTQ+) community in Arlington, Virginia.

<https://www.equalityarlington.org/>

SMYAL

SMYAL supports LGBTQ+ youth ages 6-24 with safe spaces to express themselves, find support, and build community across the Washington D.C. metropolitan area and beyond.

<https://smyal.org/>



Kindness Activist

Focused on sharing and doing acts of kindness, and supporting the local and global community.

<https://www.thekindnessactivist.org/>

Arlington Food Assistance Center (AFAC)

AFAC provides groceries to an average of 3,400 families in need a week. AFAC allows families to select what they would like from the shelves to reduce food waste.

<https://afac.org/>

PathForward

Formerly ASPAN, PathForward serves people experiencing homelessness in Arlington. Their programs include outreach, a homeless services center, housing programs, and medical services.

<https://pfva.org/>

The Clothesline for Arlington Kids

The Clothesline provides free clothing to low-income school-aged children.

<https://www.clotheslinearlington.org/>

COMMUNITY GROUPS

Most of Arlington has a neighborhood civic association representing them.

<https://www.arlingtonva.us/Government/Topics/Community/Civic-and-Citizen-Association>

UPCOMING ELECTIONS

Both Democratic and Republican primary elections will be held in Virginia on June 17th.

Because School Boards are non-partisan by Virginia law, Arlington Democrats run a School Board Endorsement Vote instead. Any registered Arlington voter can participate. Voting is online between April 19th and May 10th. In-person voting is Sunday, May 4th or Saturday, May 10th.

<https://www.arlingtondemocrats.org/sbev2025>

Note: The Arlington GOP did not have any information about the School Board online.

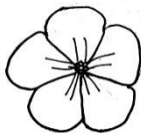
PROTESTS AND DIRECT ACTION

If you would like to take direct action to make your voice heard, here are some places to find protests and other actions.

Mobilize

Mobilize lists events, rallies, and volunteer opportunities across the country.

<https://www.mobilize.us/>



Movement Infrastructure Project

The Movement Infrastructure Project was started by organizers and activists in DC. Their calendar lists actions, trainings, and other events across the DMV.

<https://www.movementinfrastructureproject.org/calendar>

CONTACT YOUR ELECTED OFFICIALS

Elected officials work for you- call them and let them know how to best represent you (and save their contact info in your phone).

- Representative Don Beyer: 202-225-4376
- Senator Tim Kaine: 202-224-4024
- Senator Mark Warner: 202-224-2023

Reps.fyi

All elected officials from local, state, and Federal levels are available at the website reps.fyi.

reps.fyi

5 Calls

5 Calls writes sample scripts on a number of topics to make it easier to call. There are dozens of issues, and the scripts are updated.

<https://5calls.org/>

Arlington County Board

The public can speak at County Board meeting.
Council members also have office hours.

<https://www.arlingtonva.us/Government/County-Board>

There are about 50 standing advisory groups that provide input to the County Board. Many of them have openings for volunteers.

<https://www.arlingtonva.us/Government/Commissions-and-Advisory-Groups>

Arlington School Board

The Arlington Public School's School Board meets twice a month and also has office hours.

<https://www.apsva.us/arlington-school-board/>

There are about 30 volunteer advisory committees that work with the School Board.

<https://www.apsva.us/citizen-advisory-groups/>



For links to all of these organizations, go to
<https://arlingtonhelpers.carrd.co>
ArlingtonHelpers@proton.me

