5 Things You Can Do

**💸 Make a Monthly Donation**Recurring donations help organizations plan ahead and stay strong for the long fight. Even $5/month makes a difference

* **ACLU** – defends civil liberties, voting rights, reproductive freedom, and immigrant protections (<https://www.aclu.org>)
* **Common Cause** – champions fair elections and getting money out of politics (<https://www.commoncause.org>)
* **RAICES** – provides legal services and advocacy for immigrants and asylum seekers (<https://www.raicestexas.org>)
* **VoteVets** – empowers veterans and holds politicians accountable (<https://votevets.org>)
* **LUCE Mass** – coalition of immigrant-led, grassroots organizations who build people power for everyone across Massachusetts (<https://www.lucemass.org/>)

**📞 Use the 5 Calls App**The **5 Calls** app makes it easy to contact your elected officials. It provides phone numbers, scripts, and issue summaries so you can make quick, effective calls about the issues that matter most. Calling is one of the most impactful ways to influence your representatives—this app helps you do it in minutes.

<https://5calls.org>

**🤝 Join a Local Pro-Democracy Group**Change starts at the local level. Groups like **Indivisible** help you stay informed, show up, and take action with others in your community. Whether it’s rallying for voting rights or holding local officials accountable, your voice matters more when it’s joined with others.

* **Indivisible Fitchburg MA** – get involved locally: [https://IndivisibleFitchburgMA.org](https://indivisiblefitchburgma.org)
* **Third Act -** Organizing people over 60 to protect democracy and climate: <https://thirdact.org>
* **MoveOn** – organizes national and local campaigns for progressive change:<https://www.moveon.org>

**🗞️ Support Independent Journalism**A free press is essential to democracy—and it’s under threat. Independent outlets expose corruption, debunk disinformation, and tell the stories the mainstream often misses. Subscribing helps them survive and stay accountable to readers, not corporations or billionaires.

Start with these trusted sources:

* **ProPublica** – nonprofit newsroom doing deep-dive investigative reporting  
  <https://www.propublica.org>
* **Mother Jones** – fearless reporting on justice, politics, and the environment  
  <https://www.motherjones.com>
* **The Nation** – progressive news and analysis with a focus on social justice  
  <https://www.thenation.com>
* **Rolling Stone** – bold political reporting, investigative journalism, and cultural commentary  
  <https://www.rollingstone.com>
* **WIRED** – covers tech, politics, and the future of democracy with clarity and urgency  
  <https://www.wired.com>

### **🗳️ Register to Vote—and Help Others Register**

Make sure you're registered, then help friends, family, and neighbors do the same. Volunteer for voter registration drives or become a **poll worker** or **poll watcher**.  
<https://www.vote.org>