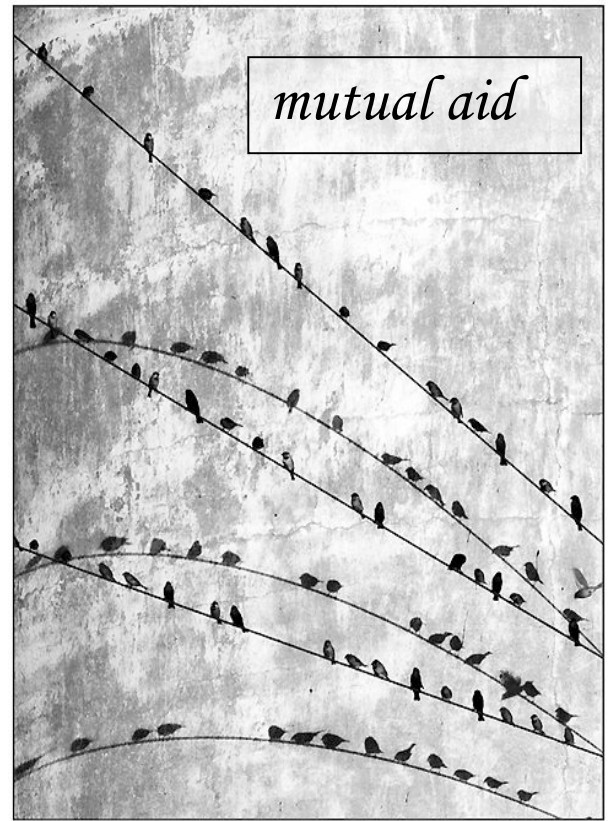


what is mutual aid?

mutual: reciprocal, interactive, connected, communal, joint, shared, two-way, back and forth.

aid: advocacy, assistance, attention, backup, care, cooperation, sustenance, service, a hand, a favor, a gift, a lift.

mutual aid: (1) giving something and getting something else back, barter, trade, exchange, win-win situation, good deal, swap; (2) a way to create an economy without money where we can all contribute what we have and get what we need in return; (3) a system that values human beings and our talents more than cash and coins, and that knows we may be poor in money but we're rich in other ways; (4) a great way to get a massage, furnish your house, have your dog walked, get free child care, get help with school, or eat a free home-cooked meal; (5) a founding principle of the rock dove collective.



rock dove

some examples

- I walk your dog for a week and you give me two hours of acupuncture.
- You give me a massage and I bake you a chocolate cake.
- You teach me Spanish and I baby-sit your kids.
- I teach you about Chinese medicine and you build me a bookshelf.
- We all bring a little food to a pot luck and end up with a feast.

mutual aid and rock dove

The Rock Dove Collective strongly encourages mutual aid between our service seekers and providers, friends and comrades, allies and neighbors, and believes that incorporating mutual aid into more instances in our lives will help to set the foundation for a freer and more just world. We are available to coordinate 3, 4, or 10-way exchanges, to offer up some aid of our own so you can get what you need for free, to accept donations of work or things that we can offer to our providers so they can care for folks who need it, and to making these practices part of our daily lives as we get and stay well together. It only works if you join in. Consider yourself invited.

www.rockdovecollective.org

My Mutual Aid Worksheet

Mutual aid starts with knowing what you need and what you've got to give. If you're looking for ways to start incorporating mutual aid into your life, try playing with this worksheet we've made. Make a list of things you want and need, list of things your friends, family, coworkers, neighbors, or comrades have or can do (you can ask them if you don't know!), and then do the same for what they need and what you've got. When you see something on the left match up with something on the right, you've got an opportunity to practice mutual aid. And if you don't, bring someone else into the mix and see what happens when you broaden the circle of gets and gives.

Things I Want/Need

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.
6. _____.
7. _____.
8. _____.
9. _____.
10. _____.

Things My People Have/Can Do

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.
6. _____.
7. _____.
8. _____.
9. _____.
10. _____.

Things I Have/Can Do

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.
6. _____.
7. _____.
8. _____.
9. _____.
10. _____.

Things My People Want/Need

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.
6. _____.
7. _____.
8. _____.
9. _____.
10. _____.

For more ideas about mutual aid and opportunities to connect with health practitioners who accept it instead of money or insurance, check out www.rockdovecollective.org or email us at rockdovecollective@riseup.net