

## To Portland Citizens from The Committee on Solidarity

Established in 2021, the Committee on Solidarity works with the Board of Selectmen and all residents to stand Portland-Strong against racism, bigotry, prejudice, and violence. We are committed to peace, justice, and freedom for our citizens here in Portland and in solidarity with all Americans. We are charged with distinct solidarity goals and have committed to work together for "as long as it takes."

We acknowledge the state of our nation and the impact it has and will continue to have on our town. The Committee on Solidarity will continue to stand Portland-Strong with you as we navigate this challenging time. Now, more than ever, we must help each other as a community, address inequities, and create and maintain a safe environment for all people of Portland.

We understand the work toward unity can be difficult with the changes we are currently facing. To that end, our member Jacquilyn Davis, Certified Diversity Professional, offers the following tips for self-care:

- **Get creative!** Visual arts like drawing or painting can be a healthy outlet for expressing your thoughts and emotions. Writing, whether it's a poem for yourself or a letter to your legislator can also help. Culinary arts, martial arts, dancing, photography... the list goes on for all the creative outlets you can consider.
- **Connect.** Who says self-care has to be done alone? Not me. Call, text, or visit a trusted person in your life. Talk or just share space together. If you have a pet, spend some quality time snuggling, playing, or taking a walk together. Check out the Portland Library for events and opportunities to make new connections.
- **Be of service.** If you feel the urge to help, connect with advocates or organizations that align with your values. Volunteering, donating, advocating, and being a willing ally can provide a sense of purpose and fulfillment.
- **Find your joy.** Ask yourself what brings you joy. If you are struggling to come up with an answer, think back to happy memories. Is there a place you'd visit, an activity you'd look forward to, a person you admire? Find ways to unapologetically recreate that feeling.

Additional information on the Committee on Solidarity may be found on the [Town's webpage](#). We welcome each resident to learn about our work and join us as we continue to tackle each goal before us. We can be reached at [PortlandCTSolidarity@gmail.com](mailto:PortlandCTSolidarity@gmail.com) or you may visit one of our meetings on the second Tuesday of each month at 7pm at the Waverly Senior Center or via Zoom.

We stay strong by embracing differences, celebrating commonalities and by holding ourselves accountable. Let's all work together to safeguard our town from divisiveness and make Portland a safe harbor for everyone.

Cynthia Tyler, Elizabeth Hibino, P.J. Eason, Nancy Goodwin, Hope Jones & Jacquilyn Davis

