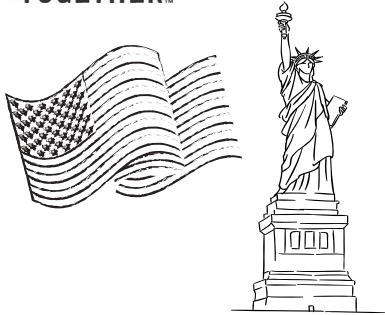




You and Your Family Can Help Support Immigrants



Assisting a newly arrived family is one way to learn about another culture while making a real difference in someone's life. Newcomers, particularly refugee families, face multiple challenges, including language difficulties, cultural adaptation, lack of social support, discrimination, and employment barriers. Learning about and supporting immigrants allows children (and adults) to appreciate the complexity and richness of other countries, and to realize that their view is only one among many possible views. For more ideas and further instructions visit <http://bit.ly/DGTimmigration>

Pledge to befriend an immigrant family.

Many organizations invite volunteers to assist immigrant families as they transition to life in this country. Check out VolunteerMatch, Lutheran Social Services or Catholic Charities to find a local opportunity. Activities can include helping with grocery shopping, finding services, or sharing a meal.

Pledge to sign petitions.

Take time to learn about and support specific immigration issues through online petitions.

- Go to change.org and browse immigration-related petitions.
- Read the petition summaries so you can learn more.
- Read the comments of others who have signed.
- Sign petitions you support and feel free to comment on your own reason for signing.

Pledge to raise money for legal aid.

Host a lemonade stand, a car wash, or a garage sale and donate the proceeds to an organization that helps low-income immigrants navigate complicated legal matters.

- Visit the Immigrant Law Center of Minnesota (www.ilcm.org) or the National Immigrant Justice Center (www.immigrantjustice.org).

Pledge to advocate for immigrants.

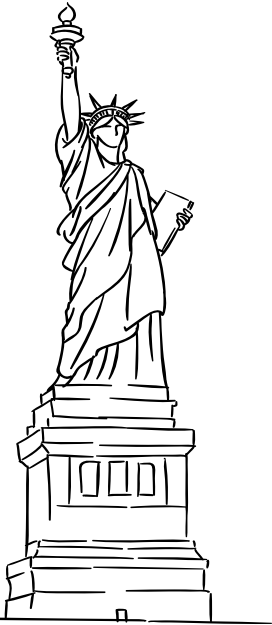
Contacting your elected officials when you feel strongly about an issue teaches active citizenship.

- Post the contact info and photos of your elected leaders in a prominent place.
- Talk to your family about why immigration issues matter to you.
- Send a note as a family to your representative stating your position.

Dear _____

Please support humane and fair immigration policies. My family and I care about the safe and just treatment of immigrants because

Below I've drawn/written about my family's immigration story.



My family and I want to help. We pledge to:

What will you do to help?

Name, Age