

RANGE Media

We want to refocus the news in the Inland Northwest toward the needs of ordinary people by cultivating complex conversations, expanding our moral imagination, and holding the powerful accountable. We are building action-oriented journalism that serves people where they are and gives everyone the tools to demand better.

Offerings: Reporting of Spokane and the Inland Northwest when it impacts us, to help community move from disempowerment and lack of news access toward meaningful information, citizen advocacy, and action.

Needs: Donations fund our work.



48

GREETINGS!

This zine contains a multitude of local Spokane Organizations—SpOrgs if you will—doing amazing things!

The first few pages, however, are just for YOU, and are adopted from ONE MILLION EXPERIMENTS Zine: Make A Plan co-created by Mariame Kaba, Eva Nagao, and others.

These questions are simply a guide, for you, to help you enumerate all your current skills, values, and wishes.

Feel free to to peruse at your pleasure, to write in this (or not), however it is useful to you!

The many amazing SpOrgs start on page 13, so hop on in and bask in all the good being done in our community!

1

2. What skills do I have that I would like to use or develop more? (List all that apply!)

Research	Writing
Speaking	Cooking
Listening	Note Taking
Other	
Other	
Other	
Other	
Other	

3. What kinds/types of actions would I like to take?

Support mutual aid efforts	Sign petitions
Join rapid response actions	Fundraising
Write for publication	Volunteer locally
Facilitate political education	Donate
Learn more about the issues	Copyediting
Connect with like-minded people	
Offer healing/therapeutic support	
Other	
Other	

3



97



BOOKS TO PRISONERS

Books to Prisoners

Books to Prisoners Spokane is a small collective connecting incarcerated individuals with reading materials at their request. We seek to empower people who are incarcerated with access to the books and knowledge they deserve. The Spokane chapter of BTP was founded in 2016 and collaborates with other regional chapters to fulfill book requests.

Offerings: We provide requested books to incarcerated individuals.

Needs: We rely on donations from the community to do our work. Please check out our donate page (found at the QR code) to learn more!

(code) to learn more!

STEP 1: REFLECTION

1. What do I care about? / What are my values?
(Pick no more than 3 to focus on.)

- | | |
|--|----------------------|
| ♡ Environmental Justice | ♡ Racial Justice |
| ♡ Reproductive Justice | ♡ Climate Justice |
| ♡ LGBTQIA2S+ Rights | ♡ Gender Justice |
| ♡ Immigration Justice | ♡ Disability Justice |
| ♡ Economic Justice | ♡ Housing Justice |
| ♡ Local Food Systems | ♡ Technology/AI |
| ♡ Ending War & Militarism | ♡ Mutual Aid |
| ♡ Civic Engagement | |
| ♡ Education Justice | |
| ♡ Public Libraries/Information Activism | |
| ♡ Criminal Punishment Issues/Criminalization | |
| ♡ Other _____ | |
| ♡ Other _____ | |
| ♡ Other _____ | |

2

The Black Lens

The Black Lens was founded by Sandy Williams in 2015 in Spokane and continues to operate as a nonprofit news organization focusing on Black culture and lifestyle, social and racial justice, and issues and events of significance to our region's Black community.

Offerings: The newspaper publishes daily online and monthly in print to serve as a voice and agent of change for the Black community, using stories, information, and shared experiences to expand awareness and build bridges that allow everyone to thrive.

Needs: Donations fund our work.



47



45



Contact: tlc@landscouncil.org

Needs: Donations ♥ Volunteers

and watershed restoration.
increasing urban forestry, land protection,
environmental education, climate justice,

Offerings: Our programs include

solutions to environment and health issues.

We collaborate with a broad range of interested parties to seek smart and mutually respectful

We preserve and revitalize Inland Northwest forests, water, and wildlife through advocacy, education, effective action, and community engagement.

The Lands Council

4

Can I help people articulate their desires/grievances?

Do I want to read and discuss news in a group?

Am I a researcher?

Do I like to write letters?

Can I cook a meal for someone once a week?

Do I like to work with spreadsheets?

Do I have a car?

Am I crafty? Can I raffle my art every couple months to raise funds for local mutual aid?

What can I currently offer? Be as specific and concrete as possible.

4. Make a list of offerings & resources.

Spokane AIDS Network

SAN - Education, Outreach, Advocacy

At SAN, we know that sometimes all it takes to change the world is a little support. The core of our efforts is to provide support to people living with HIV and to bring our community together.

Offerings: We provide a food pantry, emergency funding, a peer support group, resources, and an Avista CARES Utility Assistance Program.

Needs: Financial or Food Donations ♥ Volunteers

Contact: Support@san-nw.org



44

5. How much time can I realistically spend contributing to activism/organizing?

(Each Day:_____)

(Each Week:_____)

(Each Month:_____)

6. Do I want more or less online time? _____

7. How far do I want to commute to participate?

5

Later, make connections between what you have in each quadrant.

Quadrant 4—Write down the TYPES OF ACTIONS you want to take. [see Question 3]

Quadrant 3—Create a net of the OFFERINGS / RESOURCES you have which may be useful. [see Question 4]

Quadrant 2—Write down the AREAS OF WORK that are most important to you. [see Question 1]

Quadrant 1—Write down all of the SKILLS you have.[see Question 2]

On a large sheet of paper start to create a "brain-net." This is a loose association of ideas, which flow uncensored into clusters. Create a quadrant on the page.

STEP 2: BRAIN NET (adapted from an exercise by Katrina Shields)

7



42



Contact: <https://jewelshelpinghandsspokane.org/contact/>

Needs: Donations ♥ Outreach Program ♥ Volunteer ♥ Prepare Meals

Offerings: We provide services including a warming center, street medical teams, mobile outreach, food, mobile showers, hygiene supplies, and connection to community resources and services.

Jewels Helping Hands provides essential care, dignity, and connection for people experiencing homelessness in Spokane. Through kindness, respect, and community partnership, we help our neighbors meet their basic needs and find pathways to stability and hope.

Jewels Helping Hands

8. How will I fortify myself with self-care?

What are my rest practices?

What are my access needs?

What are my joy practices?

What creates hope for me?

How do I check my capacity & what are signs that overwhelm is near/present?

6

Spokane Veterans for Peace

Veterans for Peace Chapter 35 is part of an international organization of military veterans, military family members, and allies committed to building a culture of peace. We believe those who have experienced war firsthand have a unique responsibility to speak honestly about the human cost of war and to work toward peaceful alternatives.

Offerings: We serve our Spokane community through education, advocacy, public engagement, and community service.

Needs: Financial Support ♥ Volunteer with Chapter 35

Contact: <https://www.spokanevfp35.org/join.html?type=contact>



43



CAT SPOKANE
community, advocacy, and treatment

41



Contact: hello@catspokane.org

Needs: Donations

more.

Offerings: We provide treatment, outreach, peer support, housing & employment case management, and

We are dedicated to supporting people recovering while navigating homelessness, instability, and complex life circumstances. CAT was founded to help meet gaps in care and to create recovery options free of stigma and judgement.

community, advocacy, and treatment

CAT Spokane

8

TYPES OF ACTIONS

OFFERINGS

AREAS OF WORK

SKILLS

Creole Resources

Creole Resources supports the growing Haitian community in Spokane, WA by ensuring Haitian families have access to the resources, connections, and cultural belonging they need to thrive.

Offerings: English language learning, job training, housing support, and a safe community gathering place.

Needs: Support H.R. 1689: a resolution that extends Haiti Temporary Protection Status through 2029. This bill passed the House with bipartisan support; call your senators today urging them to vote yes!
Patty Murray: (509) 624-9515
Maria Cantwell: (509) 353-2507

Contact: info@creoleresources.com



40



STEP 3: SETTING MY GOALS

What do I want to accomplish through my connection to community?

SMART goals = Specific, Measurable, Attainable, Relevant, and Time-Bound

(For example: My goal is I want to organize with like-minded people to lobby for a moratorium on AI data centers.

My SMART goal could be: I will join a group by the New Year, write letters/speak to my county commissioners twice a month, and will post on social media re the negative impacts data centers have on my community weekly until spring.

*Is it specific? * Is it measureable? * Is it attainable? * Is it relevant? * Is it time-bound?*

9

11

Have I ever witnessed collective action/intent that felt powerful and connective? If so, what was that like? If not, what is it like to notice that I haven't? What do I tell myself about what it would take to change things in society? Brindump all of my beliefs.

Further Reflections



38



Contact: info@mhsokane.org

Needs: Donations.

Offerings: Manzanita Immigrant Legal Aid: family based and humanitarian immigration assistance (both fee-based and free services). Intakes/consultations open and closed on a rolling basis.

Recognizing the resiliency of the communities we serve, our mission is to welcome and equip immigrants with tools, resources, and connections to achieve equity in the Inland Northwest. We provide immigration legal services, community power building, resource navigation, and trainings.

Manzanita House

My Objectives and SMART Goals

10

Nuestras Raíces

Nuestras Raíces is a nonprofit Cultural & Behavioral Health Center dedicated to strengthening individuals, families, and communities through culturally rooted, bilingual, and community-driven services. We work every day to ensure that everyone has access to the support they need to thrive.

Offerings: Our Resource Navigator program helps low-income residents with unmet medical, housing, and food insecurity by connecting to resources, including health, housing, food, clothing, youth activism, and educational support.

Needs: Donations.

Contact: <https://www.nuestrasraiceswa.org/contact-us>



39



37



Contact: info@miaspokane.org

Needs: Donations.

Offerings: Services for DV/SA survivors: crisis intervention, case management, rental assistance, housing navigation, immigration paralegal, behavioral health services, support groups for women, systems navigation, protection orders, accompaniment to court.

Mujeres in Action is an organization that supports survivors of domestic violence and sexual assault in a culturally responsive way. We provide a variety of services to support survivors.

Mujeres in Action

MIA

12

Have patience but also persistence. The organizers might not get back to you right away. Take advantage of opportunities like trainings, sign ups. Just keep showing up with an open mind!

Red zone issues: Some issues are so stressful that we choose not to focus on them. What are mine?

What is my dream, my guiding star/ What is my positive vision?

Who is someone living today that I admire who lives their values and is making a positive contribution?

RICS

Refugee and Immigrant Connections Spokane

Refugee and Immigrant Connections Spokane supports and empowers refugee and immigrant communities by providing services, fostering community bonds, and advocating for refugee and immigrant rights in the Inland Northwest.

Offerings: Case Management, Resource Navigation, Food Distribution, Food Market, Job Applications, Kids & Youth Programming, Perinatal & Early Childhood support services, Yoga & Meditation Sessions, Community Outings, Peer Support Groups.

Needs: Donations.

Contact: luisc@ricspokane.org



36

Gonzaga Mutual Aid Club

GU's official student-led mutual aid org, open to GU students.

Committed to creating a just and equitable society.

Meets and operates during the school year, with a break in the summer quarter.

Contact: gumutualaid@gmail.com, or on Twitter @mutualaidclub and Instagram @gonzagamutualaid



13



15



All-volunteer mutual aid group engaging in direct action to support primarily unhoused and under-resourced community members. We are committed to promoting racial and gender justice with a focus on supporting the most systematically and intentionally disenfranchised. Housing is a human right, Poverty is not a crime. No human is illegal. We live on stolen land. Free Palestine.

Offerings: 6 distributions per month ♥ Narcan, condoms, period products ♥ Home-cooking from donated resources

Needs: Money ♥ Instant coffee ♥ Hot cocoa ♥ Paper plates

Mutual Aid Survival Squad

MASS



34

The Mighty Peace and Justice Activist Musical Rascals of Spokane

We are a community street band. We play pop, New Orleans 2nd Line, Labor movement and songs of resistance as well as traditional repertoire of the international HONKI movement. We play at public celebrations, marches and rallies, or just for the heck of it, to make people smile.

Needs: Musicians, aspiring musicians, twirlers, flag carriers, dancers - any experience or none, any age or ageless, any background. No membership fee or dues. Ability to read music not required. Occasional rehearsals. Do the right thing and have fun doing it.

Contact: <https://www.facebook.com/groups/PJAMRS>



PJAMRS

PJALS

Peace and Justice Action League of Spokane

Our mission is to engage everyday people to build a just and nonviolent world through community organizing and leadership development.

We strive to end mass incarceration, increase police accountability, and counter: white Christian nationalism, US imperialism, and militarism.

Offerings: We offer a variety of trainings! From our rotation of Talk About It Tuesdays, de-escalation skills with our peacekeeping, and Protesting 101, join us!

Needs: Volunteers to become part of our peacekeeping team!

Contact: pjals@pjals.org

PJALS
PEACE AND JUSTICE
ACTION LEAGUE
OF SPOKANE



14

LeS

Latinos en Spokane

We seek to drive systemic change, racial justice, and health and wealth equity to empower Latinos, immigrants, and marginalized communities in Eastern Washington.

Offerings: Social services for navigating state and local systems, monthly cultural markets providing free fresh foods and access to healthcare services. Free monthly legal and immigration clinics and small business development assistance.

Needs: Donations.

Contact: info@latinosenspokane.org



35



33



AFID Assisting Families Impacted by Deportation

AFID volunteers ease the hardships of those under threat of deportation who are currently detained at immigration centers, and their families. An average three or four people are still being abducted every day in Spokane in 2026 — we assist families and need funds for their detained loved one for food and communications.

Needs: Donations

Contact: afid.spokane@proton.me

Growing Neighbors

GN started as neighbors forming a community garden and has expanded to 60+ gardens and monthly communal meals fostering relationships. **Offerings:** Through community gardening start-ups with permaculture guidance we develop community, increase food access, reduce waste, care for the environment.

Needs: Donations & YOU forming/joining a community garden

Contact:

growingneighbors509@gmail.com



16



ACL Spokane

Asians for Collective Liberation

We center the power of Asians and Asian Americans to build a just, healthy, and thriving community for all. We stand in solidarity with other marginalized communities and nurture spaces where cultural arts deepen belonging, environmental justice becomes community care, and intergenerational strength empowers youth to lead with vision and courage.

Needs: Becoming a monthly donor through www.aclspokane.org to sustain our programs and collective work.

Contact: info@aclspokane.org



32



Citizen Nine26

We believe in the power of information and community support to transform lives to promote healing, advocate for justice, and empower individuals.

Offerings: We support people in navigating various legal, mental health, and community challenges. Citizen Nine26 connects people with community resources they need.

Needs: Donations and Volunteers (training available!)

Contact: info@citizennine26.org



17

Spokane Community Against Racism



Spokane Community Against Racism's mission is to identify and address racial disparities through a variety of community efforts which include education, advocacy, research, community engagement, policy impact, and challenges to the existing organizations and structures.

Needs: If you would like to know more about our organization or support our involvement in the community, you can do so by becoming a member, volunteering, or donating. To learn more please visit our website and follow us on our socials: SCAR Spokane on Facebook and @scarspokane on Instagram.

Contact: admin@scarspokane.org



19



30



Needs: We need *you*! When you participate in ACA's activities, you help strengthen grassroots organizing, shape public policy, and ensure the voices of our community are heard and represented in the conversations that shape our future.

Offerings: We hold elected officials accountable, advocate for policy rooted in Asian American youth organizers and community leaders with the skills and confidence to take action for justice.

We mobilize the strong Asian and Asian American community in Spokane and beyond to drive political advocacy and systemic change to create a just, healthy, and thriving community for all.

Asians for Collective Action

SCAR

Spokane Community Against Racism

INWCLP

Inland Northwest Coalition for the Liberation of Palestine

To raise awareness, educate the public, foster understanding and promote empathy for the struggles of the Palestinian people.

Needs: Every donation and volunteer fuels our ability to organize protests, events, and teach-ins. With your support, we can sustain meaningful public pressure and build networks for change throughout the Inland Northwest.

Contact: www.inwclp.com



18



Spokane Zero Waste

We build knowledge, skills and systems for a thriving waste-free community. We meet our mission through education, modeling and advocacy.

Offerings: Mend-It Cafe, free textile repair event ♥ Sustainable Sewing Lab, public mending and making classes and sewing craftsmanship ♥ ReCraftLAB models the circular economy providing economic opportunities for refugees. ♥ Aim for Zero! reducing waste in our community

Needs: Join our board ♥ Teach fiber art skills ♥ Sort donations ♥ Guide waste reduction legislation ♥ Attend clothing swaps, mend-it cafes, and classes ♥ Your support ensures our programs thrive.

Contact: info@spokanezerowaste.org



31



Spokane Pride

We are dedicated to organizing and hosting inclusive, queer-centered events throughout the Inland Northwest year-round. We strive to create meaningful spaces for celebration, connection, information-sharing, and advocacy.

Offerings: We provide event infrastructure and promotional resources. Our history project brings to life people and their life stories who are otherwise purposefully erased. We offer training to empower volunteers like *you* to support the ongoing fight for full equality!

Needs: Donations

Contact: info@spokanepride.org

spokanepride.org



29



UFCW 3000

United Food and Commercial Workers 3000 - ufcw3000.org

We are a union 58,000 strong in industries across WA, Northeast OR, and North ID. Through working people's collective power, we organize to thrive regardless of where we come from, what we look like, or where we live. As inequality deepens, working people fight back and win. Are you ready to join the movement of workers winning respect and dignity through action?

Needs: People passionate about fighting for justice for essential workers. Join our Organizer-in-Training program in Eastern WA and North ID. Organizing experience neither required nor preferred, only willingness to learn and grow. Good candidates are flexible and dedicated.



20



Spokane Reimagined

Our mission is to ensure Spokane residents and visitors have the freedom to travel safely, efficiently, and comfortably by adapting our streets and sidewalks to meet the needs of our vibrant and diverse community.

We are a nonpartisan, grassroots organization dedicated to remaking Spokane's transportation system. We advocate for safe streets, public transportation infrastructure, and smart land use.

Offerings: Transit and safe streets advocacy opportunities ♥ Community events ♥ Volunteer days

Needs: Volunteers ♥ Board members ♥ Donations

Contact: info@spokanereimagined.org



28

NAACP

National Association for the Advancement of Colored People

The NAACP Spokane Branch has been protecting and expanding the rights of marginalized people for over 100 years.

Offerings: Volunteer committees meeting around health care, criminal justice, education, and civic engagement. Youth and College Chapter led by and for young people ages 16-25. The Building Restorative Communities Initiative hosts skill building events around restorative justice and circle practice.

Needs: Become a member - \$30/year for adults, \$10/year for youth.

Contact: admin@spokanenaacp.org



21



23



info@SpokanePeoplesCalendar.com

Contact:

Volunteers for data entry as backup.

to add their own events to the calendar.

Needs: Members of organizations willing

them are rooted in anticapitalist ideals.

A grassroots community organizing tool. SAC is intended to be a one-stop shop for local leftist organizing events, educational seminars, and activities. Find an event that fits your schedule and interests - where you can meet like minded people. This calendar will only be for posting events where the goal, mission, or values of the organization(s), group(s), or individual(s) hosting them are rooted in anticapitalist ideals.

Spokane People's Calendar



26



Contact: mcastorspokane@gmail.com

are vital now, more than ever before.

Needs: Due to new threats against our

rights and livelihoods, your contributions

Spokane.

assistance to immigrant communities in

Offerings: We provide direct financial

and advocating for systemic change.

immigrant communities through direct services

mission to advance equity for all by empowering

The Spokane Immigrant Rights Coalition is on a

Spokane Immigrant Rights Coalition

SIRC

Whole Washington

Whole Washington is a grassroots campaign to bring universal healthcare to Washington State! We have built the ground work and are currently targeting the 2028 ballot initiative.

Needs: Volunteers of all backgrounds and interests to help build an awareness network - as well as funds for future messaging campaign in the hour when healthcare industry profiteers find it necessary to attack our movement for universal healthcare.

Contact:
WholeWashingtonSpokane@gmail.com



22

SVB

Spokane Visibility Brigade

The Spokane Visibility Brigade is an organization engaged in 'Social Proof', validation and freedom of communication with strangers which counters the false narratives of the regime. We use giant adaptable signboards to message large numbers of people directly, on scheduled times per week.

Offerings: Visibility for Social Proof messaging

Needs: Volunteers to staff visibility deployments and craft message banners

Contact: spokanevisbrigade@gmail.com



27



25



Contact: braune@att.net

DDLF is a local, grassroots organization dedicated to working class struggles and community organizing. They offer a free monthly publication of articles written by local activists, organizers, and community members. They also meet via zoom monthly on third Thursdays, often having prominent guest speakers on various issues or known for doing work in the community.

Needs: Readers and writers of all backgrounds for the DDLF monthly. To request a physical copy, submit an article, inquire about the monthly meeting, or learn more - reach out by email.

Dorothy Day Labor Forum

DDLF



24



A committee of CPUSA - Eastern WA. LMA is a growing mutual aid group, currently distributing every third Saturday in downtown Spokane. Looking to expand as resources do.

Needs: Donations of food, clothing, toiletries, feminine and other hygiene products, first aid supplies, and more, including financial support.

Lilac Mutual Aid