

be with good company
an online mutual aid action space
what we do together makes a difference
July 2025

NEW

This is a time for radical care. Explore the work of N. Oumou Sylla, LMFT, M.A. and sign up for their 5 Day reflective + radical care challenge:

<https://connectwithoumou.myflodesk.com/carechallenge>

Be Culturally Committed: Culturally safe services and Indigenous-led learning. Sign up for Teachings Tuesday (weekly email), download Reflection Guide (free), take courses and attend workshops (free and for cost), and explore membership options:

www.culturallycommitted.com/

Pause for poetry. Video: [Wendell Berry reads his poem "The Peace of Wild Things"](#)

qathet Coalition to End Homelessness is working to open a space for evening drop-in and needs support! Can you help? Looking for a washing machine, 30 amp appliances, painting supplies, outdoor furniture, indoor furniture, string lights, patio umbrellas, and more.

Contact qCEH directly to donate hygiene items, gift cards, clothes, shoes, blankets, and more.

<https://qceh.neocities.org/>

qathetceh@gmail.com

<https://www.facebook.com/profile.php?id=61576165288025>

ONGOING

What do you need?

Craft your own mutual aid request and share it in whatever way you are comfortable with - in-person & on-line. One local site is: [qathet Mutual Aid - Folks Helping Folks facebook page](#).

Re-distribute your resources to a mutual aid request – any amount is a useful and helpful amount and is welcome.

- *Mutual Aid Canada* (<https://www.mutualaidcanada.ca/>)
- *qathet Mutual Aid – folks helping folks* ([Facebook](#))
- *GoFundMe + other crowd-fund sites* (search 'mutual aid' or 'qathet' or your location or a cause that is dear to your heart)
- [Operation Olive Branch](#)
- *qCEH Meal Train* at Parking Lot (7030 Alberni St - Scotia Bank): Drop by for dinner and conversation. Donate meals, snacks, and drinks, and to your time.

<https://www.mealtrain.com/trains/zz02gr>

- *qCEH Laundry Fund* - Call Westview Laundromat directly and add to the 'Laundry Fund' 4296 Joyce Ave (604) 485-2616
- *qCEH Camp Porta-Potty Fund* - <https://gofund.me/f0772748>
- *qCEH Garbage Removal Fund* - <https://gofund.me/f0772748>

What is the City of Pxeell River working on?

- We made a list of Council decisions we appreciate - check out the Appreciation List [here](#). These decisions impact us! And we can impact the decision-making process. We also put in the contact list for Council, template and example letters, and more.
- Watch previous City Council meetings [here](#) (*Right hand side menu, click on the meeting you want to watch, choose 'Video'*).
- See City Council meeting highlights [here](#)
- Check out current projects [here](#) including the Accessibility Plan 2024-26. Feedback is requested and welcomed (Contact info in the Appreciation List)

Safer gatherings are always in style

Read: [Answers to Common Questions: Why Are People Still Wearing Masks in 2025?](#)

Mask up (for you and the crew): [Where can I get free masks and tests?](#)

Check out stats: [What is happening in Canada this week re: Covid-19?](#)

Check out monthly 'be with good company' lists:

-  December BWGC Action List.docx
- [January 2025 BWGC Action List](#)
- [February 2025 BWGC Possibilities List](#)
- [March 2025 BWGC Possibilities List](#)
-  April BWGC Possibilities List
- [June BWGC Possibilities List](#)