

Resource for Canadian Residents:

Use the following template to email your MP ASAP.

Please try to alter this slightly with your own words to have a greater impact.

[Find your MP via postal code here!](#)

Dear **XXX**

I'm a constituent in your riding of **XXX**. Russia is taking a full scale invasion of Ukraine and this is terrifying to me. Prime Minister Trudeau has implemented sanctions, but we need more action. NATO countries need to implement a no fly/ no missile zone over Ukraine, stop importing Russian oil, shut off Russia's banks from the SWIFT International Payments System, and send humanitarian aid to Ukraine.

Putin has made it clear that he will stop at nothing to annihilate Ukraine, its culture, and its people. It is our duty to stand up for our fellow citizens in democratically elected countries when their lives and rights are threatened. Canada needs to take a strong stance and leadership role. If Russia is not stopped in Ukraine, Russian aggression will menace the world.

Sincerely,

YOUR NAME

ADDRESS