

## Be Prepared for ICE Training

### Introduction

Thank you for attending our Be Prepared for ICE training! We Keep Us Safe: El Pueblo Unido Contra ICE is a grassroots initiative to help the metro Denver area organize proactively and effectively to protect our community members from being inhumanely kidnapped by ICE. We are developing a Metro Denver hub of resources and best practices. We are educating and activating community members through canvassing, training, and outreach. Our goal is to support interested volunteers across the Metro Denver area in building community and solidarity—and to support volunteers in effectively self-organizing in the face of state violence.

Many members of our leadership team are also actively involved with other immigration groups like IPT, AFSC, CORRN, CIRC, IW, and CW. All of our work is meant to complement existing projects and amplify their impact.

WKUS does not advocate for violence or any illegal actions, and we are always doing our best to act in the best interest of the members of the community. The information in this training is intended as recommendations and guidelines for everyday people on ways to resist non-violently and legally to protect our neighbors and the rights of every single person in this country.

These steps are based on historical successes, tactics currently being used in heavily targeted cities, and actions our local immigration organizations are taking. Every community is different so these steps and procedures will vary according to where you are and how much support you have on scene.

We are not trying to dictate what you do. It is hard to make choices and know what to do in these situations, and I personally believe that every choice that is made when taking these types of actions is the best choice that could have been made at that moment.

We will go over:

- Legal rights are during interactions with law enforcement
- How to ID ICE
- What to do when you see an ICE

operation Our goals:

- Document
- Support our community members who are being targeted
- De-escalate as much as we can to reduce the violence from law enforcement

- Reduce detentions.

We get a lot of questions regarding outreach methods so we will briefly cover some tips in this training as well. We don't have time to cover this thoroughly, but we have a document on the topic on our website and an outreach training in the works!

## **Authoritarian Regimes**

I like to take some time before we start to share how the horrendous actions being taken against immigrants fit into the bigger picture. Everything goes deeper, but we unfortunately don't have the time to talk about it in depth.

Authoritarian regimes need a scapegoat to blame for the country's problems. This creates an enemy, divides the country, and distracts a portion of the population so they can reach their goals behind the scenes.

Right now it's immigrants, but we know they are starting to move on to other marginalized groups and dissidents. They are testing how easy it is going to be to undermine everyone's civil rights, not just immigrants.

Many wonderful organizations and people are making it difficult for them in court, and it's more important than ever for everyone living here to know their Constitutional and legal rights.

Resistance on the streets is also essential to show them that we see what is happening and care and are not going to sit back and let it happen. We are documenting it for history and accountability.

## **Community Outreach**

- Essential community connections and activation so we can organize and stand strong together
- It's a good idea to reach out to established community organizations, especially in impacted areas because they are scared and rightfully suspicious of strangers.
  - This could be mutual aid, churches, schools, libraries, or any other local led organization. It may take a bit of research, but the extra steps are worth it.
  - Also in divided areas as a way to start safely.
- We need to figure out what everyone needs and how we can support each other.

- Come in asking how you can help, what do they need most?
  - Then, you can figure out how to facilitate that together.

## **Canvassing Tips & Strategies**

- We are planning a training that covers canvassing and outreach more thoroughly! We also have a canvassing tips document on our website.
- In these early stages, it's great for folks to fill out our interest form so that we can help connect people in similar areas for you to work together and strategize.
  - This also makes it easier for you to communicate with us where you are going and any pertinent information that you gather (input from impacted individuals, locations that people are concerned about being targeted...) so that we can inform others and make changes as needed!
  - We have a map that will be accessible to vetted volunteers that shows what areas have already been canvassed.
    - This prevents overlap so you aren't doing too much work or annoying members of the community.
    - As the movement grows, we expect to be less directly involved as communities are able to communicate and coordinate amongst themselves. We have no intention of managing or telling everyone what to do!
- It's ideal for at least one volunteer per group to attend a relevant training beforehand to help you be more effective in canvassing and aid you in conversations and questions that people may have.
- Please be honest when you don't know the answer to questions and refer people to the website or other organizations. No one knows everything, and we want to avoid spreading misinformation.
- Never give legal advice unless you are a lawyer. It is great to let people know their rights, but we don't want to accidentally cause harm with incorrect information.
- Get together with some friends first to assemble whistle kits and discuss where you are going to canvas and other outreach ideas.

## **Community buy-in**

- Our first and extremely essential step is to build connections within communities so that we are stronger, trust each other, and can work together effectively. We cannot take a one size fits all approach to our actions and must consider the differences in each and every community within the Denver area.
  - We cannot go into other people's neighborhoods and take over with good intentions. When we enter other people's neighborhoods, we must seek input from the people who live there and adjust our actions accordingly.
- Setting up a table is a good option for high traffic locations, areas it may not be safe to go door to door, impacted communities, or areas that you are less familiar with.
- Attempt to get consent before handing out whistles.
  - You can reach out to local organizations, us, and get people's input as you are out talking to them.
  - If the community is against whistles, it is still important to spread awareness about whistles and what they mean so high risk individuals know to go inside or exit the area if they hear them.
  - There are a lot of good written resources in the kits, even without the whistles. We don't want to overly focus on the whistles though they are important to generic tactics. There is so much more to offer.
  - We have been getting positive feedback from communities so far!
- If someone is open, talk to people about their experiences and how they would like the community to respond to ICE without asking for personal information.
  - This opens the door to a conversation about how we might be able to support them rather than us telling them what to do. We are here to build connections and support each other.
- Ask if there are any events or locations that they are concerned about ICE targeting.

### **Handing out materials**

- Make sure at least one volunteer is present who fluently speaks the same language as the community you are reaching out to.

- Please defer to the volunteer that speaks the language for helpful phrases! We are working to get our materials translated into more languages. Language suggestions are appreciated!
- If folks are not interested in taking the resources, focus on ensuring they're comfortable—we don't want people to feel we're pushing resources on them. Thank them for their time, and move on.
- If it's someone who is running a table/concession stand/businesses/etc., you can ask them if they would like more kits to hand out at their table/business. These can be great distribution points!
- Keep in mind that people can be overwhelmed by too many handouts and end up not looking at them even if they are interested.
- We have materials that you can print on our website along with some outreach tips.
- Some of our provided materials are more appropriate for privileged communities and others are more appropriate for impacted communities. We can help you prioritize what to bring if you aren't sure.

**Safety** - These are safety suggestions we have come up with. We are not trying to dictate what you can and cannot do!

- Don't canvas on your own.
- Do not go door to door in an area that no one in your canvassing group is connected to. You know your neighborhood best and not every neighborhood is accepting of people knocking on doors.
  - Unfortunately, this is a polarizing topic, and people can be irrational in the current political climate. Some neighborhoods are safer than others, and some neighborhoods simply may not be open to canvassing.
  - This is for safety and community building and is especially true in impacted communities where people may be fearful to open their door to strangers.
- In apartments, follow the lead/advice from someone who lives there. Different buildings have different rules and vibes.
- Prioritize helping everyone feel safe and building goodwill with residents.

- We all have good intentions, but it is possible to cause harm to impacted communities if approached incorrectly.
- Introduce yourselves as concerned citizens/neighbors/community members looking to inform others of ways to protect immigrants in their community and ask if they are interested in helping immigrants in their communities.
  - If the response is negative or hostile, thank them for their time and leave without attempting further conversation.
  - Stay safe and walk away.
- Never give your full name or where you live.
  - You can say something like, “I live just a few streets over” or “I’m just a concerned neighbor wanting to help spread helpful information.”.
  - Even people who seem friendly may have ulterior motives.
- Do not ask people for their information. These are difficult and scary times so it is natural for people to doubt our intentions! It’s important to build trust when we are trying to get community buy in.

### **Safety when connecting**

This is specific to outreach with the general public.

- Connect interested people to We Keep Us Safe via our website or interest form instead of giving them your personal information.
  - If they prefer to give you their email address, go ahead and write it down and send it to WKUS so we can reach out to them through our official email address.
- If you are in the area that you want to organize a defense group in, you may want to share your Signal or Sessions handle to connect directly.
  - A lot of people do not have these apps, we can’t expect them to download it and set up an account while you are standing there. This is part of why we recommend routing them through WKUS in order to protect you.

### **Know Your Rights**

- Filming Law Enforcement
- What they can legally do and ask

- How to respond
- Warrants
- WKUS is not a legal organization, and I am not a lawyer! We are here to inform people of their rights so you can all make your own decisions. We are not here to provide legal aid or advice.
- We also know that immigration enforcement is not following their own rules, but that doesn't mean that they never follow the law or back off when people confidently assert their rights.
- Knowing your rights can also help with any legal cases that you may be involved in. Our belief is that if there is a chance it will work, we should make sure people know it is an option.
- All our information is from the ACLU, Del Pueblo Law in Denver, and has been additionally vetted by a few local lawyers.
- It is specific to people with legal status. We encourage everyone to check out ACLU's Know Your Right's training on the Indivisible YouTube page!
- Several local organizations do presentations on legal rights for immigrants and should check them out if you need that information. We are not currently providing training on this topic because it is very complicated and should be presented by active immigration lawyers and experts to prevent misinformation that could cause serious harm.

## **Filming Law Enforcement**

- Start recording as soon as you notice an officer or ICE approaching.
- Hold your phone sideways, close to your body, and at chest level. This makes it harder for them to swipe your phone away makes it so you can still be part of the action, and makes it more likely that things will be caught in the video
- Give officers personal space at all times.
- Stay about 10 ft away while recording a raid.
  - This prevents them successfully lunging at you and allows more to be caught on film.
- CO is a one party consent state, and you can record both audio and video of anything in view from public property. For specifics on laws pertaining to recording law enforcement follow this link

<https://cdor.colorado.gov/public-recording-of-law-enforcement-activity>

- If asked why you are recording, tell them “it is for our safety as well as yours” or don’t answer.
- Briefly narrate everything that you saw before the video started and narrate as things happen.
  - Do not speak over an officer
- Focus your video on the actions of the officers.
  - This is for any future legal actions. We want to know what they did that was inappropriate and want to protect bystanders and the person being targeted
- Try to get their car in your video with as much identifying info you can see
- Please do not livestream or post on social media for your own legal protection and respect for the person being targeted. It’s best to record a video that will automatically upload a back up and/or back it up separately after the fact. Redundant storage is important.
  - Police can subpoena video
  - It’s recommended not to share the video except with the person/family/legal rep
  - You can send CORRN pictures afterwards for them to post on their social media. They post photos from confirmed raids
    - This protects you from potential retaliation
- Make sure that you always have enough space on your phone to record. Long videos can take up a lot of storage space!
- Keep your phone charged.

## Interactions

- Respect their personal space and follow their orders to move away while clearly saying you are doing so and that you are not obstructing or interfering.
- You do not have to engage in conversation with law enforcement and can refuse to answer questions.
  - This is protected under the 5th amendment, and they are very good at



twisting people's words.

- Do your best to remain polite and respectful. Once you start speaking, it is harder to stop.
- Examples of ways to refuse to answer questions:
  - "I do not wish to answer that question"
  - "I do not have to answer that question"
  - "I am not going to answer that question"
  - If you honestly don't know then say "I don't know" but don't lie
  - "Have I done something illegal?"
- It is okay to simply say you are a concerned citizen and/or just observing. That's true!
  - It's not illegal to lie, but it can be used against you in the future. They can lie however much they want.
- Remain as polite and calm as possible to de-escalate and prevent violence against the community.
  - Sudden movements and loud noises directed at them can be interpreted as a threat and justify use of force.
- Colorado does have stop and identify laws in which you may be required to identify yourself, but they cannot ask for your social security number.
  - This does not apply to ICE. You do NOT have to give them your name or show ID.
- In CO, state/local law enforcement can legally do a search if they claim to feel threatened.
  - That does not mean you have to consent to a search and can clearly state that you do not consent. However, do not resist if they insist on doing one.
- Cars do not have as strict privacy restrictions as homes. A warrant is not required for a search if they claim to have seen something suspicious or dangerous.
  - It is okay to say you do not consent, but they are allowed to do so anyway.

- Keep your car clean to help prevent these claims
- Do not sign anything without a lawyer - exception is standard traffic tickets!
- Don't open the door! Even a crack can be construed as consent/invitation to enter
  - Slide warrant under the door or up to a window

## **Warrants**

- The CORRN website has an example of a valid judicial warrant versus a non-valid ICE warrant, and we have a link on our website.
- A signed judicial warrant with correct information, including spelling, is required. They have a history of trying to get away with administrative warrants.
- A judicial warrant signed by a judge is required to enter someone's home without permission.
  - It is also required to enter private spaces inside businesses and cars (exception being seeing something suspicious).
  - ALL of the information must be correct, including spelling.
  - They can have restrictions on where and what is allowed.
  - They are required to show the warrant to the people directly involved, not bystanders.
- Administrative warrants are often used to try to trick people when they ask for a warrant
  - These are not signed by judges.
  - They do not grant access to private spaces.
  - They do grant authority to detain the individual listed on the warrant.

## **Helpful Phrases**

- Some helpful phrases from the ACLU:
  - I wish to remain silent.
  - I do not consent to this search. (They may do it anyway claiming to

feel like we are a threat so let it happen without escalating)

- Am I under arrest?
- Am I free to go?

## **KYR takeaways**

- Always assert your rights
- You can film from public property or private property with permission
- Do not engage in conversation - use your right to remain silent
- Don't open the door!

## **How to ID ICE**

It can be difficult to ID whether or not the officers are ICE or local PD. We do not want to cause unnecessary panic or burn out with false alarms so it's important to do your best to accurately assess the situation before alerting the community.

CORRN confirmers are trained for this specifically, but their response time is typically too slow to get on the scene in time. We highly recommend that you follow CORRN to learn about any upcoming confirmer trainings! They are the local experts and many suspected sightings are not ICE. We have a link to their sign up form on our website, and you can follow them on social media. A lot of their calls are false alarms. ALWAYS call them if you suspect there is ICE present.

Here are some general guidelines:

- If you ask them, local PD will typically identify themselves and sometimes even offer helpful information.
  - To our current knowledge, local PD is not working directly with ICE. That can always change. CORRN is tracking that and is a reliable resource to find out if that's still true.
- They are not uniformed officers, sheriff, or SWAT.
- Agents normally wear plain clothes, tactical gear, fatigues, jeans, khakis, or cargo pants.
- Their vests typically say POLICE ICE, POLICE HSI, POLICE FEDERAL AGENT, POLICE HOMELAND SECURITY, DEPARTMENT OF HOMELAND SECURITY POLICE, CBP BORDER PATROL, USBP, ERO, POLICE, or no identifier.
  - Locally, POLICE or POLICE ICE are the most common.
- DHS is allowing other federal agencies to carry out the "functions" of immigration officers so the list above may expand. DEA, FBI, U.S. Marshal, and

ATF are known to be on that list.

- ICE and CBP are the primary enforcers at this time. Locally, we have only seen ICE. CBP technically only operates within 100 miles of the border.
- Two, three, or four agents are typical for targeting individuals.
- There are normally 1-2 agents per vehicle.
- Many local agents are women and people of color.

### **Cars:**

- Their cars are heavily tinted and often have bars in the back.
- Dark and white Chevy, Jeep, and Ford SUVs are common, but they also use personal cars that aren't always American made.
- Sedans are uncommon at this time.
- There are black and silver dodge chargers that may be on scene with an SUV.
- They have white Ford transit vans with heavily tinted windows. They are not used often, but that can always change.
- They have a black SWAT vehicle that says Homeland Security on the back.
  - We have not seen it in use since February!
  - Local SWAT teams have the name of their jurisdiction on their vehicles
- They occasionally cover or remove their plates but more commonly do not.
- Their plates are typically pedestrian plates, not government plates. Some have temporary plates or dealership placards.
- We've seen a mixture of masked agents and unmasked agents.
- They operate any time of day but to our knowledge, they are more active in the early morning and afternoon/early evening.
- CORRN posts pictures of confirmed raids on their social media.
  - This is a good way for you to start developing an eye for what they look like.

### **What to do if you witness an ICE raid**

Always contact Colorado Rapid Response Network if you think you are witnessing a raid. They can send a trained confirmer to confirm the raid, document, and assist. CORRN also connects people to resources and has valuable information. Even if the raid is already over, they can provide essential assistance. They are your most valuable resource in the event of an ICE raid!

Their phone number is 844-864-8341. Put them as an emergency contact for faster access.

There is safety in numbers! Try to keep calm and don't put yourself at unnecessary risk, especially if you are not in a large group. This is part of why community

organizing is essential. We are stronger together, we protect each other! We cannot do it alone. If you aren't sure what to do, CORRN dispatchers can help guide you on the best thing to do in the moment.

**Go bag recommendations:**

- Phone charger
- Phone
- Whistle or megaphone
- Flashlight
- Extra flyers and whistle kits
- Post raid flyer and tape
- Cold weather

gear Consider:

- First aid kit
  - Only saline or water in your eyes!
- Snacks
- Water

There is no perfect for this and everything that we discuss! ICE tactics and the level of response each community wants to take is constantly in flux across the country. These are always just suggestions to get you started, and we encourage everyone to adapt them to suit the area you are in and your personal preferences.

Ideally, you will have at least 3 people on scene that have had some sort of training and can help you manage. Those 3 roles are:

1. Recorder – recording and narrating
2. Supporter – speaking to officers and the person being detained
3. Monitor – note taking, watching surroundings, directing the other people on the scene, and helping anyone vulnerable get away safely in case of escalation.

Notes on whistles

Pros - loud and quick alert system

- Recently popularized by effective use in other cities

Cons -

- Outreach and community education required so that high risk community members don't freeze or come towards the noise
- Can be triggering for those with trauma
- Can make audio impossible to hear
- Location! Not everywhere is activated or you may be in an area that is strongly divided.
  - One or two whistles are easily ignored, especially in the suburbs
  - Consider a megaphone, rolled paper, or other way to amplify your voice to warn that ICE is here, go inside!
  - You may attract MAGA civilians and need to de-escalate and/or back off. The best you might be able to accomplish is an early warning and recording. That's still very important!

**First steps:**

I don't specifically say when to call CORRN in these guidelines because it can be situational. Typically, one of the first things you do will be to call CORRN. If you are with multiple people, assign that role so you know it is getting done. If you are alone, it's a good idea to call the second you think you are seeing ICE so they can send back up ASAP. If you are unsure what to do, they can help ground and advise you over the phone!

- Take a breath and ground yourself for a moment. Adrenaline and fear is normal.
- Send a quick message to an emergency contact not on scene.
- Take a beat to assess your surroundings and look for clues that indicate this may or may not be ICE. It's important to do our best not to create unnecessary fear from false alarms.
- Document by taking video, verbal notes, or written notes. You will want to gather information to share with your response network (if you have one) and with CORRN. Use the SALUTE acronym to gather pertinent information:

**S** - Size/Strength of the group of agents

**A** - Actions/Activities - what are they doing?

**L** - Locations – cross streets and any additional detail

**U** - Uniform - How are they dressed and are there any identifying markers

**T** - Time and Date of observation - Start and end any video, recording, and notes with this

**E**- Equipment and Weapons – including the vehicles

- If you truly think it is ICE, immediately use your whistle (or yell) to alert people to come assist or get away if they are at risk.
- Walk towards the agent while making noise so that they are looking at you rather than anyone trying to get away.
- Scan the surroundings to attempt to ensure that you aren't drawing them towards the exit or a position to easily kettle/block you and others from getting away.
- Blowing the whistle or yelling AT officers can be considered assault and cause for escalation.
  - Stop blowing it when you get close and/or turn your head away from them.
- Begin taking video if you haven't already.
  - Stay approximately 10 ft away or more while recording so they can't lunge at you, and this allows the video to be clearer.
- Be aware of your surroundings so you are able to move away if the action moves closer to you. You don't want to get stuck against a wall.
- Briefly narrate everything that you saw before the video started and narrate as things happen just in case the video isn't clear or you accidentally don't catch it on film.
  - Do not speak over the officers or other important audio
- Focus your video on the actions of the officers rather than the person being taken or bystanders.
  - We care about what they are doing and potentially providing legal evidence against them.
- Try to get their car in your video with as much identifying information as possible, like license plate and any numbers that may be on the car.
- Make sure that you always have enough space on your phone to record, and that your phone is charged before leaving the house.
- You can send pictures or video stills to CORRN later for them to post online if the raid is confirmed.
  - That will insulate yourself, and they will ensure that no one's privacy is

- being violated and prevent the spread of misinformation.
  - They often include pictures of cars with license plates when they post a confirmed raid on their social media.
    - This is also a good way to start training your eye to recognize ICE and build a personal license plate database.
- The supporter should remind the person being detained that they should remain silent and that they have the right to a lawyer.
- Remind them not to sign anything and to ask to see a warrant.
  - If they are shown a warrant, you can offer to help them understand the warrant. Law enforcement does not have to show bystanders warrants.
- We recommend DeepL for translation because it is more secure than Google and supposed to be more accurate as well. Our website has some Spanish phrases to practice and print off!
- The common threats used against non-violent bystanders are accusations of obstruction or interference.
- If you are asked to step back, step back and verbally say that you are doing so. Say clearly that you are not interfering or obstructing so that the officers and video can hear you.
- It is our legal right and proper procedure for them to give us identifying information and present a valid warrant to the person in question if they are being arrested or a home or private area in a business is being entered.
  - Asking for those things is not obstruction or interference but can make them agitated/hostile.
  - Try to keep a calm tone and choose what you do or don't want to say/ask with consideration of the best interest of the person being targeted.
  - They are known to take it out on the person/family of the person being taken.
  - Take every opportunity to verbally remind them you know your rights. They don't like it, and there are many instances where they back off.

#### Speak to the Agents:

- Ask agents for ID and agency.
- If the person being targeted hasn't asked, ask law enforcement directly if they have a warrant, and if they have shown it to the person in question.
  - In general, people can be detained without a warrant, but it is good to calmly ask these questions.
- You can ask what the person has done and advocate for them as calmly as possible. Point out any unnecessary use of force or anything unprofessional.



- This is for clarity in the video, letting law enforcement know that you know what rights people have and are watching them, and for any potential legal case in the future.
- We always recommend that you read the room and make the best choice you can regarding the questions you ask and the actions you take.
- It's a good idea to ask the person being detained for the phone number of a loved one but don't ask for their name. This protects them if they have chosen to remain silent and not identify themselves.
- You can call their loved one later and describe the individual so they know what happened.
  - Family is not always notified after a kidnapping, and detainees are not always allowed phone calls in a timely manner.
  - Follow their lead on what actions they want to take next. It is up to them to decide what they want to do, and it is up to us to help them achieve those goals if possible.
  - Remember to give the CORRN phone number for resources, and they can take over for you!
- If the person being detained does not have or want to give you a phone number of a loved one, and they are definitely being detained, ask them for their full name and DOB so they can be found, loved ones notified, and get them assistance.

After ICE has left, get statements from witnesses to help support any legal actions that may be taken afterwards. This is especially important if ICE was being aggressive with the person being detained or with bystanders.

It can be helpful to give people in the area whistle kits and resources.

If you don't have written materials on you, you can still share information like the CORRN phone number, our website, show people materials on your phone, and offer to send anything they are interested in to them directly if they are comfortable sharing email, messaging app, or phone number.

## **Plug into a local organization**

There are many local organizations taking actions to create a community response and community patrols. This is a great way to get involved and get direct input! Different groups are at different stages of planning and have different focuses. We encourage you to check out what's in your area and join any groups that appeal to you.

- We Keep Us Safe: El Pueblo Unidido Contra ICE - <https://wkus-co.org/>
- American Friends Service Committee Colorado - AFSC

- Aurora Unidos and other local Unidos CSO chapters
- Denver Coalition Against Trump - DENCAT
- IPT <https://coloradoipt.org/>
- CIRC - <https://coloradoimmigrant.org/>
- The Coalition to Shut Down GEO  
<https://www.coloradowithoutcages.org/>
- Colorado Rapid Response Network (CORRN)
- Court Watch
- Take a Know Your Rights Training
  - o ACLU hosts them regularly with Indivisible. You can typically find upcoming events at <https://www.mobilize.us/indivisible/>
- Check out the ACLU and Indivisible YouTube channels to view the trainings that have already happened

## Introspection

These are some questions to ask yourself to help prepare a bit. It is traumatic and HARD to see people get taken for no reason, even though they are often complete strangers. It's incredibly emotional and difficult. It's helpful to have a support system and think ahead a bit about how to help yourself handle it.

There is a great recording about resilience in activism on the Indivisible YouTube channel. I highly recommend taking time to watch it! There are also healing groups and one on one counseling locally.

1. What is a time when you chose to do something you had never done before that was out of your comfort zone, that was ultimately a good choice?
2. What made you choose to do it even though it was out of your comfort zone?
3. What's your motivation now?
4. What are some things that might get in my way, or could prevent me from following through on taking action? (both logistical and emotional reasons)
5. What support I could use to help me move through these blocks?
6. What support I think I could use after my first encounter?

**SOURCE: We Keep Us Safe Colorado**

<https://wkus-co.org/linkstack/>