Here are some (local and others) resources that may be helpful to you or others you care about.

Local Resources

https://japantownprepared.wordpress.com/



<u>Japantown Prepared! – A</u> <u>Community Emergency Response</u> Team Site

Santa Clara County healthcare providers are scheduling Covid19 vaccination appointments for county residents who are 65 and older. If you are a patient of Kaiser or Palo Alto Medical Foundation you may be able to schedule your vaccine appointment through their system.

japantownprepared.wordpress.com

Vibes & Smiles (vibesandsmiles.com) Safety Kit Donations

Vibes & Smiles is collaborating with various businesses and organizations across the Bay Area to create safety kits to protect elders. Their goal is to create 10,000 safety kits to be distributed to different areas and organizations in need of it.

Reporting Acts of Hate

Home - Stop AAPI Hate:

All those who experience or witness acts of hate towards the Asian American and Pacific Islander communities are encouraged to report an incident at this website. The reporting form is currently available in 11 languages. This is a reporting center formed by the Asian Pacific Policy and Planning Council, Chinese for Affirmative Action and San Francisco State University's Asian American Studies department to collect reports of anti-Asian discrimination nationwide.

Bystander Training

<u>Bystander Intervention Training to Stop Anti-Asian/ American and Xenophobic Harassment</u>: In partnership with AAJC, Hollaback! is offering free bystander and de-escalation trainings for those at risk and allies.

Hollaback! Together We Have the Power to End Harassment (ihollaback.org): An anti-harassment nonprofit that provides safety and intervention training for marginalized communities. The organization collaborated with Asian Americans Advancing Justice for free online bystander intervention and de-escalation Get Trained | Hollaback! Together We Have the Power to End Harassment (ihollaback.org) for allies and community members.

Mental Health Resources for Asian American and Pacific Islander Communities

Asian American Psychological Association (AAPA)

Dedicated to advancing the mental health and well-being of Asian American communities through research, professional practice, education, and policy.

Asian & Pacific Islander American Health Forum (APIAHF)

Focused on improving the health of Asian Americans, Native Hawaiians, and Pacific Islanders.

Asian Mental Health Collective

To raise awareness about the importance of mental health care, promote emotional well-being, and challenge the stigma concerning mental illness amongst Asian communities globally.

National Asian American Pacific Islander Mental Health Association (NAAPIMHA)

The mission of the NAAPIMHA is "to promote the mental health and well-being of the Asian American and Pacific Islander communities." Some of the resources include links to national Asian American Pacific Islander organizations, mental health advocacy organizations, and federal resources.

National Queer and Trans Therapists of Color Network

Committed to the mental health of queer and trans people of color (QTPOC) and offers a directory of QTPOC therapists.

South Asian Therapists

Directory of South Asian therapists, including therapists of Indian, Pakistani, Bangladeshi, Sri Lankan, Afghanistani, and Nepali heritage.

Community Resources

<u>Asian American Center of Santa Clara County (asianamericancenterscc.org)</u>

By promoting our culture, we aim to bridge generational gaps within our own community while also connecting with other cultures in this diverse society. Our goal is to transform lives of Santa Clara County residents through programs, services, and advocacy.

Asian American Recovery Services | Agency | HealthRIGHT 360

AARS provides an array of culturally competent services to the Asian and Pacific Islander and other e ethnically diverse communities of the San Francisco Bay Area. AARS provides an array of culturally competent services to the Asian and Pacific Islander and other AARS is dedicated to reducing the impact and incidence of substance use in the Bay Area. Our programs serve youth, adults, and families, and are located in San Francisco, Santa Clara, and San Mateo counties.

Asian American for Community Involvement

Founded in 1973, AACI is one of the largest community-based organizations advocating for and serving the marginalized and vulnerable ethnic communities in Santa Clara County. Our mission

is to strengthen the hope and resilience of our community members by improving their health and well-being.

Asian Law Alliance Home

Asian Law Alliance (ALA), established in 1977, is a non-profit organization providing equal access to the justice system for Asian Pacific Islander and low-income populations in the Silicon Valley.

<u>Asian Pacific Islander Queer Women & Transgender Community | (Pronounced "API-Cutesy")</u> (apiqwtc.org)

Pronounced "API-CUTESY." Based in the Bay Area, "APIQWTC seeks to build an infrastructure to bring local API queer groups together to socialize, organize, politicize, and promote pride and visibility of API queer women and transgender people in the queer API communities, here and abroad." Visit here for more resources.

ICAN (ican2.org)

International Children Assistance Network is a nonprofit based in Milpitas, CA to engage, inform, and inspire Vietnamese-Americans to raise the next generation of caring leaders through <u>Humanitarian</u> <u>Programs</u>, <u>Culturally Responsive Social Programs</u>, and <u>Community-Based Research</u>.

Korean American Community Services, Inc. (KACS)

The mission of KACS is to improve the quality of life of all Korean-Americans in Santa Clara County, with a focus on those who are vulnerable including seniors and low-income individuals.

<u>LEAD Filipino – A San Jose-based organization that increases FilAm participation in civic and public leadership.</u>

LEAD Filipino is a community organization of students, adults, and families based in San Jose, California.

Since 2015, LEAD Filipino designed coalitions and provided services that educate Filipinas/xs/os on our ethnic identity, civic engagement, public policy development, and public service in the United States.

Maitri

Maitri is a free, confidential, nonprofit organization based in the San Francisco Bay Area that primarily helps families and individuals from South Asia (Afghanistan, Bangladesh, Bhutan, India, Nepal, Pakistan, Sri Lanka, and the Maldives) facing domestic violence, emotional abuse, cultural alienation, or family conflict.

Sangam Arts

To help create and nurture strong intercultural connections between many vibrant cultures in the US through visual and performing arts.

Vietnamese American Roundtable (VAR)

A community-based organization providing bilingual (Vietnamese-English) programming ranging from community festivals and fairs, to voter education forums and panels, to inlanguage and cultural outreach to connect government agencies and corporate responsibility programs.

<u>Vietnamese Voluntary Foundation (VIVO)</u>

An organization for the Vietnamese community offering many different programs, classes, and services (ex: ESL, Basic Computer Usage, Affordable Computer and Internet Access) to help better the community.

Yu-Ai Kai

To promote healthy aging, successful independent living, and advocate for all seniors, while embracing Japanese American tradition.

Community Resources – Advocacy

Asian Americans Advancing Justice (AAJC) – Asian Law Caucus

Rooted in the dreams of immigrants and inspired by the promise of opportunity, AAJC advocates for an America in which all Americans can benefit equally from, and contribute to, the American dream.

Chinese for Affirmative Action (CAA)

Founded in 1969, CAA protects the civil and political rights of Chinese Americans and advances multiracial democracy in the United States.

https://hateisavirus.org/

Hate Is A Virus, a nonprofit started in response to the rise in hate crimes against AAPI due to the pandemic to stop the spread of hate.

https://asianpacificfund.org/

A community foundation that supports nonprofit and philanthropic organizations that serve the most vulnerable members of the Asian and Pacific Islander communities in the Bay Area.

Compassion in Oakland

Founded this year by <u>four Bay Area activists</u> to coordinate safety measures for Oakland community members through volunteer-organized escorts for people fearful of public violence.

Resource Guides

#WeKeepUsSafe Anti-Asian Violence Resource Guide - APALA (apalanet.org)

Actions you can take for community safety

[Asian Americans Advancing Justice | AAJC] (advancingjustice-aajc.org)

Resources for reporting, documenting, and intervening in anti-Asian acts of aggression and violence. Created by Asian Americans Advancing Justice.

Other Resources: Videos/Articles/Statistics & History

Videos

https://youtu.be/ I3X8ztiJiM

Articles

- Tools for Asian American resources, self help tools
 - o <u>"What You Can Do About Anti-Asian Violence"</u>
 - o <u>"Self-Care Tips For Asian Americans Dealing With Racism Amid Coronavirus"</u>
 - o "The Long History of Racism Against Asian Americans in the U.S."

Statistics & History

https://www.census.gov/quickfacts/santaclaracountycalifornia

Quick Facts from the U.S. Census 2019 about Santa Clara County demographics

http://chcp.org/chinese-in-san-jose-and-the-santa-clara-valley/

"Chinese in San Jose and Santa Clara Valley" a book sponsored (available for sale) by the Chinese Historical & Cultural Project, a nonprofit organization, which seeks to promote, educate, and preserve Chinese and Chinese American history and culture in Santa Clara County.

https://jtown.org/history

San Jose's Japantown (Nihonmachi) developed from where the immigrant Japanese first settled in Santa Clara Valley. More than a century following its humble beginnings, it remains one of the last three historical Japantowns in the United States.