



Want to take action? Here's some ideas

1. Donate to abortion funds that help arrange and pay for abortion appointments and travel costs for those needing care. If you can't donate yourself, share with your networks and ask them to help:
 - Action Canada for Sexual Health and Rights – actioncanadashr.org
 - NAF-Canada – nafcanada.org
 - Find other Canadian [pro-choice groups](#) • [abortion support networks](#) (pg 3-5)
 - To help Americans – abortionfunds.org
2. Sign and share petitions supporting reproductive rights and opposing restrictions/barriers. Here's some current examples (June 2022):
 - ARCC: [Protect access to abortion in Canada | Protéger le droit à l'avortement au Canada](#)
 - NDP: [Abortion services must be accessible to every Canadian](#)
 - YouLeadNow: [The Conservative party must affirm their support for abortion rights](#)
 - USA: Care2: [Roe v. Wade is Gone. We Must Demand the U.S. Congress Pass Protections for Reproductive Rights Now!](#) • AND Avaaz: [Roe v. Wade: The fightback begins!](#)
 - AND Action Network: [Congress: Enact federal abortion protections](#)
3. Write your MP / MLA / MPP and keep in regular touch – let them know your stance and hold them to account to defend reproductive rights in Canada. (Here's a [sample letter](#).)
4. Never vote for anti-choice candidates.
5. Organize or participate in pro-choice campaigns and events. [Upcoming actions](#)
6. Share your own abortion story, and invite others to speak out.
7. Write letters to the editor, leave comments online, write blogs or articles.
8. Support your local reproductive health clinics and providers – not just donations, but notes of thanks.
9. Join a pro-choice group, volunteer, or donate.
10. Become better informed - Know your rights, the law, the facts.
11. Refute anti-choice propaganda and misinformation.

