

HOW TO KEEP SUPPORTING FEDERAL WORKERS

Our **March 14th Day of Action** was just the beginning! With the layoffs likely continuing, federal workers and their families will still need **community support**. Here's how we can **take practical steps to help** in the days and weeks ahead:

1. CONTINUE SUPPORTING WORKERS AT TRANSIT HUBS

- Organize **weekly or biweekly coffee & snack drop-offs** at Metro stops, slug lines, and park & rides
- Collect and distribute **grocery, gas, and transit gift cards** for furloughed workers.
- Offer updated information on food assistance, financial relief, and community support

2. HELP WITH FOOD AND ESSENTIALS DRIVES

- Partner with **local food pantries and mutual aid groups** to keep shelves stocked for affected workers
- Organize a **neighborhood supply drive** for baby essentials, pet food, and toiletries
- Offer a **"Pay It Forward" grocery program**, where community members can donate funds or purchase extra staples for impacted families

3. OFFER PRACTICAL ASSISTANCE

- Set up a **community babysitting or childcare network** for furloughed workers who need help while they look for temporary work
- Create a **carpool or ride-share group** for workers affected by gas expenses
- Help with **resume and job search support** for those seeking temporary or alternate employment

4. PUSH FOR POLITICAL ACTION

- **Keep calling and emailing representatives** to demand an end to the government shutdown as well as back pay for affected workers
- Organize a **town hall or community forum** where furloughed workers can share their stories and put pressure on lawmakers
- **Encourage businesses** to offer discounts, flexible payments, or deferred bills for federal employees

5. PROVIDE MENTAL AND EMOTIONAL SUPPORT

- Start a **support group or check-in system** for federal workers struggling with stress and financial insecurity
- Organize **"Stress Relief" events** like yoga classes, game nights, or community dinners to bring people together
- **Keep up morale!** Small gestures—like handwritten notes, social media shoutouts, or local business discounts—can mean a lot

Stay Engaged and Keep Showing Up!

Unnecessary layoffs of career civil servants hurt **real people and real families**. Let's make sure federal workers know they're not alone. Keep your **TroubleNation** group engaged, stay connected with affected workers, and keep pushing for real solutions.

