



# THE COST OF BEING A WOMAN

## MUTUAL AID

CAPSULE ONE

SECTION 1

JANUARY 5<sup>TH</sup> - JANUARY 18<sup>TH</sup> 2026

### OVERVIEW

With the launch of our 60th Anniversary Campaign, we at NOW National decided the best place for a grassroots org like NOW to begin is with Mutual Aid!

### FOUNDATIONS

What is Mutual Aid?

- Mutual Aid is collective, community-led efforts to meet people's basic needs that is based in solidarity, especially with those that are most impacted by systemic inequality.
- With an administration that is actively working to lessen our rights and safety, mutual aid is a way to build feminist community to support one another where government is failing us.

### TAKE ACTION

How can you engage more with mutual aid?

- A great first step will be to read our Feminist Public Square Book Club pick Mutual Aid by Dean Spade! We are hoping to use this book and its concepts of community and solidarity as a basis for our 60th Anniversary Campaign this year!
- Stay tuned for more ways for your chapter to take part in mutual aid throughout the year!