

Health and Wellness Care Resources

Free or by donation resources for protesters, activists, and anyone needing health and wellness care

During the NATO Protests

During NATO Protests the **Wellness Center** will offer first aid, chemical decontamination, health consultation, herbal remedies, bodywork, massage, and more.

Location: Grace Place, 637 S. Dearborn (3rd Floor)

Schedule: May 14: 10 am-6 pm
May 15-17: 10 am-10 pm
May 18-20: 9 am-10 pm
May 21: 10 am-10 pm

Crisis Hotline: volunteer healers and therapists will be available 10 am-10 pm, May 18-21 for:

- On-the-spot crisis intervention and mental health support
- Transformative Justice Options for callers experiencing a triggering moment
- Referrals for immediate and long-term care

Hotline number: 872-216-5306

Off-hours: email camcrisishotline@gmail.com and we'll do our best to get back to you within 24 hours.

After the NATO Protests

Community Care Nights: we will offer a variety of wellness care, including ear acupuncture, bodywork, reiki, herbs, nurses on hand. Specific offerings vary by date. Check website for details.

Location: Sage Community Health Collective
2514 W. Armitage, #205

Schedule: First Friday, 5 pm-8 pm
June 1, July 6, Aug 3, Sept 7

chicagoactionmedical.wordpress.com
NATOpromotest.org

Directions: the Wellness Center is accessible by the Red Line and any train circling the downtown loop and #62 bus route and Sage Community Health Collective is accessible from the Blue line or the Armitage, Milwaukee or Western bus routes.