

Ukraine support: What YOU can do A Resource Guide

As of February 24, 2022, Russia launched an invasion of the sovereign nation of Ukraine. Since then, major cities have been attacked. There are many ways that you can support Ukraine in this time of need.

DONATE

- [Canada Ukraine Foundation – Humanitarian Appeal](#)
- [Canadian Red Cross \(matching donations from Federal Government\)](#)
- See the list of charities recommended by the [Ukraine Crisis Media Center](#)

GET RELIABLE INFORMATION

Ukraine-based News & Social Media Channels:

- [The Kyiv Independent](#)
- [The New Voice of Ukraine](#)
- [UkrInform](#)
- [Ukrainska Pravda](#)
- Official social media pages for [The Government of Ukraine](#), [The Ukrainian President](#), and [The Ministry of Foreign Affairs of Ukraine](#)
- Follow Ukraine-based journalists: [Olga Tokariuk](#), [Christopher Miller](#), [Nika Melkozerova](#), [Illia Ponomarenko](#), [Nataliya Gumenyuk](#) (and many others)

Ukraine-related Library Guide at MacEwan: [URDC Ukraine Library Subject Guide](#)

International News:

- [BBC News](#)
- [Associated Press](#)
- [Reuters](#)
- [The Atlantic Council](#)

JOIN DEMONSTRATIONS

Demonstrations in Edmonton are being organized by The Ukrainian Canadian Congress Alberta Provincial Council (UCC-APC). Follow their [website](#), [Facebook](#), and [Instagram](#) accounts for the latest updates.

WRITE TO YOUR MPs AND MLAs

The situation in Ukraine is rapidly changing. International governments have been applying new sanctions against The Russian Federation daily. The Canadian government has been increasing the number of weapons and humanitarian aid being sent to Ukraine.

The [Ukrainian Canadian Congress](#) maintains up to date information about ways the Canadian government can support Ukraine. Please consider writing a letter to your [MP](#) or [MLA](#) to bolster support for Ukraine. Use the subject line “*The Russian War Against Ukraine*” in your email communications with elected government officials.

FOSTER CARE AND COMMUNITY

- Reach out to people you know in Ukraine and people in your community with ties to Ukraine
- Be kind, understanding, and patient with both your family, friends, and yourself
- Access MacEwan's [Wellness and Psychological Services](#).
- Access Alberta Health Services for free 24/7 [mental health support](#).

We are in this together as we stand with Ukraine!

Thank you for your support.

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