# 5 Things you can do to #Stand Up for Peace in Ukraine:

- Contact your local Ukrainian community group and support their efforts.
- Write a letter of support to the Ukrainian people. Send it to your nearest Ukrainian embassy.
- Talk to your family about ways to prepare for higher gas prices, etc. It's a small inconvenience for peace.
- Donate in kind or in cash to Relief Efforts as you are able.
- Post a We Stand For Peace sign on your front door or in your window. Download at:

www.loveandkindnessproject.org