

★ What Can I Do? ★

A GUIDE FOR GETTING INVOLVED

Our community, our commonwealth, and our country are struggling in many ways at this time. From families unable to make ends meet, to growing political and cultural divides, to an erosion of civil liberties and rule of law, our nation is at a pivotal moment.

We created this list because so many people have called and asked our office what they can do to fight for a society where there is liberty and justice for all, where every family has food on the table, and where the future is bright for our children. This is a list of ideas and resources, not an endorsement of any particular organization. We hope you find it helpful.

PAUL  FRIEL

PA State Representative

BE A HELPER

Why? Because people are hurting more than ever due to federal cuts and rising costs of necessities.

Key Ideas:

1. *Volunteer* with local community service organizations.
2. *Donate money* to non-profits that are helping.
3. *Donate food and other goods* to organizations who are serving people.

Local Food Banks and Community Meals:

- Phoenixville Area Community Services (PACS): www.pacsphx.org
- Coventry Food Pantry: www.coventryfoodpantry.com/
- Chester County Food Bank: chestercountyfoodbank.org
- Project Outreach: spring-fordprojectoutreach.org
- You Are Worth It (Food and Clothing Bank in Spring City): youareworthitto.me
- Pottstown Cluster: www.pottstowncluster.org
- Twin Valley Food Pantry: twinvalleyfoodpantry.com/

Senior Centers:

- Phoenixville Area Senior Center: phoenixvilleseniorcenter.org/volunteer/
- Tri-County Area Active Adult Center: tricountyaac.org/about/volunteers-needed/



BE A HELPER

Health Care:

- Phoenixville Free Clinic:
www.phoenixvillefreeclinic.org/how-to-volunteer
- Community Health and Dental:
to Donate: ch-dc.org/donate/
to Volunteer, email: hrmailbox@ch-dc.org

Housing and Other Services:

- Ann's Heart: www.annsheart.org/
- Orion Communities: orioncommunities.org
- Open Hearth: www.openhearthinc.org
- United Way of Chester County:
www.unitedwaychestercounty.org/get-involved/
- Opportunity House: opphouse.org/how-to-support/
(Reading/ Berks County area)
- Family Services: fsmontco.org/get-involved
(Pottstown/Montgomery County Area)
- Beacon of Hope: pottstownbeaconofhope.org/
(Pottstown)
- Better Days Ahead: bdaoutreach.org/
- Good Samaritains Services goodsamservices.org
- Crime Victims Center of Chester County: cvcofcc.org
- PA Navigate: pa-navigate.com

BE AN ADVOCATE

Why? Because it is important to stand up for the more vulnerable members of our community.

Key Ideas:

1. *Call, email, write, visit your elected representatives, particularly our Senators, those in the President's party and others who might have influence.*
2. *Speak out.* Use social media and other means of communication to share what is happening in our community and nation. Show up at peaceful protests. Don't stay silent.
3. *Document injustice.* If you observe injustice or questionable actions happening in front of you, such as ICE detainments, document it. This information might be helpful later.
4. *Join an advocacy organization.* Come together with others who care about the same cause.



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Key Lawmaker and Government Agency Contacts:

- US Senator Fetterman: Contact - U.S. Senator John Fetterman, (202) 224-4254
- US Senator McCormick: Home - Senator Dave McCormick, (202) 224-6324
- President Donald Trump: Contact Us – The White House, (202) 456-1414
- Department of Homeland Security: www.dhs.gov/contact-us
- Department of Health & Human Services: www.hhs.gov/about/contact-us/, (877) 696-6775
- PA Senator Joe Pittman (Senate Majority Leader-R): <https://senatorpittman.com/contact-me/> (717) 787-8724
- PA Representative Matt Bradford (House Majority Leader- D): www.pahouse.com/Bradford/Contact, (717) 772-2572
- PA Governor Josh Shapiro: Contact Form | GOVERNOR JOSH SHAPIRO, (717) 787-2500
- Find your Lawmaker: www.palegis.us/find-my-legislator



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BE AN ADVOCATE

Advocacy and Legal Aid Resources:

- National Alliance on Mental Illness (NAMI): www.nami.org/advocacy/
- Allies for Housing in Chester County: sites.google.com/view/alliesforhousing-chesco/home
- Housing Alliance of Pennsylvania: housingalliancepa.org
- The Fund for Women and Girls: www.thefundcc.org/
- Common Cause- Civil Rights and Anti-Corruption: www.commoncause.org/about-us/
- Indivisible Chesco (Democracy and Equality): www.indivisiblechesco.org
- NAACP: pastatenaacp.org
- ARC (Disability Rights): arcofchestercounty.org/programs-services/advocacy.html
- Fair Districts- fair elections and good government advocacy www.fairdistrictspa.com
- PA Immigration Coalition (Immigrants' Rights): www.paimmigrant.org
- American Civil Liberties Union- PA : www.aclupa.org
- Legal Aid of Southeastern PA: www.lasp.org



BE A COMMUNITY BUILDER

Why? Strong community protects against authoritarianism because people know they aren't alone. Community building is about relationships, connection, and trust.

Key Ideas:

1. *Get to know to your neighbors* and others in your local community.
2. *Connect with marginalized communities* - people who are low income, immigrants, LGBT, etc. Connect with community groups and organizations that serve these communities- learn from and ally with them.
3. *Share information and resources* about staying safe, knowing their rights, finding legal counsel, and other help.

Additional Community Organizations:

- Tri-County YWCA:
[Volunteer Opportunities - YWCA Tri-County Area](#)
- Prism LGBTQ+ Center:
[www.facebook.com/profile.php?id=61574754576429](#)
- LGBT Equality Alliance of Chester County:
[Volunteer — LGBT Equality Alliance](#)

More Ideas: Volunteer with local police athletic leagues, host neighborhood events, volunteer with your local school. Community building can happen through many of the 'Be a Helper' and 'Be an Advocate' opportunities.

WHAT PAUL IS DOING

Why? Because everyone has a role to play, including state officials.

Legislation

- Officer Visibility Act: because we don't do 'secret police' in America. Video here: Officer Visibility Act with Rep. Paul Friel, D-Chester | On the Issues
- Documenting ICE Civil Liberties Violations Bill (in the works)
- Protecting Pennsylvanians Rights' Against Unlawful Searches and Seizures (with Rep. Pielli)
- Campaign Finance Reform Bill (in the works): because big money in politics is a huge reason we are where we are.

Public Events and Town Halls

Friel's Post-Town Hall Comments-
10/15/25

Ciresi and Friel Host Town Hall-
Full Video, 10/15/25

Friel Hosts Town Hall Meeting in
Phoenixville- 5/1/25, Full Video



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WHAT PAUL IS DOING

Speaking out on Social Media and Other Platforms

www.repfriel.com

www.facebook.com/RepFriel

www.instagram.com/repfriel/

bsky.app/profile/repfriel.com

www.threads.com/@repfriel

Food Drives - Including one that is ongoing at our 68 Glocker Way Office in North Coventry

chestercountyfoodbank.org

<https://www.facebook.com/share/p/19oNdSsZuV/>

Have other ideas about what Paul or our office can do?

Email or call us anytime- 610-427-8782 and

RepFriel@pahouse.net



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