

How to Help Ukraine Now

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As the Russian military invasion of Ukraine progresses, a humanitarian catastrophe has developed, forcing citizens to flee their homes or seek cover in bomb shelters and subway stations around the country.

TDS has made a financial contribution in support of the Ukrainian humanitarian relief effort, and we have created the list below of organizations that are seeking help. Donations can be made by visiting their websites or following them on social media.



While many of us may feel powerless in the face of such geopolitical maneuverings, there are many ways you can support the people of Ukraine right now. If you want to act, stay informed, or donate, refer to the information below.

MANITOBA RESOURCES:

Provincial Government site:

The **Manitoba For Ukraine website** hosts information and resources related to the humanitarian crisis.

The Ukrainian Canadian Congress (UCC)

The Ukrainian Canadian Congress (UCC) Manitoba Provincial Council is the Manitoba organization that represents the Ukrainian Canadian community before the people and Government of Canada, promotes linkages with Ukraine, and identifies and addresses the needs of the Ukrainian community in Canada to ensure its continued development within Canada's socio-cultural fabric.

- **UCC Manitoba Help Ukraine**
- **UCC Manitoba Useful Resources for Newcomers**

TAKE ACTION:

Take Action with Global Citizen

You can join **Global Citizen** in taking action to show solidarity with Ukraine and the Ukrainian people, by sending a tweet highlighting that we must #StandWithUkraine and choose peace not war.

Join a Peace Protest

If you are keeping up to date with the ongoing situation on the ground, but you are still wanting to do more and/or you do not have the financial means to donate, consider joining demonstrators around the world — **from London to Tokyo** — who have taken to the streets to protest Russia's invasion of Ukraine. Find your nearest demonstration **here**.

KEEP INFORMED:

Kyiv Post has been at the forefront of delivering breaking news directly from government and national offices, releasing statements from ministry officials, military leads, and other dignitaries. You can read more on its website **here**, or follow it on Twitter **here**.

The Kyiv Independent has been a leading voice on the front lines, covering a timeline of ongoing events since the beginning and highlighting those who have been most affected by the violent attack. Keep up to date on its website **here**, or on the Twitter page **here**.

The **Ukraine World** has independent journalists on the front lines have gathered first-hand footage, and it is using its account to share other informative sources that its followers can refer to in order to keep up to date. Follow Ukraine World **here**.

The New Voice of Ukraine has not only covered breaking news but has released informative analyses on the situation that detail how the situation led to this point and is continuously publishing op-eds by Ukrainian scholars and experts that help to give a view of tone of the situation. Read more on its website **here**.

DONATE:

Donate to the **Ukraine Humanitarian Crisis Appeal by the Canadian Red Cross**. Thanks to the overwhelming generosity of supporters, the Government of Canada match of \$30 million has been met as of March 4, 2022. Your donation will support those impacted by the crisis in Ukraine.

CARE International is looking to provide Ukrainians with food, water, hygiene kits and other support services. [Donate here.](#)

UNHCR, the UN Refugee Agency is working with governments in neighbouring countries "calling on them to keep borders open to those seeking safety and protection." You can help support refugees by [donating here.](#)

The **Ukrainian Red Cross** does loads of humanitarian work, from aiding refugees to training doctors. [Donate here.](#)

Nova Ukraine is a nonprofit that delivers care packages to Ukraine. [Donate here.](#)

UNICEF Ukraine is repairing damaged schools and providing an emergency response to children affected by the conflict. [Donate here.](#)

People in Need is providing humanitarian aid. For those most in need, they provide food packages, emergency shelter, safe access to drinking water, hygiene items, and coal for heating. [Donate here.](#)

The **International Medical Corps** is helping citizens with emergency health care services, as well as mental health and psychosocial support. [Donate here.](#)

AGI and Kernel Grain Company: AGI employees on the ground in Ukraine relayed requests from AGI customer Kernel Grain Company (www.kernel.ua) to provide emergency medical equipment and humanitarian aid. Specific needed medical supplies are becoming very difficult to source and Kernel and AGI employees are in a unique position to deliver these supplies. AGI is reaching out to corporate partners and the public for assistance.

Learn more about AGI and Kernel Grain Company's efforts and needs [in this PDF presentation.](#) Contact **Ryan Kipp** for more information and to donate.

Please also visit the Lex Mundi Ukraine Crisis Resource Center for more resources on how you can help Ukraine.

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