

# FREEDOM RISING

A DIRECTORY OF ALLIES STANDING TOGETHER FOR FREEDOM

## Twenty Acts of Freedom



**Choose not to comply with all mandates**

**Refuse the vaccine passport**

**Live mask-free**

**Attend a rally in your community**

- Visit [Action4Canada.com](https://Action4Canada.com) for weekly rallies in your area
- Visit [WorldWideDemonstration.com](https://WorldWideDemonstration.com) to find the next World Wide rally for freedom!!!

**Join a freedom group** – subscribe, volunteer and/or donate

- To find the right organization for you, visit our freedom movement directory, [FreedomRising.info](https://FreedomRising.info)

**Join Vaccine Choice Canada** - [VaccineChoiceCanada.com/join](https://VaccineChoiceCanada.com/join)

**Volunteer with Take Action Canada** - [TakeActionCanada.ca/volunteer](https://TakeActionCanada.ca/volunteer)

**Join an Action4Canada Chapter** - [Action4Canada.com/a4c-chapters](https://Action4Canada.com/a4c-chapters)

**Join Canada's social media platform** - join groups, create a group, find events - [Librti.com](https://Librti.com)

**Share uncensored TRUTH MEDIA** - [FreedomRising.info/truth-media/](https://FreedomRising.info/truth-media/)

**Create awareness** - distribute educational information by mail, on windshields, etc.

- Volunteer and deliver papers – [Druthers.net](https://Druthers.net)
- Volunteer and deliver magazines – [CommonGround.ca](https://CommonGround.ca)
- Print info cards, posters, brochures, from [VaccineChoiceCanada.com/links/general-links/](https://VaccineChoiceCanada.com/links/general-links/)



**Write, call, email your elected representatives**

- Visit Taking Back our Freedoms to find your MLA - [tbof.ca/contact-your-mla/](https://tbof.ca/contact-your-mla/)

**Display the CDN Charter in your home, office, school & business**

**To download or order the CDN Charter:**

- [Canada.ca/en/canadian-heritage/services/download-order-charter-bill.html](https://Canada.ca/en/canadian-heritage/services/download-order-charter-bill.html)

**Take charge of your health**

- Ezra Wellness - [EzraWellness.ca](https://EzraWellness.ca)
- FLCCC - [Covid19CriticalCare.com](https://Covid19CriticalCare.com)
- Canadian Covid Care Alliance - [CanadianCovidCareAlliance.org](https://CanadianCovidCareAlliance.org)
- World Council for Health - [WorldCouncilforHealth.org](https://WorldCouncilforHealth.org)

**Open your business without restrictions**

- Visit [WeAreAllEssential.ca](https://WeAreAllEssential.ca) for support

**Make informed decisions for your children**

- Visit [MamaBearsProject.com](https://MamaBearsProject.com)

**Have meaningful discussions**

- Listen, ask questions, be curious and compassionate

**Be visible with your values**

**Wear supportive clothing/merchandise**

**Make time for SELF CARE** (Mental Health)

- Meditate, pray, practice silence
- Invite people to your home
- Sing songs of freedom & watch inspirational videos  
[Hi-Rez & Jimmy Levy - This Is A War](#)  
[BREVNER - More of Us](#)  
[Jayme Knix - Just Drive](#)
- Laugh and smile every day!

# UNITY - FREEDOM - LOVE

## Take Back Your Life!