



5 Things You Can Do to #StandWithPP Right Now

1. JOIN THE VOLUNTEER LIST

Sign up at ppmarmonte.org/volunteer to receive emails, text messages, and/or calls regarding upcoming events, volunteer opportunities, and action alerts.

2. SHARE YOUR STORY

Inspire others by sharing your experience with Planned Parenthood's health services, education programs, and/or advocacy with our story collectors at ppmarmonte.org/my-story.

3. DONATE TO SUPPORT THE FIGHT

Make a donation to support Planned Parenthood Mar Monte health centers to ensure that we can continue offering health care to the women, men, teens, and children who rely on us. Visit us online at ppmarmonte.org/donate.

4. ENGAGE ON SOCIAL MEDIA.

Follow us on Facebook [@PlannedParenthoodMM](https://www.facebook.com/PlannedParenthoodMM), or Instagram and Twitter [@ppmarmonte](https://twitter.com/ppmarmonte). Retweet, Like, and Share to help get the message out. Use the hashtags [#WeWontGoBack](https://twitter.com/WeWontGoBack) and [#StandWithPP](https://twitter.com/StandWithPP).

5. HUG A HEALTH CENTER

Continue to show your love for the Planned Parenthood Mar Monte staff by dropping off a thank you card. Let them know you have their backs. Visit us online at ppmarmonte.org/map to find a health center near you.