



Safety Talking Points for Attendees in D.C.

Travel Together

Move in small groups of at least 3-4 whenever possible; avoid traveling alone (day or night).

Plan Ahead

Know your meeting locations, checkpoints, and exits. Build in extra time and unexpected diversions.

Stay Alert

Maintain “360 awareness”—no headphones in transit, keep your phone charged, and watch your surroundings.

Checkpoints Happen

- Expect security checks near federal buildings, events, and Metro hubs.
- **Always carry valid government-issued ID and make copies of your ID for loved ones and a peer.**
- Stay calm and respectful if questioned or screened.



Mental Health & Well-Being Talking Points

Normalize Anxiety

It is natural to feel stress before or during travel —use grounding strategies (deep breaths, short walks, etc.).

Build in Breaks

Make time for meals, hydration, breathwork, and reflection; travel as well as the topics being discussed can be emotionally taxing.

Lean on Peers

Stay connected with your group for encouragement and debriefing.

Affirm the Mission

Remind yourself: “We are here to improve cancer outcomes for patients and their families.”

Breathe + Daily Reflection

End each day by naming one positive takeaway (“What gave me hope today?”).



Special Considerations for TPS & Immigrant Attendees

TPS Provides Protection— But not Immunity

An individual may be lawfully present and authorized to work, but may still face wrongful profiling or stops. Federal occupation may continue in DC – an unknown reality.

Carry Documentation

Bring proof of status or work authorization, but present only in the presence of other advocates (not alone) if legally required; do not provide ID to unidentified “agents”.

Avoid Risky Interactions

If questioned about immigration proof or status, due process and the right to counsel remain.

Rely on Advocacy Networks

Groups like [CASA](#), [NILC](#), [Ayuda](#), and [Immigrant Justice Platform](#) in D.C. provide rapid response and peer/legal support.

Community Solidarity

Move in mixed-status groups when possible, so no one feels isolated.

Quick Support Resources

DC Access HelpLine – 1-888-793-4357

24/7, stress or mental health support

Crisis Text Line – Text 988 or HOME to 741741

Immediate confidential support

BlackLine – 1-800-604-5841

Peer support for Black, Brown, Native, LGBTQ+ advocates

DC Victim Hotline (DC SAFE) – 844-443-5732

24/7 support if threatened or harassed

CASA /Ayuda –

For immigration or TPS-related questions:

301-431-4185 or 240-491-5763; 202-387-4848