

## Capital Area Mutual Aid Societies

### Mutual Aid of NY

Southern Adirondacks – Gloversville, NY

[View Mutual Aid of NY's Facebook page](#)

### Capital District of New York – Covid Mutual Aid

Albany, New York

[Email Capital District of New York - Covid Mutual Aid](#)

[Visit Capital District of New York's Facebook page](#)

[View Capital District of New York's Public Resource Spreadsheet](#)

Instagram: @cdnyccovid19mutualaid

### Troy Mutual Aid Society

Troy, New York

About: Mutual aid is a voluntary reciprocal exchange of resources and services for mutual benefit. As financial and physical resources become more limited, let's swap goods, time, or talent.

[Visit Troy Mutual Aid Society's Facebook page](#)

### Capital Region Corona Support

Albany, New York

About: We are Capital District residents turning to one another for support during the Coronavirus pandemic and the associated economic fallout. There are so many ways to get involved! We are working on a website, but in the meantime please visit our welcome page.

[Visit Capital Region Corona Support's Welcome page](#)

Visit Capital Region Corona Support's welcome page to:

- Learn more about mutual aid and regional resources

- Start a "neighborhood pod" (groups of neighbors supporting each other) or register an existing one
- Request or offer help
- Volunteer to support with coordination efforts or to translate
- Offer classes, activities, or resources to the community

### Mutual Aid South End Albany – Social Distance in Solidarity

Albany, New York

[View Mutual Aid South End Albany's Informational Spreadsheet](#)

### Community Care Planning: Main Hub

Chatham, New York

About: A central hub for connecting and plugging into various self-organizing groups, using Facebook infrastructure. The community here centers from Columbia Co. NY with members from nearby counties as well. To channel and direct everyone's interests and needs, we have working groups (purpose and topics of interest--for all folks from the bigger region of the Hudson Valley) and community pods (smaller geographical units).

[View Community Care Planning Main Hub's Facebook page](#)