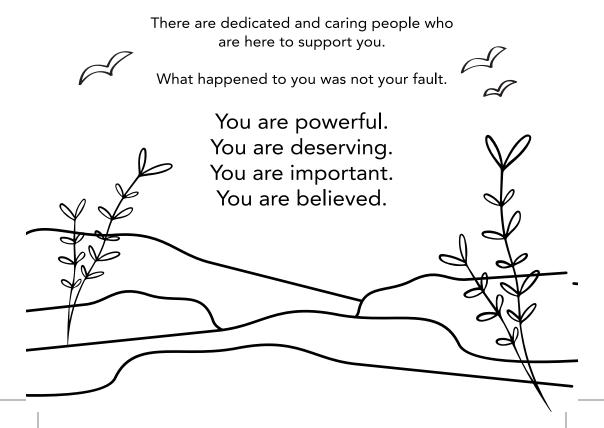


If you have come across this colouring book after experiencing any form of intimate partner violence know that you are not alone.









Trace the outline with a pen or finger. You can hold your breath at the tips of the leaves.



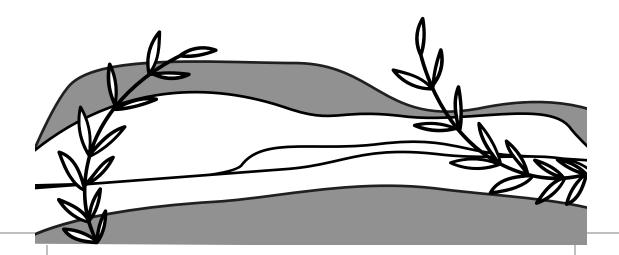


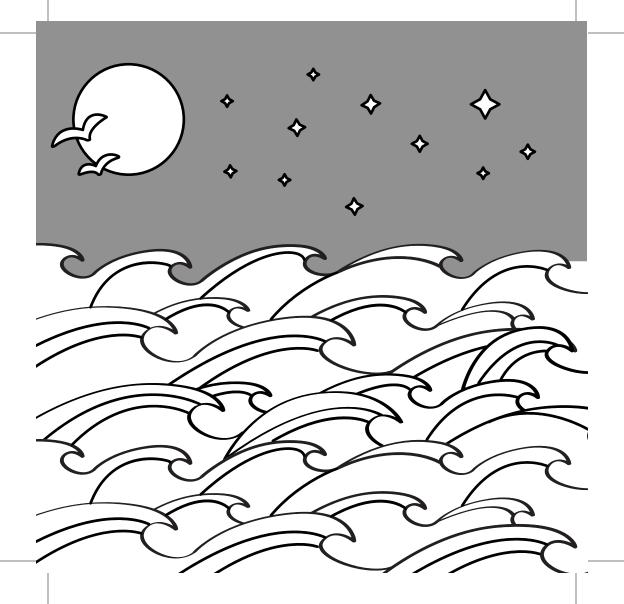
Experiencing intimate partner violence can be traumatic.

Each persons experience of and response to intimate partner violence can be unique...and, all of these are valid.

Safety can mean different things for different people, and that's ok. You are the expert of your own life and you hold valuable knowledge, skills, and strengths.

You are not to blame, this is not your fault.





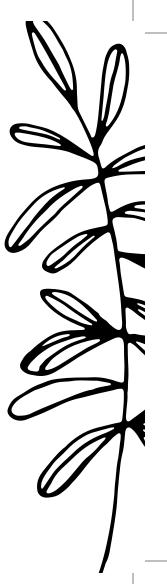


YOU DESERVE OPTIONS. YOU DESERVE CHOICE.

We all need different things.

This could mean reporting to the police, consulting a lawyer, getting counselling support, or talking to your support system.

There is no right or wrong direction – only the path that feels right for you.









COLLECTIVE AND COMMUNITY CARE

Intimate partner violence is not a private matter. We all try our best to take good care of ourselves, but we can also lean on each other. It may be hard, but it is okay to let others support you. Connection to others is just as important as connection to self.









HEALING IS A JOURNEY, NOT A DESTINATION. ♦ AND YOUDO NOTHAVE TO GO♦ IT ALONE.





The Journey Project exists to strengthen justice supports for survivors of sexual violence and intimate partner violence in NL.

IN NEWFOUNDLAND AND LABRADOR

Journey was established in 2017 by Public Legal Information Association of NL and the NL Sexual Assault Crisis & Prevention Centre.

Phone:**1-833-722-2805** Text/Call: **709-986-2801**

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