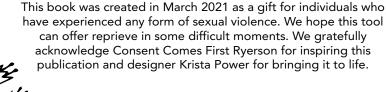


If you have come across this colouring book after experiencing any form of sexual violence, including sexual harassment in the workplace, know that you are not alone. There are dedicated and caring people who are here to support you. It may be hard, but be kind to yourself. What happened to you was not your fault. You are strong. You are worthy. You are seen. You are believed.







JOURNEY, TOGETHER

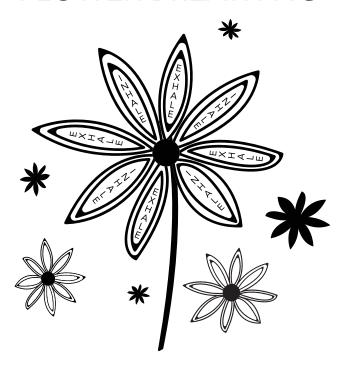
The Journey Project is here to support anyone who has experienced any form of sexual violence in their personal or professional life, regardless of when it happened.







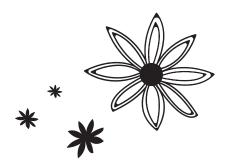
FLOWER BREATHING

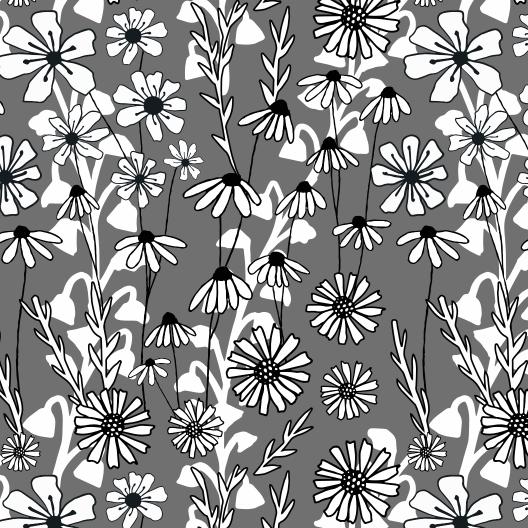


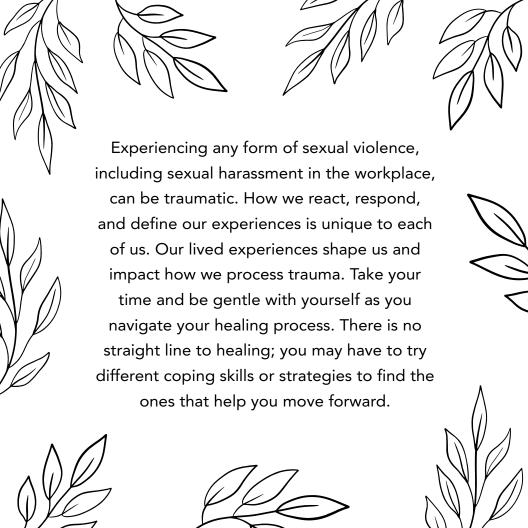
Slowly trace the petals with your finger while breathing

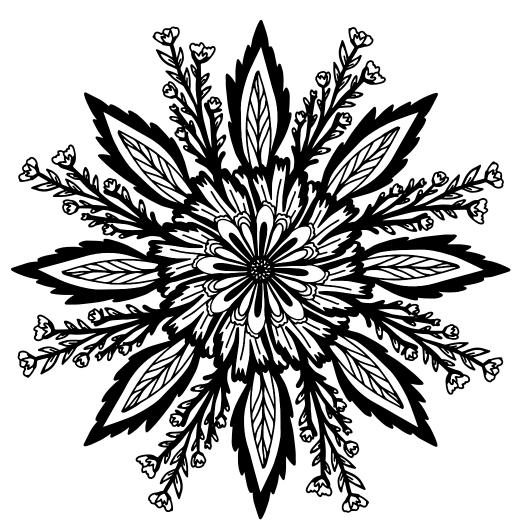


Our services are open to anyone who lives in, or experienced sexual violence in, Newfoundland and Labrador.
Our services are completely voluntary and are based on your needs, your goals, and your decisions. There is no pressure to go any particular legal route; we are here to support you.





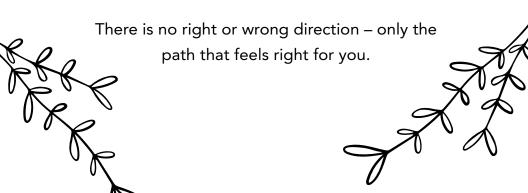






We all need different things.

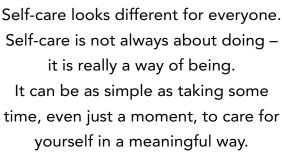
This could mean reporting to the police, consulting a lawyer, getting counselling support, or talking to your support system.







SELF-CARE





Here are some suggestions:

- Enjoy your favourite cup of tea

- Set boundaries
 - Get outside
- Take time to rest





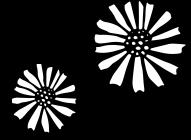








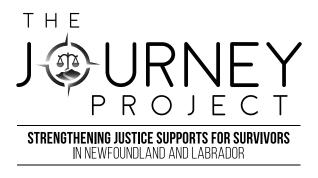




HEALING IS A JOURNEY, NOT A DESTINATION.

AND YOU DO NOT HAVE TO GO IT ALONE





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

Journey was established in 2017 by Public Legal Information Association of NL and End Sexual Violence NL.

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

Email: support@journeyprojectnl.com

WWW.JOURNEYPROJECT.CA

